

1: The Freud Page/Id, Ego, Superego, Conscious, Unconscious

Produces euphoria and social intimacy, but with short term health risks and longer-term harm to serotonin-producing neurons and to mood and cognition Near-death Experience an altered state of consciousness reported after a close brush with death; often similar to drug-induced hallucinations.

Avinash De Sousa, Carmel, 18, St. Road, Santacruz west , Mumbai - , India Email: This article has been cited by other articles in PMC. Abstract This paper aims at taking a fresh look at Freudian psychoanalytical theory from a modern perspective. Freudian psychology is a science based on the unconscious id and the conscious ego. Various aspects of Freudian thinking are examined from a modern perspective and the relevance of the psychoanalytical theory of consciousness is projected. Do psychoanalysis and the unconsciousness have something to teach us about consciousness? Approaching Freud from a historical, psychoanalytical, anthropological and sociological perspective, we need to look at how Freudian theory may contribute to a better understanding of consciousness. We also need to look at psychoanalytical psychotherapy and its contribution to a better understanding of body-mind dualism and consciousness as a whole. Ego psychology is considered in the present day context and it is synthesized with various psychological studies to give us a better understanding of consciousness. He gave us a new and powerful way to think about and investigate human thought, action and interaction. He often made sense of the ranges that were neglected or misunderstood. Although one might wish to reject or argue with some Freudian interpretations and theories, his writings and insights are too compelling to simply turn away. There is still much to be learned from Freud Neu, Much to be learned in relation to issues in contemporary philosophy of mind, moral and social theory. The special characteristics of unconscious states including their relations to states described by modern psychology and the relevance of the Freudian unconsciousness to questions concerning the divided or multiple self is equally important. Is the Freudian unconscious relevant in the light of modern day consciousness? Psychoanalysis regarded everything mental being in the first place unconscious, and thus for them, consciousness might be present or absent. This of course provoked a denial from philosophers for whom consciousness and mental were identical and they could never conceive of an absurdity such as an unconscious mental state. Reasons for believing in the existence of the unconsciousness are of course empirical, but the question as to what most fundamentally distinguishes the Freudian unconscious is a conceptual one. It is very important that one understands the nature of the unconsciousness in broad holistic terms rather than the fine details that Freud gave, and also one must follow the coherence of such a concept to understand our present day understanding of consciousness Freud, ; Ricoeur, The qualified specialization of consciousness that can be located in ordinary thought about the mind provides a source of motivation that is free from conceptual confusion. The analysis of what it is to be in consciousness has a further importance for the concept of unconscious mentality. If one assumes that all mental states are conscious alone, we will take a highly sceptical stand on Freudian theory and the topographical model of the mind proposed by him Laplanche and Pontalis, For example, mental states like beliefs and values do not exist solely by virtue of the consciousness in them. It would now be helpful to spell out more precisely various conceptions of the psychoanalytic concept of the unconsciousness in terms of successive degrees of independence from the concept of consciousness. Unconsciousness may be entirely composed of ideas that were previously conscious and have been repressed. This would meet the Lockenian condition on mentality, that is, there can be nothing in the mind that has not been previously in awareness Ricoeur, Unconsciousness may be perceived as entirely composed of, or at least as including some ideas that were not originally conscious but that could become conscious Sears, The last of these conceptions matches the unconsciousness as described in the writings of Melanie Klein and Wilfred Bion Bion, ; Dryden, , but it is also most probably attributable to Freud. A different question now needs to be addressed. It has been supposed that positive reason to believe in the existence of unconsciousness may come, and does in fact come from the notion that unconsciousness is necessary as data of consciousness have very large number of gaps in them Freud, Consciousness is characterized by a special kind of unity, on account of which it does not tolerate gaps of any kind. These gaps

are as such fully psychological in nature and they occur at points where we would ordinarily expect an intentional psychological explanation to be available and in this way, they stand apart from other merely nominal gaps in ordinary psychological explanation for example, the impossibility of explaining how it is that one ordinarily remembers something. Freud in his topographical model never looked at the mind to be built up of a number of agencies or systems, but rather these were terms used in a very special way, and it is a further puzzle as to what precisely Freud wanted them to signify. Freud, Consciousness and unconsciousness are not inimical properties and they are not intrinsically antagonistic to each other. Conflict between them is not regarding their status but because of the particular character of the contents of unconsciousness and their consequent connection with repression. Wollheim, Many questions remain unanswered, but it is fitting to conclude that consciousness and unconsciousness are both a set of states with representational content distinguished by special features which need not be regarded as propositional attitudes, characteristically endowed with phenomenology but attributed in a spirit of pure plain psychological realism. Archard, Relationships Between Freudian Theory and Cognitive Psychology with Reference to Consciousness. Though over a century has elapsed since Freud first proposed his theory, there has been very little comparison between Freudian theory and its links to nonpsychoanalytic academic psychology. The choice of cognitive psychology in this discussion stems from the fact that cognitive theory and cognitive psychology have a basis in almost all facets of modern psychology. Though cognitive psychology has explained many areas unknown to us 50 years earlier, one must admit that no other theorist ever constructed a conceptual and metatheoretical framework like Freud did, in order to understand psychological questions. The evidence available in his time suggested that some mental states might exist outside ones awareness. Thus, Freud had to reject the principle that all mental states are conscious ontological, but he retained the principle that all conscious states are accessible to awareness epistemological. The demotion of consciousness to a purely epistemological role leads to serious failure, both by Freud and other theorists. In the transformation of psychology from a science of consciousness to a science of mental representations, there has been a gain in theoretical power, but there has been a loss of something of great value. Psychologists may in fact be avoiding the problem that made the mental realm so puzzling in the first place, the problem of consciousness, and thereby ignoring the mystery that is at the heart of the nature of meaning and mind. Grunbaum, ; Holt, ; Roth, Terms such as awareness, reflective awareness, phenomenal awareness and phenomenal representation have all been used to refer to the same thing. Awareness has been used to refer to what we mean when we are at the moment conscious of something but also refers to the latent knowledge of something. The term conscious, unless burdened with additional meaning, may serve to mean what is immediately, subjectively and introspectively given in experience. We may be thus conscious of a rational abstract idea, an obsessional preoccupation or even a hallucination. We are conscious in psychosis, dissociative states, in intoxication and so forth. But each of these represents a quite different mental organisation of experiences, obeying different principles of organisation and existing on different levels of categorization and abstraction. Kihlstrom, We shall now take a look at the confusion, both terminological and conceptual, that dogged Freudian thought as well as contemporary cognitive psychology. Freud always struggled with what has been called an adjectival and substantive use of the term conscious. It simply means that the term conscious idea denotes an idea that is directly, subjectively given and capable of being introspected, although it need not be. The experience can be conscious in a variety of different states, i. It is better to refer to the above states as psychological states rather than different states of consciousness. The experience of consciousness may be different in each state but consciousness as a subjective, introspective given, is indivisible no matter what the state of consciousness. But the principles of organisation, levels of categorization and abstraction affecting or producing the experience may be different. Cognitive psychology has not been immune to confusing and ambiguous uses of the term conscious and consciousness. If consciousness can occur in a variety of psychological states regardless of the principles of organisation, what purpose does being conscious serve and what shall then be the special conditions needed for consciousness to occur? What is the role that consciousness must play in our lives, apart from the operation of the different principles of organisation and levels of abstraction? Freud gave consciousness the quality and capacity to transform experienced activity into unconscious states, similar to how different forms of energy are

interchanged in physics. It could also play a part in inhibiting and restricting certain thoughts from becoming conscious. It also served the purpose of transforming quantities of unconscious excitation into qualitative experiences of pleasure and unpleasure Freud, ; Hartmann, Open in a separate window Flowchart of the paper Whether psychoanalytic and cognitive science views of the consciousness are fraternal or identical twins, we do not know, but they were certainly reared apart from one another. The psychoanalytic twin was raised in the consulting room, exposed to primal scenes, intrapsychic conflict and the risky improvisations of clinical work, whereas the cognitive twin was raised in the scientific laboratory where calm and order prevailed. There is no doubt that the cognitive and psychoanalytic views are different and come out of different traditions Shervin and Dickman, Cognitive science focusses on motive, affect and conflict, whereas psychoanalysis focusses on conflict and underlying psychological processes. There are in fact convergences between these two radically different views but from a holistic perspective. They follow a similarity in the nature of the problems they address, though at first look they seem to be far apart. The newer developments in the field of cognitive science dealing with levels of categorisation and organisation will be of immense value in studying the hierarchical relationship between unconscious and conscious experiences. The chasm between the consulting room and scientific laboratory may soon narrow. We are now at a stage where we must broaden and deepen the scientific investigation of consciousness and conscious states in a way never done before. We need to apply our imagination and good will while being open minded and flexible at the same time. Take home message Freudian theory needs to be given a fresh look. Though considered outdated by some, it has a lot to offer to modern theories of consciousness. Insights from Freudian theory are relevant to modern day concepts of consciousness in cognitive neuroscience. Consciousness and unconsciousness are both independent and interdependent phenomena and their study will yield a different perspective on the evolution of conscious phenomena. Footnotes None declared Declaration This is to state that this is my original, unpublished work and has not been submitted for publication elsewhere. Brain, Mind and Consciousness: An International, Interdisciplinary Perspective A. Does Freudian theory play a role in explaining our modern day concept of consciousness? Do parts of Freudian theory have resemblance with modern day cognitive psychology and its theories? Should qualitative research on Freudian concepts be carried out in the light of modern theories of consciousness? Should modern methods of neuroimaging and neuroscience in the light of new data be used to validate Freudian models of conscious phenomena?

2: Course of Study - School of Metaphysics

The consciousness is the brain's ability to be aware of what's going on, but this actually happens at several levels. The conscious level controls information directly relevant to you right now.

Apathy and drowsiness are often prominent and accompanied by disorientation primarily for time, less often for place, and rarely for self. Motor abnormalities such as tremor, asterixis and difficulty in motor relaxation may occur. Mild confusional states are common, especially in elderly patients exposed to hospital care or the trauma of major surgery. Metabolic encephalopathy due to systemic organ failure especially of the liver or kidneys, excessive medication, nutritional insufficiency or systemic infection with fever often add to an underlying traumatic, vasomotor or senile cerebral insufficiency precipitating a confusional state. A severely confused person is usually unable to carry out more than a few simple commands. Speech may be limited to a few words or phrases or occasionally the patient may be quite talkative. The confused patient will react to both verbal and painful stimuli although the response may be sluggish and slower than normal. Delirium Delirium is a common and difficult problem especially in ill elderly patients. It is characterized by a fluctuating disturbance in consciousness and change in cognition that usually develops over a short period of time. Delirium is often accompanied by increased morbidity and subsequent functional decline. The financial consequences are also significant because of increased hospitalization and additional care requirements. The signs and symptoms of delirium include disorientation which is sometimes total and inclusive of absence of self-recognition. Other characteristic findings are irritability, perceptual delusions, visual hallucinations and usually intermittent impairment of arousal, but there may be sustained insomnia. The symptoms of delusion usually become worse after nightfall. Many delusional patients are febrile, most are tremulous and those with drug or alcohol withdrawal may convulse. The severe agitation, disorientation and occasional presence of auditory rather than visual hallucinations sometimes can be confused with a functional psychosis, but in most cases, the presence of fever, defects in orientation, the impairment of simple calculations and intellectual tools identify the organic nature of the underlying mechanism. The delusional patient will respond to both verbal and painful stimuli. Delirium most often occurs with widespread toxic or structural brain disease. It is seen especially during withdrawal from intoxication in abusers of drugs and alcohol and in acute inflammatory disorders such as meningitis and encephalitis. Obtundation Obtundation is primarily characterized by reduced alertness and hypersomnia. When awakened from an obtunded state, the patient remains drowsy and confused and wakefulness can only be maintained by continuous verbal and painful stimuli. It is common to see the patient spontaneously changing postures in bed, drawing up the bed-sheets, and trying to pull out intravenous needles and indwelling catheters. The patient can accurately locate the source of painful stimulus and fights forcibly, sometimes accompanying the response with vocalization and grimacing. Asymmetry of spontaneous movement or of the response to a painful stimulus by an obtunded patient may indicate the association of obtundation with a hemiparesis or monoparesis. Obtundation is often seen with substance abuse in the form of narcotic or alcohol overdosage. It is also seen in diffuse encephalopathic processes such as hepatic encephalopathy, diabetic acidosis and uremia. In obtundation secondary to substance abuse or diffuse encephalopathy, prompt diagnosis and appropriate therapy is urgent since the usual progression is to coma and possible death. Primary causes of obtundation are rare, the prime example being the cerebral phase of African trypanosomiasis, a disease confined to tropical Africa. Obtundation may be seen in the various vector-borne types of encephalitis such as caused by the arboviruses including the equine encephalitides, Nile River encephalitis and herpes encephalitis. Fortunately, the disease known as encephalitis lethargica, a cause of obtundation seen between and , and a common precursor of post-encephalitic parkinsonism, is no longer seen. In the absence of indications that an underlying infectious or metabolic mechanism may be responsible, protracted obtundation may be related to localized disease such as space-occupying lesion adjacent to the hypothalamus and midbrain. Occasionally, obtundation will occur as a neurologic complication of systemic cancer. Stupor Stupor is unresponsiveness from which the patient can only be aroused by vigorous repeated painful stimuli. There is no response to verbal stimuli, and the response to pain becomes progressively less as

the level of stupor deepens. The patient is unable to localize the site of the painful stimuli and, at best, the response is slow and stereotyped. Mental and physical activity is reduced to a minimum. Deep tendon reflexes are usually intact, but there may be evidence of muscle twitching, restless or stereotyped motor activity and grasping and sucking reflexes. Catatonic stupor is seen most commonly in young people affected by catatonic schizophrenia. The patient lies with eyes open or tightly closed, resisting passive eye opening. There is an absence of spontaneous movements.

Coma The patient who appears to be asleep and is at the same time incapable of responding adequately to either external stimuli or internal needs is in a state of coma. Coma may vary in degree from light to medium to deep. At its deepest stages, no reaction of any type is obtainable from the patient. Corneal, pupillary, pharyngeal, tendon and plantar reflexes are all absent. Opisthotonos and extensor rigidity of the limbs are suggestive of a decerebrate state. Respirations are often slow and Cheynes-Stokes in character. In lighter stages of coma sometimes referred to as semicoma, most of the above mentioned reflexes can be elicited. Very painful stimuli may cause the patient to stir or moan. The Glasgow Coma Scale GCS is the most widely accepted method for the evaluation and classification of coma, especially for head-injured patients. As shown in Table 2, the GCS grades three neurologic parameters. Patients who open their eyes spontaneously, obey commands and are oriented score a total of 15 points, the best possible score, whereas flaccid patients, who neither open their eyes or verbalize, score the minimum of 3 points. A GCS score of 8 or less is the generally accepted definition of coma. Those with a GCS of 8 or less are classified as severe, while those with a GCS score of 9 to 12 are categorized as moderate and those with a GCS score of 13 to 15 are mild. Coma grades 3 to 5 indicate potentially fatal damage, especially if accompanied by fixed pupils or absent oculovestibular responses. Conversely, scores of 9 and above correlate with good recovery. Certain mechanisms for the production of ALC do occur preferentially in certain susceptible groups. For example, traumatic brain injury TBI is the leading cause of death and disability under the age of 45 in the United States with motor vehicle accidents being responsible for most head injuries. Each year in the United States, approximately two million people receive medical care for head injuries, 75,000 people die from head injury and, head-injured individuals are permanently disabled. Metabolic encephalopathies are the most common causes of ALC and in many large general hospitals, account for more than one half of patients with coma of undetermined etiology. Metabolic encephalopathies, such as are seen in kidney and hepatic failure, occur more frequently in middle and older age groups whose underlying disorder have had time to progress to the point of organ failure. The same is true for hypertensive encephalopathy. Altered states of consciousness due to alcohol excess are seen more commonly in men, but other substance abuse, such as with cocaine and opiates, is seen without gender preference, and unfortunately the incidence in adolescents and young adults has risen dramatically in the past four decades.

Diagnosis It is imperative that immediate therapeutic measures take precedence over diagnostic or other procedures, and before embarking on efforts to establish an etiological basis for an altered state of consciousness of unknown origin. The physician must take urgent and immediate steps to correct factors that, if neglected, could produce irreversible damage or death. It should be established that the patient has a clear and unobstructed airway. Vital signs should be checked to determine the presence of shock or hypothermia. Only after these potentially life-saving measures have been taken can the physician proceed with the history and complete examination. The police can be of great help in finding relatives or associates. The person or persons accompanying the patient should not be permitted to leave until they have been questioned. When present, observers and relatives should be questioned about the mode of onset or the occurrence of an injury; the use of drugs, alcohol or other toxic substances; infections; convulsions; headache and previous illnesses e. Containers suspected of having held food, alcohol, drugs or poisons should be examined and saved for chemical analysis and possible legal evidence. Epilepsy and systemic infections are most common under the age of 40, whereas cardiovascular disease, especially stroke, metabolic disorders and uremia are most common after the age of 40.

Dramatic Brain Injury Evidence of head trauma should be sought by carefully palpating the scalp and looking for an accumulation of blood in the subcutaneous orbital and mastoid regions and behind the tympanic membrane. In patients with head trauma, there may be an associated fracture of cervical vertebrae and appropriate precautions should be taken to avoid injury to the spinal cord. It is not unusual for a patient with a head injury to be initially stable and awake and

to deteriorate rapidly. This is typical of a hematoma or an expanding contusion that is amenable to surgery. In all patients with a history of trauma, bleeding sites should be identified and the patient handled with care to avoid compounding simple fractures. The General Physical Exam Vital Signs The vital sign determinations may contribute important clues to the underlying process responsible for the altered level of consciousness. The temperature should be taken rectally. Fever suggests the presence of a severe systemic infection such as pneumonia, bacterial meningitis, or a brain lesion that has disturbed the temperature-regulating centers. An excessively high body temperature, to , associated with dry skin should raise suspicion of heat stroke. Hypothermia is frequently observed in alcoholic or barbiturate intoxication, extracellular fluid deficit, or in shock and peripheral circulatory failure. Slow respirations suggests barbiturate, morphine, or other narcotic intoxication, whereas rapid deep breathing Kussmaul respirations suggests diabetic or uremic acidosis but may also occur in intracranial disease. Rapid breathing accompanied by an expiratory grunt and associated with fever is a common finding in lobar pneumonia. Diseases that elevate the intracranial pressure or cause damage to the brain, especially the brain stem, often cause slow, irregular or periodic Cheynes-Stokes breathing. Exhalation through pursed lips is suggestive of hypokalemia. Apneustic breathing is characterized by a pause of seconds between inspiration and expiration and is attributed to a lesion in the pontine respiratory center. Ataxic respirations are manifested by an irregular pattern of inspiratory and expiratory respirations seen in association with lesions in the medullary respiratory center. If the pulse is exceptionally slow, it suggests a heart block and the possibility of Stokes-Adams syndrome, or if combined with hypertension and periodic breathing, increased intracranial pressure. A tachycardia of or above suggests an arrhythmia with possible insufficiency of cerebral circulation. The presence of atrial fibrillation suggests the possibility of a cerebral embolism. Blood pressure observations are important. Marked hypertension occurs with cerebral hemorrhage and hypertensive encephalopathy and at times with increased intracranial pressure. Hypotension is seen in diabetic coma, alcohol or sedative drug intoxication or in loss of blood due to internal hemorrhage. The Ocular Fundi Careful observation of the optic fundi without the use of mydriatics that interfere with pupillary reflexes may produce information about hypertension, systemic arteriosclerosis, diabetes mellitus, hemorrhages, and the presence or absence of papilledema. If a lesion is suspected that is producing elevated intracranial pressure, examination of the ocular fundi for the presence or absence of papilledema should be considered an emergency procedure. Examination of the Skin Inspection of the skin may also yield valuable clinical information. Multiple bruises, especially in the scalp area, suggest cranial trauma. Bleeding from the nose, an ear or orbital hemorrhage also raises the possibility of trauma.

3: Freudian Theory and Consciousness: A Conceptual Analysis**

the principle that information is often simultaneously processed on separate conscious and unconscious track. blindsight a condition in which a person can respond to a visual stimulus without consciously experiencing it.

Neurotransmitters Products Measuring Neurotransmitter Levels Neurotransmitter levels can now be determined by a simple and convenient urine test collected at home. Knowing your neurotransmitter levels can help you correct an imbalance today or prevent problems from occurring in the future. Neurotransmitters control communication throughout your body and brain. Neurotransmitters are complex chemical messengers that coordinate communication between neurons, which in turn affect every cell, tissue, and system in your body. Neurotransmitter testing gives me more information than your symptoms alone can. You are unique, your symptoms are not. Many symptoms, such as fatigue, weight gain, anxiousness, and sleep disturbances can have strikingly different underlying causes. Neurotransmitter testing can identify your specific biochemical imbalances. Complex health conditions require an integrated approach. Neurotransmitter testing helps me as a clinician uncover adrenal and immune issues that affect proper neural balance. Testing biomarkers helps us provide customized patient care. Most importantly, once we have the personalized, integrated information from your unique lab results, we can better address underlying imbalances. The promise of such an approach is increased care effectiveness and decreased care expenses. It would be hard to overstate the complexity of the vast network of specialized cells that make up your nervous system. The average human brain houses over billion nerve cells neurons with each connected to 10, or so other cells which, if you do the math, equals approximately trillion connections in your brain. This means you have, even on a slow day, roughly 10, times more connections in your brain than there are stars in the Milky Way. Everything we do – all of our movements, thoughts, and feelings - is the result of these nerve cells talking with one another via electrical and chemical signals. Neurons are not in direct contact with each other; in order to communicate with each other, they rely on highly specialized chemicals called neurotransmitters. Neurotransmitters are chemical messengers that coordinate the transmission of signals from one nerve cell neuron to the next. These all important brain chemicals interact with target sites called receptors located throughout the brain and body to regulate a wide variety of processes including emotions, fear, pleasure, joy, anger, mood, memory, cognition, attention, concentration, alertness, energy, appetite, cravings, sleep, and the perception of pain. Additionally, neurotransmitters chemically link the brain and spinal cord with the rest of your body: Neurotransmitters affect every cell, tissue, and system in your body. And because neurotransmitters are functionally integrated with the immune system and the endocrine system including the adrenal glands , neurotransmitter imbalances can cause widespread health problems such as: Brain fog – loss of mental focus, ADD, ADHD, impaired memory, poor decision making; Fatigue; Insomnia – difficulty falling asleep, staying asleep, or both; Pain – migraines, fibromyalgia Obesity – metabolic syndrome, insulin resistance, and diabetes; Mood disorders – depression, mood swings, irritability Anxiety – panic, obsessions, PTSD Behavioral disturbances – addictions, binge eating, compulsions impulsivity, gambling, autism; and Hormonal imbalances – PMS, estrogen dominance, low testosterone, hypo-thyroidism. The good news is that for each neurotransmitter we discover is out of balance, there are usually natural remedies such as vitamins, minerals, amino acids, herbs, or homeopathy that can help restore proper balance. If you are showing signs of neurotransmitter imbalance, the best thing to do is to get your neurotransmitter levels tested. Neurotransmitter Balance Proteins, minerals, vitamins, carbohydrates, and fats are the essential nutrients that make up your body. Proteins are the essential components of muscle tissue, organs, blood, enzymes, antibodies, and neurotransmitters in the brain. Your brain needs the proper nutrients everyday in order to manufacture proper levels of the neurotransmitters that regulate your mood. Disrupted communication between the brain and the body can have serious effects to ones health both physically and mentally. Depression, anxiety and other mood disorders are thought to be directly related to imbalances with neurotransmitters. When operating properly, your nervous system has natural checks and balances in the form of inhibitory calming and excitatory stimulating neurotransmitters.

4: Level of consciousness (Esotericism) - Wikipedia

Open yourself up to the idea that there are higher levels of consciousness available, that maybe all spiritual and quantum physic teachings are right and we do create what we see.

What to expect when you see the doctor Diagnosis and treatment of decreased consciousness begins with a complete medical history and physical examination , which includes a detailed neurological evaluation. Your doctor will want to know about any medical problems you have, such as diabetes , epilepsy , or depression. In addition to your complete history and physical, the doctor may order the following tests: Complete blood count CBC. This blood test reveals whether you have a low hemoglobin level , which indicates anemia. An elevated white blood cell WBC count indicates infections, such as meningitis or pneumonia. This test uses a blood or urine sample to detect the presence and levels of medications, illegal drugs, and poisons in your system. These blood tests measures levels of sodium , potassium , chloride , and bicarbonate. These tests determine the health of your liver by measuring levels of proteins, liver enzymes, or bilirubin in your blood. This exam uses scalp electrodes to evaluate brain activity. Doctors use this imaging test to evaluate the heart and lungs. CT scan of the head. A CT scan uses computers and rotating X-ray s to make high-resolution images of the brain. Doctors use these images to find abnormalities. MRI of the head. An MRI uses nuclear magnetic resonance imaging to make high-resolution images of the brain. You may need to change medications, begin new treatment, or simply treat the symptoms to address the underlying cause. For example, you need emergency medical treatment and possibly surgery to treat a cerebral hemorrhage. In this case, your healthcare team will work with you to come up with strategies to treat symptoms and maintain the quality of your life for as long as possible. Talk to your doctor as soon as you think you may be experiencing decreased consciousness. They can start your treatment as soon as possible. Decreased consciousness can be a sign of a serious condition. Getting prompt medical attention is important for your long-term outlook. Your outlook can become worse the longer you spend in less than full consciousness.

5: Vibrations - The God Principle

5 TH LEVEL: COSMIC CONSCIOUSNESS "Gradually, with the ability of the nervous system to stay in contact with the fourth state of consciousness, one develops the ability to sustain that inner silence, that unbounded inner reality simultaneously while one is doing things, thinking thoughts, [being] active.

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.

6: Altered Levels of Consciousness - Nursing Link

If you are in a bad mood, or feeling angry or insecure, you have dropped to a lower level. If you feel happy, loving, friendly, then you went higher. In other words, your very feelings are the indicators of your current spot on the levels of consciousness.

There are certain principles that make our experience an active choice. It is an ancient teaching. There are eight principles that make it possible for us to determine the nature of our existence: The universe is pure intelligence. The basic nature of the universe is mind. It is pure intelligence. You see, the deepest level of the universe, deeper than molecules, atoms, electrons -- the deepest level of the universe -- is a level where the idea of "location" does not exist. At that level it is not possible to locate the specific position and speed of an electron. That essentially means that this deepest level pervades all that is. It has no specific location. Scientists in our world have not located it yet. In other worlds they are calling it Quantum space. Scientists have not been able to locate consciousness in the brain either. In fact they have no idea where consciousness is located in the human being. That is because it is like the basic Quantum level of the universe. The basic nature of this deepest level of the universe is consciousness -- pure intelligence. At the Quantum level, at its very depth the universe acts like an information processor -- like a mind. This information flows around and through all processes. All things are intimately and infinitely connected by the flow of the consciousness. Nature is purposive and it possesses deep intentionality. The laws that govern the universe are contained at this Quantum level. That is why one can find this information during their inner journeys. Always remember that he who is capable of deep inner reflection will gain the secrets of the universe, because that is where they are kept. All matter is composed of thought vibrations. Reality is not what you see. Everything is vibrating at different rates or frequencies. Principle number two is that everything is composed of frequencies. Everything is in vibration. The difference between a rock, a tree, and a man is the difference in the rate of vibration. There is a hierarchy of vibration with matter at the low end, and energy at the higher end. Mind is even higher than energy. Take an object, hot or cold. Those heat vibrations will, if raised, turn into light. If raised enough, a tremendous amount of power will be released, and the matter will disintegrate. The ancient teachings say, "All manifestation of thought, emotion, reason, will, or desire, or any mental state or condition are accompanied by vibrations. Every thought, emotion or mental state has its corresponding rate and mode of vibration. These frequencies can be changed by a change in the thought patterns that inhabit the mind. Since the universe is also made up of vibration at the deepest level, and the matter that is the universe can be affected and changed just by your attention, the vibration of the thoughts that you are thinking may affect the very substance of the universe. The universe is like your body in that respect. It will give you what you dwell upon. If you dwell on negativity, you will get just that. Which leads us to the next principle. Every thought has its own vibration. The universe seeks balance. In seeking balance, our part of the universe creates everything with two poles. Everything has its opposite. Like has dislike, black has white, light has dark, hot has cold. But hot and cold, while different in degree are identical in context -- the context of heat. Nor are good and bad absolute. There are degrees of good and bad, but there is no absolute standard. These dichotomies are called the "pairs of opposites. The universe assigns no degrees of value to them. Taking the first two principles together, it is possible to change one mental state into another. Emotions and things belonging to different classes cannot be transformed into each other, but things of the same class may be transformed. So cold can become hot. Hate can become love. Fear can become courage. But hate cannot be transformed into courage. By changing the polarity of an emotion, through raising the mental vibrations of the energy of the emotion, we can transform it to the higher emotion. In this way, a fearful man can become a courageous man by polarizing the emotion along the line of the desired quality. The ancients say, "To change your mood or mental state, just change your vibration, through an exercise of your will, by deliberately fixing your attention on the more desirable state. You do not have to get rid of the darkness, just bring a candle into the room and the darkness will disappear. The next principle is closely related to the previous, in that even in the variations of the poles of opposites, there is a balance. The universe demands balance. The Law of Compensation is that for every action, there is

an equal and opposite reaction. If the pendulum swings one way, it must always swing back the other way. If you will, for a moment, stop; and consider that these swings of rhythm are also evidenced in your life. Courage is preceded by fear. Happiness and sadness oscillate. The ancients say, "The man who enjoys well can also be subject to great suffering. The man who feels little pain is capable of feeling but little joy. We are able to overcome the swing of the pendulum by making the vibrations higher and rising above the lower vibrations. In essence, we are raising the vibrations of the self above the ordinary plane of consciousness, and then simply "refusing" to allow the pendulum of emotion and mood to swing us back. Even so, the Law of Compensation is operative. You will probably find that there is no such thing as an overnight success. One generally pays the price for what he wants to attain. The things that one pays a price for are always repaid. Always remember that everything is subject to the principle of cause and effect. There is a cause for every effect, and vice versa. Regardless of a belief that says that there is no cause and effect, the principle is always operative. We are always compensated for what we do. As Edgar Cayce said "You only get to keep what you give away. If we consider cause and effect in terms of events, then strictly speaking, no one event "creates" another event, but is merely a preceding link in the great chain of events in the day of the universe. Every thought we think, every action, every deed, creates results both directly and indirectly. The problem in most peoples lives is that they are not on the cause side of the cause and effect equation. Most people are on the effect side of the equation, not at cause, but at effect -- at the effect of event, other people, the environment, internal moods. You have seen them complaining about their powerlessness in the face of Nature, events, and other people. You have see people riddled with guilt, fear, anxiety, and lack of self control. This is all a result of a misunderstanding of the principle of cause and effect. Just remember this, you are at cause in your universe. If you raise the vibration rate of your thinking, you will be able to rise above the lower effects. The lower emotions and effects will not affect you. You will, however, always be subject to the higher effects. If you exist it is the only quality you have. It means you always have existed, you exist now, and you always will -- beyond time. That which exists cannot become non-existent. That is a completely different quality. You exist and existence contains the concept of nonexistence. Existence does not and cannot become nonexistence.

7: How to Balance and Increase Brain Neurotransmitters Naturally

Abnormally high blood levels of calcium can lead to confusion characterized by vague neuropsychiatric symptoms, according to the text, "Harrison's Principles of Internal Medicine." The mental signs and symptoms of elevated calcium levels include difficulty focusing, trouble maintaining conversations, mood swings, personality changes and.

Vibrations Before going further we must introduce the concept of vibrations, or frequencies as they are called. All of existence can be viewed as a manifestation of energy and consciousness, functioning according to various laws or principles. This trio of active Energy, Consciousness and Principles may be called manifest existence, part of which is perceived as space-time and matter see our earlier discussions on matter. All such manifestation is characterized by vibration, which is related to the amount of energy and consciousness resident in a parcel of matter. The higher the amount of associated energy and consciousness, higher the vibration. Readers who are familiar with modern physics might recognize that a parcel of energy at the finest levels can also be represented by frequency, which is another term for how fast something vibrates. But the rate of vibration is an indication not just of energy, but also of the state of consciousness associated with it. The reader may be wondering if our description of reality as a Trio of consciousness, principles and energy has any basis on fact. We will first point out that the scientific notion of the Grand Unification tries to unify all forces and laws i. Here the consciousness aspect of our Trio is simply missing. But if consciousness were to be included, the reader might readily find a parallel between the scientific Grand Unification and the religious Grand Unification. Truth is simply laws or principles behind manifestation, in this case the higher laws. Bliss is the mystical experience of higher energies in consciousness. Thus one again finds the Trio of consciousness, principles and energy. The ancient notion of the religious grand unification may be reconciled with the modern scientific grand unification by including consciousness into the picture. One direct result of the above unification is that a parcel of consciousness can be characterized by its vibration. All kinds of experiences in consciousness have associated vibrations and energy levels. The energy level determines the intensity of an experience, and frequency its nature. By changing the state of vibrations, the state of consciousness associated with that parcel of energy is changed. And by changing the state of consciousness, its vibrational levels frequency can be modified. All sensations and feelings in consciousness - such as pain, pleasure, love, fear and so on - may be considered as resulting from an interplay of different vibrations and energy levels. These effects on consciousness are independent of sensory inputs per se. That is, it is not a real necessity for an external world to provide signals which are mapped by the body into frequencies experienced as heat. And it is well possible to switch sensations of heat with those of cold in a modified bodily mapping, for example. One implication of the above notion of Grand Unification, which considers consciousness as an integral aspect of matter with its own dynamics, is that the concept of chemistry extends to consciousness. And not just chemistry, but also physics, biology and so on. For example, the chemistry of certain drugs on the human brain and their effects on a resonant consciousness is a matter of active research in the medical community. Another implication of the Grand Unification is that higher states of consciousness can be associated with higher vibrations and energies, progressively tending toward the Grand Unification with the Godhead. The baser, denser or more materialistic consciousness can be characterized by lower vibrational levels. This is a key point to understand, for much that may appear perplexing or nonsensical can be explained in terms of the mechanics of vibrations. One of the fundamental manifestations of the mechanics of vibrations is that it facilitates the Principle of Reflection to take effect in matter. Similar to molecules clumping together, similar parcels of consciousness with like vibrations tend to attract one another. This allows inner realities to attract and manifest outer realities in the realm of matter; those that are reflections of that inner reality and of like vibration. Being is thus enabled to truly meet itself. It is important to note that the mechanics we described is a consequence of the Prime Directive, viz. There are some very important consequences to the above mechanics. We will deal with a few in the next section.

8: Altered level of consciousness - Wikipedia

The focus of the fourth level of consciousness is on transformation—learning how to manage, master or release the subconscious, fear-based beliefs that keep us anchored in the lower levels of consciousness.

Search Neurotransmitter Boosting Foods: Even a simple cup of coffee has no aroma and little joy if your nose is blocked, for example. Having said that, body and mind are interlinked though. If body is the vehicle then mind is the driver. How you feel mentally affects your body and the balance of your neurotransmitters in the brain and your physical health influences your emotional and mental health. You can eat all the right foods and exercise well, which are ways to increase neurotransmitter levels, but if your mind is not supporting your body with positive thoughts and attitudes, such measures show no improvement in your physical health. If you are seeking to balance neurotransmitters in the brain naturally, you need to consider not only the foods you eat and the lifestyle you live, but the thoughts you think as well! Ayurveda believes that the same food can have different impact on different individuals based on their constitution prakriti. The assessment is based on three humors of wind vata , bile pitta and phlegm kapha. Further, it states that beyond just being heavy or light on digestion, or being acidic ushna or amala or alkaline sheeta or snigdha , foods can be full of goodness sattvic , passion rajasic and ignorance tamasic. It means that certain foods can have balancing effects on neurotransmitters in your brain that make you feel calm and composed, while some others can infuse passion in you and make you agitated and some can flare you up in other ways. Ayurveda believes that food is your first and foremost medicine for all things—and that includes increasing and balancing neurotransmitters in the brain. Ayurveda puts the role of right diet at par, if not above, the consumption of medicine. The two are intricately linked, especially when it comes to mood and brain health. Foods For Balancing Brain Neurochemicals There are many sattvic which loosely translates to inherently healthy and good foods that are mostly alkaline and are extremely good for depression and other similar disorders because they balance and increase neurotransmitters in the brain naturally. Before I share those foods, I would like to remind you that neurotransmitters are chemical agents made from amino acids. Proteins are the source of amino acids and to manufacture neurotransmitters they require vitamins and minerals. Free Enlightened Living Course: Protein, B Vitamins, Vitamin C and minerals calcium, magnesium, selenium, etc. Green leafy vegetables especially spinach , brown rice, tofu, sunflower seeds, sesame seeds are full of ingredients required for the production of serotonin, which is an important neurotransmitter for positive mood. Walnuts, flaxseeds, hemp and chia seeds contain Omega-3 fatty acids that are excellent for raising serotonin levels and balancing neurotransmitters naturally. While eggs and fish are also good for serotonin production, yogic scriptures classify all meat and poultry as tamasic food. Tamasic foods are acidic and promote aggression in the body and so should be limited in the frequency they are eaten. Almonds, lentils, brown rice, beans, melons, cantaloupes are sattvic and alkaline foods that are excellent for increasing and balancing neurotransmitter production in the brain, especially GABA. GABA is the most powerfully calming and relaxing neurotransmitter the brain produces. Oranges are also good in GABA production and regulation. Ripe bananas are an excellent source of dopamine and work to powerfully increase neurotransmitter levels in the brain naturally. Free radicals deplete dopamine levels. So, if you eat food rich in antioxidants, they protect your dopamine stores. Dopamine is important for feelings of pleasure and happiness as well as generally supporting healthy mood and energy levels. Most citrus fruits and berries are packed with antioxidants. Besides, the vitamins these fruits contain combine with the amino acids to produce and balance neurotransmitters naturally. Sesame seeds also help in dopamine production. Coffee, alcohol and sugary drinks have a negative impact on dopamine levels. If you are not lactose intolerant then milk and other dairy products also help in balancing neurotransmitter production. Wheat germs are rich in nutrients that raise acetylcholine levels in the brain, which is another important neurotransmitter that affects mood, memory, anxiety and more. Eggs are also good for acetylcholine. Yogurt aids in production and balance of neurotransmitters but according to Ayurveda it has a negative impact on the cellular excretory system. Ayurveda states that each cell in the body has an inlet and an outlet and that yogurt blocks the outlet of the cells creating a breeding ground for numerous ailments. Yogurt is also acidic in nature.

But if you feel good after eating yogurt, you should feel free to eat it to help increase neurotransmitters in your brain. To sum up things up in regards to increasing and balancing neurotransmitters in the brain naturally, your dietary focus should be on consuming mostly alkaline foods. Antidepressants often have devastating side-effects whereas your food, especially those that are alkaline, is mostly free of such damning side-effects. For treating depression naturally, certain foods stand out. One of them is mango. While you should generally avoid tea and coffee because they are highly acidic, in depression, coffee can be actually helpful if taken in moderate quantity, of course. It lifts your mood due its powerful effects increasing neurotransmitters like dopamine and acetylcholine in the brain. If you get used to eating mango, even that can lift your mood just as well. Folic acid found in spinach boiled spinach is very good for balancing neurotransmitters in the brain too. A glass of orange juice has a positive impact. Besides the standard nutritional benefits, alkaline foods boost your neurotransmitters. Mangoes, walnuts, flaxseeds, hemp and chia seeds, green leafy vegetables, tofu, sunflower seeds, brown rice, sesame seeds. Sesame seeds, citrus fruits and berries, bananas. Almonds, lentils, brown rice, beans, cantaloupes, oranges. Tea and coffee are stimulants and deplete neurotransmitters in the longer term, but if taken in moderation, they can lift your mood. Yogurt also aids in production of neurotransmitters in the brain naturally but should be limited in consumption as mentioned above as well, unless you find it to be very beneficialâ€”then feel free to eat it more often. Try to eat organic and alkaline foods as much as possible as these types of foods more powerfully increase neurotransmitters. Let me remind you that neurotransmitters are made from amino acids that are naturally found in the protein we consume through our diet. In addition, you need the vitamins and minerals that are found in large amounts in most alkaline and wholesome foods. Most of your diet should consist of vegetarian food items because they are living foods that help to naturally increase and balance neurotransmitters. Any food that can sprout has living energy in it. Eating living foods brings you one step closer to nature and the closer you are to nature the faster you will heal. Here are some golden pointers for you to combat depression and maintain high levels of neurotransmitters in the brain at all times: Try to eat vegetarian, organic and whole foods whenever you can. Avoid processed, canned, acidic and starchy foods. Eating strictly at the same time every day has a remarkable effect on the body. Above all, it keeps the metabolic processes in check including acid production in the body. It has a direct and instant effect on your health and increases neurotransmitter levels naturally. Avoid large gaps between your meals because, among other perils, this ultimately results in raised insulin level. Eating wholesome foods at the same time every day and avoiding large gaps between your meals can also help you overcome binge-eating and bulimia and maintain high levels of neurotransmitters in the brain throughout the day. Go to bed at about the same time every day. Just take shower, freshen up, and lie down in your bed. Just take deep breaths. It is best to sleep to your right as this will start the left nostril which is the lunar channel. Resting and sleeping have powerful effects on brain neurotransmitter levels as well. Breathing through the left nostril has a cooling and a calming effect on the body and mind and breathing can absolutely affect and increase neurotransmitter levels. Trust me on this one or validate it for yourself. You can put some light music or best is just listen to your breath. If you get disturbing thoughts, pay no attention as a matter of principle and resolution and simply listen to your own breath. Staring at synthetic blue lights from screens can reduce neurotransmitter levels, melatonin levels and make it harder to sleep. Make sure that you eat around four hours prior to going to bed. This is absolutely critical for a sound, rejuvenating and nourishing sleep and balanced neurotransmitter levels in the brain. If you find it hard to go to bed empty stomach, you can have a wholesome light snack like a fruit or a piece or two of whole-wheat bread with a slice of cucumber or so â€” without cheese an hour before you go to bed. The most important principle of diet is: Listen to your body and eat in moderation. Light to moderate exercise and movement are integral to increasing neurotransmitter levels in the brain naturally. Walking, yoga and low-impact sports are ideal. If you worked out physically during the day, and you ate the right diet, no matter what your state of mind, you will have a sound sleep and have done most everything in your power to balance your brains neurotransmitters naturally. An advanced yogin, Swami has done thousands of hours of intense meditation in complete seclusion in Himalayan caves and woods. He is also the author of the best-selling *If Truth be Told*: You can connect with him on his blog, omswami.

9: 7 LEVELS OF CONSCIOUSNESS: Know the potential of your mind

Consciousness is a loosely defined concept that addresses the human awareness of both internal and external stimuli. This can refer to spiritual recognition, psychological understanding, medically altered states, or more modern-day concepts of life purpose, satisfaction, and self-actualization.

THE PRINCIPLE OF MOOD LEVELS OR LEVELS OF CONSCIOUSNESS pdf

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