

## 1: Time of useful consciousness - Wikipedia

*Higher levels of consciousness can be achieved with the help of regular practice and training of the mind-body system. In brief, the seven levels of consciousness which make up the path of spiritual development, are.*

If not treated immediately, HACE can cause death. Excess fluid builds up in the lungs, making it difficult for them to function normally. Symptoms of HAPE include: As altitude increases, the air becomes thinner and less oxygen-saturated. Altitude sickness is most common at elevations above 8,000 feet. Twenty percent of hikers, skiers, and adventurers traveling to high elevations between 8,000 and 18,000 feet experience altitude sickness. The number increases to 50 percent at elevations above 18,000 feet. Who is at risk for altitude sickness? Your risk is also low if you gradually increase your altitude. Taking more than two days to climb 8,000 to 9,000 feet can help reduce your risk. Your risk increases if you have a history of altitude sickness. How is altitude sickness diagnosed? Your doctor will ask you a series of questions to look for symptoms of altitude sickness. This requires prompt treatment. Your doctor may also do a chest X-ray to look for signs of fluid or lung collapse. How is altitude sickness treated? Descending immediately can relieve early symptoms of altitude sickness. However, you should seek medical attention if you have advanced symptoms of acute mountain sickness. The medication acetazolamide can reduce symptoms of altitude sickness and help improve labored breathing. You may also be given the steroid dexamethasone. Other treatments include a lung inhaler, high blood pressure medication nifedipine, and a phosphodiesterase inhibitor medication. These help reduce pressure on the arteries in your lungs. Complications of altitude sickness include:

### 2: When Does Consciousness Arise in Human Babies? - Scientific American

*INTEGRAL ALTITUDE. The concept of Altitude is a radically new approach to development created by Ken Wilber and presented in his newest book, Integral [www.enganchecubano.com](http://www.enganchecubano.com) Holons, we use Altitude as a measure of development in both culture and consciousness.*

Adopting a positive attitude as a way of life will help you cope more easily with your daily affairs of life, and would bring constructive changes into your life. A positive attitude will make you an optimist, and help you avoid worries and negative thoughts. Developing this attitude, would make you a happier person, who sees the bright side of life and expects the best to happen. It is certainly a state of mind that is well worth developing.

**What Is a Positive Attitude?** Here are a few definitions that attempt to describe what is a positive attitude, and how it manifests. It is a mental state that expects the best to happen. It is actually, positive thinking, the habit of believing that things would turn well and not allowing negative thoughts and doubts to disturb this belief. It is constructive thinking - You think about solutions and believe that you can find them. It means being active about solving problems. It is not enough just to believe that things will turn out okay. You also need to be actively thinking about constructive solutions and carrying them out. It is creative thinking - Looking at life and situations with a broader vision and finding creative solutions. With a positive attitude, you are not afraid to look for new ways of doing things. This makes you unique and can help you do things in a better way than others.

**Optimism** - This is one of its main characteristics. It means hope and expecting situations to improve and plans to turn out well. **Motivation** - This is the energy and zest to do things and accomplish goals. When motivation is present you are keen on doing, spending energy and time on work, studies, or accomplishing a goal. When you are sure of yourself, believe in your abilities and do not allow anything to discourage you, you become motivated. **Happiness** - A person with a positive attitude is usually happy, and content. A positive frame of mind can help you in many ways and in many situations. It will help you stay calm in difficult situations, not to lose hope, and to continue whatever you are doing, despite difficulties or failure. There are various traits of character and habits associated with the possession of a positive attitude, as mentioned below.

**Positive Thinking - The Power to Succeed** Simple working techniques and advice to help you replace negative thoughts with happy, successful and constructive thoughts. Learn how to build up a positive attitude and avoid negative thoughts. Useful advice, guidance and techniques. Find out whether you possess the following habits: Do you expect a successful outcome of your actions? Do you inspire and encourage yourself and other people? Not giving up and not feeling down when meeting obstacles and encountering problems. You look at failure and problems as blessings in disguise. You learn from them, so you do not repeat them. You believe in yourself and in your abilities and skills. Do you feel that you possess enough self-esteem and self-confidence to handle confidently the affairs of your daily life? One of the main features of a positive frame of mind is the ability to stay immune to negative thoughts, negative comments, negative people and discouragement, and not allow them affect your state of mind. Do you look for solutions, instead of dwelling on problems? With this state of mind, you become curious and open-minded, and therefore, are able to recognize opportunities and dare to explore them. A positive attitude leads to happiness and success and can change your whole life. If you look at the bright side of life, your whole life becomes filled with light. This light affects not only you and the way you look at the world, but it also affects your environment and the people around you. If this attitude is strong enough, it becomes contagious. This one of the reasons why creative visualization is essential for success, happiness and contentment.

**The Benefits of a Positive Attitude** I have already mentioned many of the benefits of adopting a positive attitude and the importance of developing it. However, a little repetition would make things even clearer. It helps you achieve goals and attain success. It can bring more joy into your life. It makes you a pleasant person to be with, and makes it easier to be liked and gain friends. It produces more energy, enthusiasm, interest, and even curiosity, making life more interesting. Positive attitude increases your confidence in your abilities, and brings hope and expectation of a brighter future. It enhances your motivation when carrying out tasks and working on goals, and you are also able to inspire and motivate others. Obstacles and difficulties do not spoil your happiness and optimism. You do not focus on them, you focus on solutions.

When it is good and pleasant, people will like you and want your company. When you feel good and happy, and expect good things to happen, life smiles at you. You can achieve success. If you have been exhibiting a negative attitude and expecting failure and difficulties, it is now the time to change the way you think. It is now the time to get rid of negative thoughts and behavior, and start leading a happy life with optimism, energy and zest. If you tried to do so in the past and failed, it only means that you have not tried enough and should try again. If your mind whispers to you that you cannot change, do not listen to it. Change will not happen overnight, but with a little perseverance it will happen. Simple Tips for Developing a Positive Attitude: Choose to be happy. Yes, it is a matter of choice. When negative thoughts enter your mind, just refuse to look at them and think them. Do your best to substitute them with happy thoughts. Look at the bright side of life. No matter how tough a situation is, there is always some good in it, some insight and lessons to learn. Choose to be optimistic. Choose to believe that things would change for the better. Find reasons to smile more often. You can find such reasons, if you look around you. There are funny events, funny incidents, pleasant events and small daily accomplishments. All of them are reasons for a smile. Have faith in yourself, and believe that the Universe can help you. A strong belief in yourself and in your ability to cope with every situation, fosters a positive attitude in you. Associate yourself with happy people, since happiness is contagious. Read inspiring stories about inspiring, happy or successful people. Do not envy them or be jealous of them. Just learn from their stories, and let them inspire and motivate you to do similar things. You can find such quotes on the Internet and at our quotes directory. I suggest you read a few in the morning, before going to work, and at night, before you go to sleep. Repeat affirmations to inspire and motivate you. Visualize only what you want to happen in your life, and avoid thinking and visualizing what you do not want. Learn to develop a focused mind and master your thoughts. When you can focus, you can direct your attention more easily to thoughts that you choose, and avoid negative thoughts. Following even only one of the above suggestions, will bring more happiness and joy into your life.

### 3: # How To Increase Your Consciousness

*Therefore, in order to increase your consciousness in this respect, you need to increase the number of things which you can simultaneously maintain consciousness of. A key realization is that consciousness is intentional.*

The first three states – waking consciousness, deep sleep and the dreaming state of sleep – are known to every adult human being with a functional nervous system. The last four levels – transcendental, cosmic, god and unity consciousness – are usually not available right away. These states become accessible only as one engages in regular practice of meditation. What are these higher levels like? Here are some essential points from Jerry Freeman, student of Maharishi Mahesh Yogi for over 40 years. To cultivate the ability of the nervous system to sustain that. Eventually, that becomes stabilized and it becomes a permanent state of consciousness which Maharishi called the Cosmic Consciousness. My sublime self is actually that pure, eternal consciousness. My little ego that motors around and feels so important – you discover that oh, that is not what I am! And yet it is still just one unfoldment, just that first permanent awakening. But because now there is this connection with the deepest within, this creates the capacity to see more deeply. As the perception of the outer world becomes deeper and more subtle, attention goes to more and more pleasing levels – subtler is more pleasing, more unbounded, closer to that pure level where everything is bliss. The heart can overtake anything. You begin to approach that same silence that you found within yourself at the subtlest level of what you see outside. Any contact, any experience in the material world – even the scolding of a black crow – becomes delightful. It may come out as a deep devotion in a religious sense. It may be in a more generalized sort of way – a heart goes out and is overtaken with the perfection and the beauty of everything that is encountered. That is called God Consciousness. What does modern science say about reality? It will always keep on unfolding – in the way of expansion and deepening. In Unity Consciousness, myself is the Self of all. There is only one Self. One discovers that this Atman which was once inner, is actually all encompassing. Everything which is in myself is myself. There is no other. Jerry Freeman explains the four higher levels of consciousness. Maharishi Mahesh Yogi, the founder of the Transcendental Meditation program, expounded on seven states of consciousness to set pointers for practitioners. Jerry Freeman is presently working on a book tentatively titled: However, the great insights about awakening, human consciousness, enlightenment, etc.

## 4: The Seven Shamanic Levels of Consciousness

*Time of useful consciousness (TUC), also Effective Performance Time (EPT), is defined as the amount of time an individual is able to perform flying duties efficiently in an environment of inadequate oxygen supply.*

The English word "conscious" originally derived from the Latin *consciens* con- "together" and *scio* "to know", but the Latin word did not have the same meaning as our word—it meant "knowing with", in other words "having joint or common knowledge with another". This phrase had the figurative meaning of "knowing that one knows", as the modern English word "conscious" does. In its earliest uses in the 17th century, the English word "conscious" retained the meaning of the Latin *consciens*. For example, Thomas Hobbes in *Leviathan* wrote: For example, Archbishop Ussher wrote in of "being so conscious unto myself of my great weakness". A related word was *conscientia*, which primarily means moral conscience. In the literal sense, "conscientia" means knowledge-with, that is, shared knowledge. The word first appears in Latin juridical texts by writers such as Cicero. These have ranged from formal definitions to definitions attempting to capture the less easily captured and more debated meanings and usage of the word.

Philosophy of mind[ edit ] The philosophy of mind has given rise to many stances regarding consciousness. The *Routledge Encyclopedia of Philosophy* defines consciousness as follows: The clearest examples are: Introspection and phenomenality seem independent, or dissociable, although this is controversial. Consciousness is "The having of perceptions, thoughts, and feelings; awareness. The term is impossible to define except in terms that are unintelligible without a grasp of what consciousness means. Many fall into the trap of equating consciousness with self-consciousness—to be conscious it is only necessary to be aware of the external world. Consciousness is a fascinating but elusive phenomenon: Nothing worth reading has been written on it. For surveys, the most common approach is to follow a historical path by associating stances with the philosophers who are most strongly associated with them, for example Descartes, Locke, Kant, etc. An alternative is to organize philosophical stances according to basic issues. The coherence of the concept[ edit ] Philosophers and non-philosophers differ in their intuitions about what consciousness is. Gilbert Ryle, for example, argued that traditional understanding of consciousness depends on a Cartesian dualist outlook that improperly distinguishes between mind and body, or between mind and world. He proposed that we speak not of minds, bodies, and the world, but of individuals, or persons, acting in the world. Thus, by speaking of "consciousness" we end up misleading ourselves by thinking that there is any sort of thing as consciousness separated from behavioral and linguistic understandings. These experiences, considered independently of any impact on behavior, are called qualia. A-consciousness, on the other hand, is the phenomenon whereby information in our minds is accessible for verbal report, reasoning, and the control of behavior. So, when we perceive, information about what we perceive is access conscious; when we introspect, information about our thoughts is access conscious; when we remember, information about the past is access conscious, and so on. Although some philosophers, such as Daniel Dennett, have disputed the validity of this distinction, [31] others have broadly accepted it. David Chalmers has argued that A-consciousness can in principle be understood in mechanistic terms, but that understanding P-consciousness is much more challenging: Although p-consciousness without a-consciousness is more widely accepted, there have been some hypothetical examples of A without P. Inputs are passed by the sensory organs to the pineal gland and from there to the immaterial spirit. Mental processes such as consciousness and physical processes such as brain events seem to be correlated: The first influential philosopher to discuss this question specifically was Descartes, and the answer he gave is known as Cartesian dualism. Descartes proposed that consciousness resides within an immaterial domain he called *res cogitans* the realm of thought, in contrast to the domain of material things, which he called *res extensa* the realm of extension. Proposed solutions can be divided broadly into two categories: Each of these categories itself contains numerous variants. The two main types of dualism are substance dualism which holds that the mind is formed of a distinct type of substance not governed by the laws of physics and property dualism which holds that the laws of physics are universally valid but cannot be used to explain the mind. The three main types of monism are physicalism which holds that the mind consists of matter organized in a particular way,

idealism which holds that only thought or experience truly exists, and matter is merely an illusion, and neutral monism which holds that both mind and matter are aspects of a distinct essence that is itself identical to neither of them. There are also, however, a large number of idiosyncratic theories that cannot cleanly be assigned to any of these schools of thought. His arguments, however, were very abstract. Theories proposed by neuroscientists such as Gerald Edelman [40] and Antonio Damasio, [41] and by philosophers such as Daniel Dennett, [42] seek to explain consciousness in terms of neural events occurring within the brain. Many other neuroscientists, such as Christof Koch, [43] have explored the neural basis of consciousness without attempting to frame all-encompassing global theories. At the same time, computer scientists working in the field of artificial intelligence have pursued the goal of creating digital computer programs that can simulate or embody consciousness. Several theorists have therefore proposed quantum mind QM theories of consciousness. Some of these QM theories offer descriptions of phenomenal consciousness, as well as QM interpretations of access consciousness. None of the quantum mechanical theories has been confirmed by experiment. Recent publications by G. Briegel [46] could falsify proposals such as those of Hameroff, which rely on quantum entanglement in protein. At the present time many scientists and philosophers consider the arguments for an important role of quantum phenomena to be unconvincing. The topic of free will is the philosophical and scientific examination of this conundrum. Problem of other minds[ edit ] Main article: Problem of other minds Many philosophers consider experience to be the essence of consciousness, and believe that experience can only fully be known from the inside, subjectively. But if consciousness is subjective and not visible from the outside, why do the vast majority of people believe that other people are conscious, but rocks and trees are not? For one thing, it seems to violate the principle of parsimony, by postulating an invisible entity that is not necessary to explain what we observe. A more straightforward way of saying this is that we attribute experiences to people because of what they can do, including the fact that they can tell us about their experiences. Animal consciousness The topic of animal consciousness is beset by a number of difficulties. It poses the problem of other minds in an especially severe form, because non-human animals, lacking the ability to express human language, cannot tell us about their experiences. Descartes, for example, has sometimes been blamed for mistreatment of animals due to the fact that he believed only humans have a non-physical mind. It is not obvious to the rest of the Western world or the Far East. It is not obvious to the society. Artificial consciousness The idea of an artifact made conscious is an ancient theme of mythology, appearing for example in the Greek myth of Pygmalion, who carved a statue that was magically brought to life, and in medieval Jewish stories of the Golem, a magically animated homunculus built of clay. Lovelace was essentially dismissive of the idea that a machine such as the Analytical Engine could think in a humanlike way. It is desirable to guard against the possibility of exaggerated ideas that might arise as to the powers of the Analytical Engine. The Analytical Engine has no pretensions whatever to originate anything. It can do whatever we know how to order it to perform. It can follow analysis; but it has no power of anticipating any analytical relations or truths. Its province is to assist us in making available what we are already acquainted with. Turing disavowed any interest in terminology, saying that even "Can machines think? In his essay Turing discussed a variety of possible objections, and presented a counterargument to each of them. The Turing test is commonly cited in discussions of artificial intelligence as a proposed criterion for machine consciousness; it has provoked a great deal of philosophical debate. For example, Daniel Dennett and Douglas Hofstadter argue that anything capable of passing the Turing test is necessarily conscious, [67] while David Chalmers argues that a philosophical zombie could pass the test, yet fail to be conscious. In a lively exchange over what has come to be referred to as "the Chinese room argument", John Searle sought to refute the claim of proponents of what he calls "strong artificial intelligence AI" that a computer program can be conscious, though he does agree with advocates of "weak AI" that computer programs can be formatted to "simulate" conscious states. His own view is that consciousness has subjective, first-person causal powers by being essentially intentional due simply to the way human brains function biologically; conscious persons can perform computations, but consciousness is not inherently computational the way computer programs are. To make a Turing machine that speaks Chinese, Searle imagines a room with one monolingual English speaker Searle himself, in fact, a book that designates a combination of Chinese symbols to be output paired with

Chinese symbol input, and boxes filled with Chinese symbols. In this case, the English speaker is acting as a computer and the rulebook as a program. Searle argues that with such a machine, he would be able to process the inputs to outputs perfectly without having any understanding of Chinese, nor having any idea what the questions and answers could possibly mean. If the experiment were done in English, since Searle knows English, he would be able to take questions and give answers without any algorithms for English questions, and he would be effectively aware of what was being said and the purposes it might serve. Searle would pass the Turing test of answering the questions in both languages, but he is only conscious of what he is doing when he speaks English. Another way of putting the argument is to say that computer programs can pass the Turing test for processing the syntax of a language, but that the syntax cannot lead to semantic meaning in the way strong AI advocates hoped. Turing-scale robotics is an empirical branch of research on embodied cognition and situated cognition. However, this test can be used only to detect, but not refute the existence of consciousness. A positive result proves that machine is conscious but a negative result proves nothing.

Scientific study[ edit ] For many decades, consciousness as a research topic was avoided by the majority of mainstream scientists, because of a general feeling that a phenomenon defined in subjective terms could not properly be studied using objective experimental methods. Broadly viewed, scientific approaches are based on two core concepts. The first identifies the content of consciousness with the experiences that are reported by human subjects; the second makes use of the concept of consciousness that has been developed by neurologists and other medical professionals who deal with patients whose behavior is impaired. In either case, the ultimate goals are to develop techniques for assessing consciousness objectively in humans as well as other animals, and to understand the neural and psychological mechanisms that underlie it. In the majority of experiments that are specifically about consciousness, the subjects are human, and the criterion used is verbal report: In several paradigms, such as the technique of response priming , the behavior of subjects is clearly influenced by stimuli for which they report no awareness, and suitable experimental manipulations can lead to increasing priming effects despite decreasing prime identification double dissociation. As a third issue, philosophers who dispute the validity of the Turing test may feel that it is possible, at least in principle, for verbal report to be dissociated from consciousness entirely: The last three of these can be used as indicators of consciousness when verbal behavior is absent. Their reliability as indicators of consciousness is disputed, however, due to numerous studies showing that alert human subjects can be induced to behave purposefully in a variety of ways in spite of reporting a complete lack of awareness. In the s Gordon Gallup developed an operational test for self-awareness, known as the mirror test. The test examines whether animals are able to differentiate between seeing themselves in a mirror versus seeing other animals. The hope is to find that activity in a particular part of the brain, or a particular pattern of global brain activity, which will be strongly predictive of conscious awareness. Several brain imaging techniques, such as EEG and fMRI , have been used for physical measures of brain activity in these studies. This idea arose from proposals in the s, by Christof von der Malsburg and Wolf Singer, that gamma oscillations could solve the so-called binding problem , by linking information represented in different parts of the brain into a unified experience. There is substantial evidence that a "top-down" flow of neural activity i. In contrast to the raw electrical responses that do not correlate with consciousness, the modulation of these responses by other stimuli correlates surprisingly well with an important aspect of consciousness: In , Graziano and Kastner [99] proposed the "attention schema" theory of awareness.

### 5: 7 LEVELS OF CONSCIOUSNESS: Know the potential of your mind

*The Elevation Project brings together Jews and seekers from all walks of life with a single goal: to explore the Torah's definitive map of human psychology and consciousness on an experiential level.*

The concentration of oxygen O<sub>2</sub> in sea-level air is In healthy individuals, this saturates hemoglobin, the oxygen-binding red pigment in red blood cells. The higher the altitude, the greater the risk. The death zone, in mountaineering , refers to altitudes above a certain point where the amount of oxygen is insufficient to sustain human life for an extended time span. The concept of the death zone originally the lethal zone was first conceived in by Edouard Wyss-Dunant , a Swiss doctor, in an article about acclimatization published in the journal of the Swiss Foundation for Alpine Research. In the death zone, the human body cannot acclimatize. An extended stay in the zone without supplementary oxygen will result in deterioration of bodily functions, loss of consciousness, and, ultimately, death. High-altitude adaptation in humans The summit of K2 is in the death zone. These adaptations are especially pronounced in people living in the Andes and the Himalayas. Compared with acclimatized newcomers, native Andean and Himalayan populations have better oxygenation at birth, enlarged lung volumes throughout life, and a higher capacity for exercise. Tibetans demonstrate a sustained increase in cerebral blood flow, lower hemoglobin concentration, and less susceptibility to chronic mountain sickness CMS. These adaptations may reflect the longer history of high altitude habitation in these regions. Research has also indicated that oxygen levels are unlikely to be a factor, considering that there is no indication of increased mood disturbances at high altitude in those with sleep apnea or in heavy smokers at high altitude. The cause for the increased suicide risk is as yet unknown. At high altitude, in the short term, the lack of oxygen is sensed by the carotid bodies , which causes an increase in the breathing depth and rate hyperpnea. However, hyperpnea also causes the adverse effect of respiratory alkalosis , inhibiting the respiratory center from enhancing the respiratory rate as much as would be required. Inability to increase the breathing rate can be caused by inadequate carotid body response or pulmonary or renal disease. Gradually, the body compensates for the respiratory alkalosis by renal excretion of bicarbonate, allowing adequate respiration to provide oxygen without risking alkalosis. It takes about four days at any given altitude and can be enhanced by drugs such as acetazolamide. Full hematological adaptation to high altitude is achieved when the increase of red blood cells reaches a plateau and stops. The length of full hematological adaptation can be approximated by multiplying the altitude in kilometres by Altitude training Athletes training at high altitude in St. Moritz , Switzerland elevation 1, m or 6, ft. For athletes, high altitude produces two contradictory effects on performance. Sports organizations acknowledge the effects of altitude on performance: The Summer Olympics were held at altitude in Mexico City. With the best athletes in the world competing for the most prestigious title, most short sprint and jump records were set there at altitude. Other records were also set at altitude in anticipation of those Olympics. Many of the other records set at Mexico City were later surpassed by marks set at altitude. Athletes can also take advantage of altitude acclimatization to increase their performance. However, this may not always be the case. Any positive acclimatization effects may be negated by a de-training effect as the athletes are usually not able to exercise with as much intensity at high altitudes compared to sea level. This conundrum led to the development of the altitude training modality known as "Live-High, Train-Low", whereby the athlete spends many hours a day resting and sleeping at one high altitude, but performs a significant portion of their training, possibly all of it, at another lower altitude. A series of studies conducted in Utah in the late s by researchers Ben Levine, Jim Stray-Gundersen, and others, showed significant performance gains in athletes who followed such a protocol for several weeks.

## 6: Oxygen For Altitude Sickness

*ALTITUDE-INDUCED DECOMPRESSION SICKNESS. T. iny Bubbles, BIG Troubles. Decompression sickness (DCS) describes. a condition characterized by a variety of.*

Their view of the world has overtaken that of those that were in power before them the fifties generation. Collaboration, unity, and the understanding, true belief that we are all one world. I was raised in the same set of beliefs. I learned to think in a liberal environment and questioned authority. I was a strong Kennedy Liberal. Now that the liberal perspective is the authority, the question authority challenge has to come from the libertarian or conservative perspective. The alternative community is where innovation, and really holding the middle space should be coming from. Unfortunately, I see propaganda coming through in astrology readings, channelings, and fringe prediction on a daily basis. This is my litmus test. Once I hear or read a push toward propaganda I know that person is pushing their ego perspective not channeling from a high source. When I channel information I am continually surprised by the level of love and neutrality and elevated information I receive and hear. This may sound a little weird to my readers who are not part of the alternative world. My world view is not that of the hippie, partly because I am just too young to have that part of my cellular structure although I have lots of peers that have gripped that belief system, partly because I am driven toward congruence. Which is to say if I am challenging another to be loving and kind I strive to treat that person the way I am entreating them to treat others. That is not what is happening in the community at large from the mainstream perspective. More often than not I observe hatefulness, superiority, righteousness, and a demeanor of superiority in my fiercely liberal friends toward their political opposites or those whom they propagandize as against their beliefs. That feels deeply incongruent with the liberal agenda of being compassionate toward others. Whenever acting in a way outside of what you are requesting to be the action toward yourself, then you are not living in an integrated spirit self mindful space. I was raised by a person whose life-breath was integrated compassion and mindfulness derived from his amazing intellect. My people left a difficult place to make a better life. They worked hard to make that a truth. No handouts, nothing for free. My father was the baby of 13 children. His father died when he was a teenager. He won a scholarship to university in Chicago, due to his amazing intellect, and had to forego it to work full time to support his mother. His mother had to mortgage her home to send him to night school, which he completed in 3 years while still working. He took care of his sisters, his mother, and his family, whenever asked. He was the first of his generation to get a college degree. He worked hard, started five businesses, each successful, and then sent all of his children to college. We went on to get graduate degrees, and for one of us from Ivy league Universities. I went to a very liberal, liberal arts college where I was taught HOW to think, not what to think, all perspectives were offered and supported, it was my job to develop critical thinking and decode for myself what mattered. I traveled to Europe and my continent neighbors, and I saw how countries, like people, were not all cut from the same cloth. Different things worked successfully for different countries just as they do for different personalities. I studied Sociology and breathed-in the understanding that culture defines and creates thinking in a way that sometimes shifts a person out of critical, mindful thinking. I interacted with and helped people in the fringe of our society, always with compassion and care. I learned a lot about how culture, experience and dualistic thinking created the problems surrounding the American culture. Now, I write about mindfulness and sensfulness, ecopsychology, multidimensional interaction and the elevation of consciousness. The answer is not in either the liberal or conservative perspective, it is in transcending and including BOTH. The answer is in integrating the diverse belief systems so that they are interacting in a positive, caring, accepting collaborative way. How is this related to Independence day? The people who strove to change the nation were like my father, integrated spiritual people. They made an effort to transcend the rebellious pull, to create a thoughtful design to maintain a space in the middle, to help those who show up in the nation to create a real change in how people were treated. As the years go by we create the fullness of that truth with all people, and for my mind all sentient beings on the planet and the planet herself. There is still more work to go to elevate the consciousness of the planet. But those men then created an avenue through the declaration of independence

to offer a way to create a higher level of consciousness right here. For that reason I am proud to be an American, and through that care and love for this experiment, I am dragging in the entire human race, the animals and plants and stars, hoping that soon, very soon all can see how we are one people, one world. We can do it through a real dialogue, sincerely using sensefulness and mindfulness in a multidimensional way to create a healing and an elevation of consciousness on the planet. It requires internally challenging your knee-jerk reactions, belief systems, and those things that trigger you to anger and hatefulness. Act toward others with the loving care you desire from them. Use the golden and silver rule to guide you and the elevation of consciousness is at hand. Not all will survive this powerful time. Each of you can maintain your integrated mindfulness and sensefulness, and while you are learning from others, they are learning from you. This will create the space for an elevation in consciousness. Meditate, create art, work in the garden, exercise, walk through nature, in reconnecting with the tapestry of life you can see the support there as you offer shift in consciousness to your human community. Live your life fully and allow your full, big self to be present in the tapestry of life. You may experience a new Alignment within you, around you and between you and source. Check out these videos on Krqe. You may participate in seminars to learn these techniques through the bethgineris. Discover how your worldview works to your benefit or detriment, and whether you have an attachment that is creating problems in your relationships. MAAPS will help you to discern your insecurities and understand how and what underlies how you developed your insecurity driver Money, Achievement, Attachment, Power, Structure. You can find ways to simply connect to yourself in a loving forgiving way through the Turning No to ON: The Art of Parenting with Mindfulness Book. If you want to change your life, see how you can bring mindfulness to your parenting and relationships. Aligning with your true path, your true self in your multidimensional self allows for healing. Albuquerque, NM practice, focus on return to balance and the integration of spirit, mind, and body through meditation and mindfulness. Find more on my website [www. The Art of Partnering with Mindfulness](http://www.TheArtofPartneringwithMindfulness.com) amazon.

### 7: About Integral Theory | The Daily Evolver

*A positive attitude will make you an optimist, and help you avoid worries and negative thoughts. Developing this attitude, would make you a happier person, who sees the bright side of life and expects the best to happen.*

You have largely mastered your feelings and emotions. You have the ability to critically examine every concept, every thought, every action. You strive to increase your competence in every aspect of your life. You carefully observe the results you produce, using that as feedback to improve your concepts, thoughts, communications, and actions. You live free and creatively - you are a Freeperson. Producing results is paramount. Julian Jaynes *The Origin of Consciousness in the Breakdown of the Bicameral Mind*, up to about 3, years ago humans were not conscious as we know consciousness today. Their minds worked like this: Today, some people still manifest this form of mentation - sometimes called schizophrenia. I call this stage in the evolution of consciousness, bicameral stage one - the pre-conscious human. In this stage obedience is paramount. Many people are aware of an automatic, apparently uncontrollable "stream of thoughts" going on in their heads. In this stage being "right" is paramount. A rapidly growing number of people have started questioning and critically examining concepts, beliefs, and behaviors, held sacred by their elders and most of their contemporaries. These people want to produce better results in their lives: In any area where they think their results are below expectations they seek to improve their knowledge, their skills, their competence. They also realize that some of their difficulties stem from destructive thoughts and behavior patterns acquired or developed during childhood. Their emphasis is on producing results. I call this the conscious stage. By conscious I mean critically aware, particularly critically self-aware. The proto-conscious person in bicameral stage two operates "on automatic" most of the time - like driving a car without thinking, or regurgitating automatic thoughts, or reacting emotionally like a puppet, or compulsively making self "right" and others "wrong" without critical awareness of the results being produced. The critically conscious are conscious of their consciousness. They critically monitor what they think, say, and do in order to produce the results they want. They develop the thinking skill of self-observation. Many people are in transition from bicameral stage 2 to the conscious stage. Some are still in transition from bicameral stage 1 to bicameral stage 2. Some show signs of all three stages. Where does your wimp fit into all this? If you believe in total obedience to something outside yourself an external "authority", your wimp may have total control over your life. These three types compare to three of the life-orientations identified by Dr. Eric Byrne in Transactional Analysis: If you are inclined to lose your cool in certain situations, or in the presence of certain kinds of people, you have another pointer to your wimp. If you consistently blame things or people outside yourself for your lack of success or your lot in life, you have another indication that your wimp is at work. Similarly, your wimp may be the helpless apathetic or compulsive rebel type. If you often get victimized - for example, provoke violence or coercion against yourself - that is a definite wimp pointer. You can join them whenever you want to. The steps for overcoming your wimp: Recognize that there is a wimp within you. Identify the areas in your life where the wimp seems to get the upper hand - areas where your results are below expectation. Ask, "What knowledge, skills, or methods competence do I need to improve in that area? For many this is a life-long process. We simply stick to it year after year. Read and apply *Mind Traps*: Rusk identifies self-doubt as the root of all evil: Self-doubt is a mental abscess which can penetrate to the very essence of your being. Like a slow-growing but highly adaptable fungus, self-doubt is a creeping rot which eats away at your sense of worth. It can be so insidious you may be unaware of its damaging effect on your life. And self-doubt is extremely durable; it is resistant to all but the most sophisticated and determined efforts at eradicating it. Introduced by painful experiences in childhood, self-doubt weaves itself into the fabric of your identity. There, disguised as the truth, utilizing the self-defeating attitudes *Mind Traps* it generates, self-doubt asserts its poisonous influence over every aspect of life, from work to relationships. Self-doubts and *Mind Traps* are hardy enough to withstand overwhelming conflicting evidence. They are even resistant to good common sense - no matter how much some people may love and respect you, you may still doubt yourself. And you may find yourself sabotaging your own welfare. The wimp is a pessimist. Optimism is a methodology or technology that can be

learned. Doing so will eventually defeat the wimp. Consider again the central theme of this report: This imperative to express our power and experience control is central to human behavior. Every human does something to express his or her power in the world. This power can be expressed creatively or destructively. Humans first attempt to express their power creatively. If such attempts fail repeatedly, they experience themselves as powerless. They may feel helpless and hopeless, and become depressed. What they experience is that they cannot make a positive difference in their own lives or in the world. A cognitive breakdown occurs between their actions and the results they produce. Mentally and intellectually they cease to understand the connections between their behavior and the consequences of their behavior. Then they express their power destructively. This phenomenon is at the root of practically all individual and societal problems. Understanding this phenomenon and its implications leads to the solution of practically all individual and societal problems. An important distinction here: We think, we "emote," and we act. Of the three the easiest to change - in some cases - is action. The wimp is afraid. It is a coward. Unfounded fear is a breakdown of the cognitive connection between action and consequence. We fear taking a certain action because we have a weird idea cognitive connection of what the consequences might be. The ultimate way to beat the wimp is to do the things we are most afraid of - those things where the fear is unfounded - like public speaking, door-to-door selling, asking a stranger for directions, etc. Observe the consequences of these actions and formulate new cognitive connections. Discover your freedom and power. You may think in terms of two states: Most people are pretty unconscious during their supposedly "awake" hours. Observing bicameral or unconscious behavior in others may assist you in recognizing and overcoming it in yourself. For some more examples, read the articles: Dumb Obstinacy , and The Blind Men and the Elephant which also demonstrates the subjective nature of "truth". How to Increase Your Intelligence also contains important additional information on this subject. I say there are many degrees of consciousness. I also regard "continuum thinking" as a thinking skill. You could regard the extent of your consciousness as the number of things which you are conscious of; for example, suppose you identify one hundred things about yourself and your environment - at any particular time you may only be conscious of two to five of these things. Breathing is an example of something which your body usually does unconsciously or automatically - until you deliberately control your lungs, such as by taking several deep breaths, do you become conscious of your breathing; though the process reverts to an unconscious state shortly thereafter, replaced by whatever else you later began thinking about, or focused your attention on. Therefore, in order to increase your consciousness in this respect, you need to increase the number of things which you can simultaneously maintain consciousness of. A key realization is that consciousness is intentional. For there to be consciousness, we have to direct our consciousness. We have to will consciousness. In his book *On Disobedience and Other Essays*, psychologist Erich Fromm indicates why disobedience is the first step toward developing real consciousness. By thinking for yourself and making your own decisions you develop consciousness. Another important way to develop consciousness is to question everything. Whatever you accept blindly from others, tends to make you a stimulus-response robot. Particularly question all your past knowledge. When we are conscious, we are reflectively conscious on a continual basis.

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*Scientific American is the essential guide to the most awe-inspiring advances in science and technology, explaining how they change our understanding of the world and shape our lives.*

How do we know that a newly born and healthy infant is conscious? There is no question that the baby is awake. Its eyes are wide open, it wriggles and grimaces, and, most important, it cries. It is well recognized that infants have no awareness of their own state, emotions and motivations. Even older children who can speak have very limited insight into their own actions. Although a newborn lacks self-awareness, the baby processes complex visual stimuli and attends to sounds and sights in its world, preferentially looking at faces. And linguistic capacities in babies are shaped by the environment they grow up in. A more complex behavior is imitation: It is therefore likely that the baby has some basic level of unreflective, present-oriented consciousness. The Road to Awareness But when does the magical journey of consciousness begin? Consciousness requires a sophisticated network of highly interconnected components, nerve cells. Its physical substrate, the thalamo-cortical complex that provides consciousness with its highly elaborate content, begins to be in place between the 24th and 28th week of gestation. Roughly two months later synchrony of the electroencephalographic EEG rhythm across both cortical hemispheres signals the onset of global neuronal integration. Thus, many of the circuit elements necessary for consciousness are in place by the third trimester. By this time, preterm infants can survive outside the womb under proper medical care. And as it is so much easier to observe and interact with a preterm baby than with a fetus of the same gestational age in the womb, the fetus is often considered to be like a preterm baby, like an unborn newborn. But this notion disregards the unique uterine environment: Invasive experiments in rat and lamb pups and observational studies using ultrasound and electrical recordings in humans show that the third-trimester fetus is almost always in one of two sleep states. Called active and quiet sleep, these states can be distinguished using electroencephalography. Their different EEG signatures go hand in hand with distinct behaviors: These stages correspond to rapid-eye-movement REM and slow-wave sleep common to all mammals. In late gestation the fetus is in one of these two sleep states 95 percent of the time, separated by brief transitions. What is fascinating is the discovery that the fetus is actively sedated by the low oxygen pressure equivalent to that at the top of Mount Everest, the warm and cushioned uterine environment and a range of neuroinhibitory and sleep-inducing substances produced by the placenta and the fetus itself: The role of the placenta in maintaining sedation is revealed when the umbilical cord is closed off while keeping the fetus adequately supplied with oxygen. The lamb embryo now moves and breathes continuously. From all this evidence, neonatologists conclude that the fetus is asleep while its brain matures. When people awaken during REM sleep, they often report vivid dreams with extensive narratives. Although consciousness during dreams is not the same as during wakefulness—most noticeably insight and self-reflection are absent—dreams are consciously experienced and felt. So does the fetus dream when in REM sleep? This is not known. But what would it dream of? After birth, dream content is informed by recent and more remote memories. Longitudinal studies of dreaming in children by retired American psychologist David Foulkes suggest that dreaming is a gradual cognitive development that is tightly linked to the capacity to imagine things visually and to visuospatial skills. What would dreaming be like for an organism that spends its time suspended in a sort of isolation tank, with no memories, and no way to imagine anything at all? I wager that the fetus experiences nothing in utero; that it feels the way we do when we are in a deep, dreamless sleep. The dramatic events attending delivery by natural vaginal means cause the brain to abruptly wake up, however. The fetus is forced from its paradisiac existence in the protected, aqueous and warm womb into a hostile, aerial and cold world that assaults its senses with utterly foreign sounds, smells and sights, a highly stressful event. As Hugo Lagercrantz, a pediatrician at the Karolinska Institute in Stockholm, discovered two decades ago, a massive surge of norepinephrine—more powerful than during any skydive or exposed climb the fetus may undertake in its adult life—as well as the release from anesthesia and sedation that occurs when the fetus disconnects from the maternal placenta, arouses the baby so that it can deal with its new circumstances. It draws its first breath, wakes up and begins to

experience life. This article was originally printed with the title, "When Does Consciousness Arise? When Does Consciousness Arise? Hugo Lagercrantz and Theodore A. Slotkin in Scientific American, Vol. The Emergence of Human Consciousness: From Fetal to Neonatal Life.

## 9: Why You Need a Positive Attitude and How to Gain It

*Altitude sickness is most common at elevations above 8,000 feet. Twenty percent of hikers, skiers, and adventurers traveling to high elevations between 8,000 and 18,000 feet experience altitude.*

In Holons, we use Altitude as a measure of development in both culture and consciousness. A simple way to explain it is to say that Altitude indicates the degree of developmental unfolding of items such as complexity, consciousness, and the number of perspectives one can take. For example, in consciousness development as indicated below, one goes from the capacity to take only a 1st-person perspective, to also being able to take a 2nd-person perspective, to also being able to take a 3rd-person perspective, and so on. Thus, in this example, you can see that the capacity for love increases from being able to love only me, to being able to love us, to being able to love all of us, to being able to love all sentient beings. The occasions in Culture by Altitude are placed on the rainbow in terms of the degree of complexity that they have. To not make an attempt to adjust your speech to another sentient being is mean, a form of subtle aggression. By learning to spot degree of complexity, you can more effectively communicate and enhance mutual understanding. We have selected three well-known examples of psychological models to show how easily Altitude can be used to measure them: Various cultural events can also be measured by their degree of development or their Altitude—and their movement from one to another as they unfold can also be followed: As always, these colors follow the rainbow and are identical wherever they appear. Altitude colors measure essentially similar degrees of development wherever you see the same color. We often speak of Center of Gravity, for the central part of the action system, whether individual or collective, and the colors are primarily assigned to COG. Another revolutionary concept presented in Integral Spirituality is the difference between structures of consciousness and states of consciousness. Altitude applies primarily to structures of consciousness, and those structures generally emerge through a developmental sequence of stages or waves, starting at infrared and unfolding through a rainbow of possibility from there. Many states, however, are available to everyone no matter the Altitude of their COG. States include the three natural states of waking, dreaming, and deep sleep, as well as altered states, peak experiences, intoxicated states, and the entire spectrum of spiritual states, from gross states of oneness with nature, to subtle grace and illumination, to causal formless absorption, to pure witnessing and nondual union with all that is arising. Because most states are ever-present, individuals can have authentic spiritual experiences at any stage or Altitude of development. States and stages, however, are deeply interrelated: Some representative instances of the major colors: Infrared archaic—a proto 1st-person perspective: Infrared Altitude exhibits an archaic worldview, physiological needs food, water, shelter, etc. Although present in infants, infrared is rarely seen in adults except in cases of famine, natural disasters, or other catastrophic events. Magenta egocentric—able to take a 1st-person perspective: Magenta Altitude tends to be the home of egocentric drives, a magical worldview, and impulsiveness. Young children primarily operate with a magenta worldview. Magenta in any line of development is fundamental, or "square one" for any and all new tasks. Magenta emotions and cognition can be seen driving cultural phenomena such as Burning Man, Buffy the Vampire Slayer, or superhero-themed comic books or movies. Red ego-to-ethnocentric—able to take a 1st- to 2nd-person perspective: Red Altitude is the marker of egocentric drives based on power, where "might makes right," where aggression rules, and where there is a limited capacity to take the role of an "other. Red motivations can be seen culturally in Ultimate Fighting contests, which have no fixed rules fixed rules come into being at the next Altitude, amber, teenage rebellion and the movies that cater to it The Fast and the Furious, gang dynamics where the stronger rule the weaker, and the like. Amber ethnocentric—able to take a 2nd-person perspective: Amber Altitude indicates a worldview that is mythic, and mythic worldviews are always held as absolute this stage of development is often called absolutistic. Instead of "might makes right," amber ethics are more oriented to the group, but one that extends only to "my" group. Grade school and high school kids usually exhibit amber motivations to "fit in. Culturally, amber worldviews can be seen in fundamentalism my God is right no matter what; extreme patriotism my country is right no matter what; and ethnocentrism my people are right no matter what. Orange

worldcentricâ€™able to take a 3rd-person perspective: The orange worldview often begins to emerge in late high school, college, or adulthood. Culturally, the orange worldview realizes that "truth is not delivered; it is discovered," spurring the great advances of science and formal rationality. Orange ethics begin to embrace all people, "We hold these truths to be self-evident, that all men are created equal Green worldcentricâ€™able to take a 4th-person perspective: Green worldviews are marked by pluralism, or the ability to see that there are multiple ways of seeing reality. If orange sees universal truths "All men are created equal" , green sees multiple universal truthsâ€™different ones for different cultures. Green ethics continue, and radically broaden, the movement to embrace all people. A green statement might read, "We hold these truths to be self-evident, that all people are created equal, regardless of race, gender, class Not to mention another "lost" generation in students. Teal Altitude marks the beginning of an integral worldview, where pluralism and relativism are transcended and included into a more systematic whole. The teal worldview honors the insights of the green worldview, but places it into a larger context that allows for healthy hierarchies, and healthy value distinctions. Perhaps most important, a teal worldview begins to see the process of development itself, acknowledging that each one of the previous stages magenta through green has an important role to play in the human experience. Turquoise kosmocentricâ€™able to take a 5th-person perspective: Turquoise is a mature integral view, one that sees not only healthy hierarchy but also the various quadrants of humans knowledge, expression, and inquiry at the minimum: I, we, and it. While teal worldviews tend to be secular, turquoise is the first to begin to integrate Spirit as a living force in the world manifested through any or all of the 3 Faces of God: Indigo continues and deepens kosmocentricâ€™able to take 6th-person perspective and higher: Evolution and development continues growing, and we have no reason to believe it will stop with the stage that we are at now. We have indicated all of these higher possibilities with the next color in the rainbow after turquoise, which is indigo.

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