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Levels Of Consciousness And Self Awareness A Comparison

Consciousness refers to your

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individual awareness of your unique thoughts, memories, feelings, sensations, and environments. Essentially, your consciousness is your awareness of yourself and the world around you. This awareness is subjective and unique to you. If you can

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describe something you are experiencing in words, then it is part of your consciousness This book may give you: States Of Consciousness Psychology: Science and Spirituality Levels Of Consciousness Psychology: What is conscious mind in psychology?

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**Consciousness Psychology: Types
of Consciousness**

**This open access book chronicles
the rise of a new scientific
paradigm offering novel insights
into the age-old enigmas of
existence. Over 300 years ago, the
human mind discovered the**

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**machine code of reality:
mathematics. By utilizing abstract
thought systems, humans began to
decode the workings of the
cosmos. From this understanding,
the current scientific paradigm
emerged, ultimately discovering the
gift of technology. Today, however,**

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our island of knowledge is surrounded by ever longer shores of ignorance. Science appears to have hit a dead end when confronted with the nature of reality and consciousness. In this fascinating and accessible volume, James Glattfelder explores a

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radical paradigm shift uncovering the ontology of reality. It is found to be information-theoretic and participatory, yielding a computational and programmable universe.

To make the journey into the Now we will need to leave our analytical

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mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our

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Being, “The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death.” Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth

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phenomenon since its first publication, The Power of Now is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better. Biodiversity-the genetic variety of life-is an exuberant product of the

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evolutionary past, a vast human-supportive resource (aesthetic, intellectual, and material) of the present, and a rich legacy to cherish and preserve for the future. Two urgent challenges, and opportunities, for 21st-century science are to gain deeper insights

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into the evolutionary processes that foster biotic diversity, and to translate that understanding into workable solutions for the regional and global crises that biodiversity currently faces. A grasp of evolutionary principles and processes is important in other

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societal arenas as well, such as education, medicine, sociology, and other applied fields including agriculture, pharmacology, and biotechnology. The ramifications of evolutionary thought also extend into learned realms traditionally reserved for philosophy and

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**religion. The central goal of the In
the Light of Evolution (ILE) series is
to promote the evolutionary
sciences through state-of-the-art
colloquia-in the series of Arthur M.
Sackler colloquia sponsored by the
National Academy of Sciences-and
their published proceedings. Each**

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installment explores evolutionary perspectives on a particular biological topic that is scientifically intriguing but also has special relevance to contemporary societal issues or challenges. This tenth and final edition of the In the Light of Evolution series focuses on

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**recent developments in
phylogeographic research and their
relevance to past accomplishments
and future research directions.**

**Dimensions of Consciousness and
New Perspectives in
Psychotherapy and Inner
Exploration**

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Dimensional Self-Work

New Essays on the Rationalists

**How a New Understanding of the
Universe Can Help Answer Age-Old
Questions of Existence**

**Science And Spirituality: Self
Consciousness Psychology**

Hegel on Self-Consciousness

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**The Origin of Consciousness in the
Breakdown of the Bicameral Mind**
***We define our conscious
experience by constructing
narratives about ourselves and
the people with whom we
interact. Narrative pervades***

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***our lives--conscious
experience is not merely
linked to the number and
variety of personal stories we
construct with each other
within a cultural frame, but is
subsumed by them. The claim,***

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however, that narrative constructions are essential to conscious experience is not useful or informative unless we can also begin to provide a distinct, organized, and empirically consistent

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explanation for narrative in relation to consciousness. Understanding the role of narrative in determining individual and collective consciousness has been elusive from within traditional

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academic frameworks. This volume argues that addressing so broad and complex a problem requires an examination from outside our insular disciplinary framework. Such an open examination

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would be informed by the inquiries and approaches of multiple disciplines. Recognition of the different approaches to examining personal stories will allow for the coordination of how

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narrative seems (its phenomenology), with what mental labor it does (its psychology), and how it is realized (its neurobiology). Only by overcoming the boundaries erected by

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***multiple theoretical and
discursive traditions can we
begin to comprehend the
nature and function of
narrative in consciousness.
Narrative and Consciousness
brings together essays by***

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***exceptional scholars and
scientists in the disciplines of
literary theory, psychology,
and neuroscience to examine
how stories are constructed,
how stories structure lived
experience, and how stories***

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***are rooted in material reality
(the human body). The specific
topics addressed include
narrative in the development
of conscious awareness;
autobiographical narrative,
fiction and the construction of***

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***self; trauma and narrative
disruptions; narrative, memory
and identity; and the
physiological and neural
substrate of narrative. It is the
editors' hope that the
multidisciplinary nature of this***

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***collection will challenge the
reader to move beyond
disciplinary confines and
toward a coherent
interdisciplinary dialogue.
This book provides a practical
step-by-step guide to soul***

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activation. This four step process involves: Connecting with your soul; Befriending your soul; Trusting your soul; Becoming one with your soul. You are a soul in a human body but your ego is unaware

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of this. To fully step into soul consciousness, you must learn how to align the beliefs of your ego with the values of your soul, and commit to leading a values and purpose-driven life. The ultimate arbiter of where

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***you have got to on your
journey into soul
consciousness is the quality of
the connections you have with
other people-not just your
family and friends, but the
strangers around you. Every***

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***person you meet is a soul who
is working on the same project
as you-promoting the
evolution of human
consciousness. Rejoice in your
common heritage and purpose
by connecting with them***

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***wherever you are and
whenever you can. When you
fully realize who you are, you
will understand that in caring
for others, you are caring for
yourself.***

Cognitive therapy, a core

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approach within a collection of psychotherapeutic techniques known as cognitive behavioral therapy (CBT), is fundamentally about changing peoples' thoughts-helping them overcome difficulties by

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***recognizing and changing
dysfunctional thinking styles.
Among other strategies, it
requires encouraging the
development of skills for
rehearsing new habits of
thought, modifying biases in***

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***judging and interpreting social
and emotional information,
and for testing assumptions
underlying dysfunctional and
negative, distorted thinking. In
How and Why Thoughts
Change, Dr. Ian Evans.520 In***

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the 21st century, the concept of ethics may seem outdated or obsolete. But in reality, ethics is the omnipresent, ongoing discussion going on in our global communities today. Systematically, people

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***condemn, sanction, demonize,
and freely judge one another.
As a result, by addressing the
simplest of questions ("), laws
are legislated and the moral
code is created. But what is
morality, exactly? And how***

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does the moral code shape the story of our lives? Written from the perspective of a social psychologist, The Psychology of Good and Evil explores the answers to these big questions in fascinating

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***detail, all while illuminating
the inner workings of the
human mind, human nature,
and the foundations of our
beliefs. -- Provided by
publisher.***

NEW YORK TIMES BESTSELLER

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• ***Thought leader, visionary, philanthropist, mystic, and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. “A***

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loving invitation to live our best lives and a profound reassurance of why and how we can.”—Sir Ken Robinson, author of The Element, Finding Your Element, and Out of Our Minds: Learning to Be Creative

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**NAMED ONE OF THE TEN BEST
BOOKS OF THE YEAR BY
SPIRITUALITY & HEALTH** *The
practice of hatha yoga, as we
commonly know it, is but one
of eight branches of the body
of knowledge that is yoga. In*

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fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means

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***to create inner situations
exactly the way you want
them, turning you into the
architect of your own joy. A
yogi lives life in this expansive
state, and in this
transformative book Sadhguru***

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***tells the story of his own
awakening, from a boy with an
unusual affinity for the natural
world to a young daredevil
who crossed the Indian
continent on his motorcycle.
He relates the moment of his***

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***enlightenment on a
mountaintop in southern India,
where time stood still and he
emerged radically changed.
Today, as the founder of Isha,
an organization devoted to
humanitarian causes, he lights***

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the path for millions. The term guru, he notes, means “dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no doctrine to teach, no philosophy to impart, no belief

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to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It

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is a dimensional shift in the way you perceive and experience life.” The wisdom distilled in this accessible, profound, and engaging book offers readers time-tested tools that are fresh, alive, and

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***radiantly new. Inner
Engineering presents a
revolutionary way of thinking
about our agency and our
humanity and the opportunity
to achieve nothing less than a
life of joy.***

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***Evolutionary Coaching: A
Values Based Approach to
Unleashing Human Potential
A Practical Guide for Waking
Up to Life
Information—Consciousness—R
eality***

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***Foundations of Cognitive
Psychotherapy
Transcending the Levels of
Consciousness
A Defense of the Higher-order
Thought Theory of
Consciousness***

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**Consciousness and Self-
consciousness**

Over recent years, a number of scholars have argued that the human mind underwent a cognitive revolution in the Neolithic. This volume seeks to test these claims at the Neolithic site of Çatalhöyük in Turkey and in other Neolithic contexts

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in the Middle East. It brings together cognitive scientists who have developed theoretical frameworks for the study of cognitive change, archaeologists who have conducted research into cognitive change in the Neolithic of the Middle East, and the excavators of the Neolithic site of Çatalhöyük who have over recent

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years been exploring changes in consciousness, creativity and self in the context of the rich data from the site. Collectively, the authors argue that when detailed data are examined, theoretical evolutionary expectations are not found for these three characteristics. The Neolithic was a time of long, slow and

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diverse change in which there is little evidence for an internal cognitive revolution.

Udo Thiel presents a critical evaluation of the understanding of self-consciousness and personal identity in early modern philosophy. He explores over a century of European philosophical

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debate from Descartes to Hume, and argues that our interest in human subjectivity remains strongly influenced by the conceptual framework of early modern thought.

No matter what type of coach you are, if you are concerned with the healthy psychological growth of your clients, this

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is a book you should read. It is not about coaching per se, it is about the framework of human development that coaches need to be familiar with in order to facilitate the full emergence of their client's potential: not just helping people become more proficient at what they do, but helping them participate in their own

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evolution, the evolution of their organizations, the evolution of our global society and the evolution of our species. Part I explores the theory of human emergence, providing a detailed description of the seven stages of psychological development, the evolution of cultural world views, the evolving

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structure and operation of the human mind/brain and the six evolutionary stages in human decision-making.

This interdisciplinary work contains the most sustained attempt at developing and defending one of the few genuine theories of consciousness. Following the lead of David Rosenthal, the author

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argues for the so-called 'higher-order thought theory of consciousness'. This theory holds that what makes a mental state conscious is the presence of a suitable higher-order thought directed at the mental state. In addition, the somewhat controversial claim that "consciousness entails self-

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consciousness” is vigorously defended. The approach is mostly 'analytic' in style and draws on important recent work in cognitive science, perception, artificial intelligence, neuropsychology and psychopathology. However, the book also makes extensive use of numerous Kantian insights in arguing for its main

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theses and, in turn, sheds historical light on Kant's theory of mind. A detailed analysis of the relationships between (self-)consciousness, behavior, memory, intentionality, and de se attitudes are examples of the central topics to be found in this work. (Series A)

The Early Modern Subject

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States of Consciousness

A New Science of Consciousness

The Stairway to Enlightenment

A Lonerganian Integration

*Consciousness, Creativity, and Self at the
Dawn of Settled Life*

The Metrics of Human Consciousness

The wide expanse of

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Dickens' novel on the riches and hardships of the Industrial Revolution is triumphantly brought to life in his skillful adaptation of *Hard Times* for a cast of four. The

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nineteen or so main speaking parts are portrayed by two actors and two actresses, each of whom also takes a share of the passages of direct narration; the various

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interior and exterior
settings can be simply but
effectively suggested with
a minimum of props and
furniture.-2 women, 2 men
This collection presents
some of the most vital and

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original recent writings
on Descartes, Spinoza, and
Leibniz, the three
greatest rationalists of
the early modern period.
Their work offered
brilliant and distinct

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integrations of science,
morals, metaphysics, and
religion, which today
remain at the center of
philosophical discussion.
The essays written
especially for this volume

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explore how these three philosophical systems treated matter, substance, human freedom, natural necessity, knowledge, mind, and consciousness. The contributors include

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some of the most prominent
writers in the field,
including Jonathan
Bennett, Michael Della
Rocca, Jan A. Cover,
Catherine Wilson, Stephen
Voss, Edwin Curley, Don

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Garrett, and Margaret D.
Wilson.

INTERNATIONAL BESTSELLER A
Best Book of
2021—Bloomberg
Businessweek; A Best
Science Book of 2021—The

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Guardian; A Best Science
Book of 2021—Financial
Times; A Best Philosophy
Book of 2021—Five Books; A
Best Book of 2021—The
Economist Anil Seth's
quest to understand the

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biological basis of
conscious experience is
one of the most exciting
contributions to twenty-
first-century science.

What does it mean to “be
you”—that is, to have a

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specific, conscious
experience of the world
around you and yourself
within it? There may be no
more elusive or
fascinating question.
Historically, humanity has

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considered the nature of
consciousness to be a
primarily spiritual or
philosophical inquiry, but
scientific research is now
mapping out compelling
biological theories and

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explanations for
consciousness and
selfhood. Now,
internationally renowned
neuroscience professor,
researcher, and author
Anil Seth is offers a

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window into our
consciousness in BEING
YOU: A New Science of
Consciousness. Anil Seth
is both a leading expert
on the neuroscience of
consciousness and one of

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most prominent
spokespeople for this
relatively new field of
science. His radical
argument is that we do not
perceive the world as it
objectively is, but rather

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that we are prediction machines, constantly inventing our world and correcting our mistakes by the microsecond, and that we can now observe the biological mechanisms in

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the brain that accomplish
this process of
consciousness. Seth has
been interviewed for
documentaries aired on the
BBC, Netflix, and Amazon
and podcasts by Sam

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Harris, Russell Brand, and Chris Anderson, and his 2017 TED Talk on the topic has been viewed over 11 million times, a testament to his uncanny ability to make unimaginably complex

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science accessible and
entertaining.

The revised expanded 2019
2nd edition features 400+
teacher LOCs (double) and
new relevant teacher case
studies. As "finishers,"

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Ramaji and Ananda Devi
want to get you to LOC
1000 (Self-realization)
quickly and easily. "1000"
is the complete guide to
LOCs (Levels of
Consciousness) and the

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revolutionary new Map of
Awakening. It answers the
common question "How can I
tell if a teacher is
enlightened?" A list of
the LOCs of more than 400
contemporary non-duality

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and Advaita teachers is included. Curious about how enlightened Mooji or Byron Katie or Jeff Foster are? Now you can find out. It's all answered by their LOCs. Ramaji and Ananda

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also provide a list of
LOCs for more than 101
famous spiritual
personalities such as
Jesus, Buddha, Papaji,
Osho, Pope Francis and
Mother Theresa. 1000

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explains how to evaluate teachers by knowing what stage of enlightenment they are at. It accounts for the misconduct of teachers who otherwise appear to be enlightened

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persons."1000" is a unique breakthrough book that explains in simple terms the complete spiritual path from beginning to end. Students of meditation, prayer,

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enlightenment, non-
duality, Advaita, yoga,
Eastern religion and other
spiritual disciplines will
find it most
illuminating. Serious
students of Self-inquiry

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and Ramana Maharshi will find Ramaji's revelatory experiences of Amrita Nadi and starving the I-thought illuminating. Dedicated devotees of Nisargadatta Maharj and "I Am That"

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will enjoy new insights into Nisargadatta's distinction between Brahman ("universal consciousness") and Parabrahman ("the Absolute"). Entries from

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Ramaji's spiritual journals highlight the book. Ramaji never intended for his private diaries to be made public. In order to make "1000" as helpful and powerful as

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possible, he decided to
leave no secrets hidden.
All is exposed in the hope
that it might help to
clear up confusion for the
earnest sincere seeker or
established spiritual

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teacher. Ramaji and Ananda Devi have been able to assist many seekers via the RASA transmission in support of non-dual awakening. They document some of the RASA

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recipients who have stabilized in non-duality and successfully attained enlightenment after receiving RASA in person or online. Ramaji gives an overview of the lower

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levels of consciousness
(LOC 30 through LOC 499).
He explains the emergence
of pure spirituality (as
opposed to conventional
religion) at LOC 500
through LOC 559. He

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describes advanced seeker stages (LOC 560 through LOC 589) ready to leap into non-duality. Ramaji covers the non-dual stages in considerable depth. The new non-dual sage goes

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from local space
spontaneity (LOC 600s) to
cosmic or universal
consciousness (LOC 700s)
to divine unknowing (LOC
800s) to, for a few, the
hesitant hermit (LOC

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900s). Then the sage arrives at and stabilizes in the Self or Absolute (LOC 1000). Ramaji offers case studies, quotes and in-depth research to show how each major non-dual

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stage is different from the others. He does all he can to describe the nature and experience of the Absolute, helped by quotes from Meister Eckhart, Francis Lucille and Karl

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Renz. There has never been a book like "1000" before. If you are on the spiritual path in any way, this is a book that you simply cannot be without. Ramaji also points you to

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his website where you can listen for free to high-energy music he has programmed to support your enlightenment. The complete Map of Awakening with Levels of Consciousness

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and a condensed Map are included. Complementing the Map of Awakening are studies of 7 traditional spiritual maps of awakening: the Seven Valleys of Sufism, the

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Five Ranks of Tozan, the
10 Zen Oxherding Pictures,
Patanjali's Yoga Sutras,
Stages of Advaita Vedanta,
the Major Arcana of the
Tarot and the Hero's
Journey."1000" is a

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spirited, candid and passionately comprehensive major work. One of their students jokingly referred to "1000" as the "Bible 2.0." You will want YOUR copy of "1000" by Ramaji

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and Ananda Devi to
accompany you on your
path!

Desire and Death in the
Phenomenology of Spirit
The Mirror of the World
Literature, Psychology and

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the Brain

Inner Engineering

The Power of Now

Subjects, Consciousness,
and Self-Consciousness

Consciousness Explained

A constructive critique of

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neuropsychological research on human consciousness and religious experience that applies the thought of Bernard Lonergan. Brain, Consciousness, and God is a constructive critique of neuroscientific research on human

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consciousness and religious experience. An adequate epistemology—a theory of knowledge—is needed to address this topic, but today there exists no consensus on what human knowing means, especially regarding

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nonmaterial realities. Daniel A. Helminiak turns to twentieth-century theologian and philosopher Bernard Lonergan's breakthrough analysis of human consciousness and its implications for epistemology and philosophy of science. Lucidly

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summarizing Lonergan's key ideas, Helminiak applies them to questions about science, psychology, and religion. Along with Lonergan, eminent theorists in consciousness studies and neuroscience get deserved,

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detailed attention. Helminiak demonstrates the reality of the immaterial mind and, addressing the Cartesian “mind-body problem,” explains how body and mind could make up one being, a person. Human consciousness is presented

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not only as awareness of objects, but also as self-presence, the self-conscious experience of human subjectivity, a spiritual reality. Lonergan's analyses allow us to say exactly what "spiritual" means, and it need have nothing to do with

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God. Daniel A. Helminiak is Professor of Psychology at the University of West Georgia. He is the author of many books, including Religion and the Human Sciences: An Approach via Spirituality and The Human Core of Spirituality:

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Mind as Psyche and Spirit, both also published by SUNY Press. Here Grof presents a useful model of the psyche a model extended by his thirty years of studying non-ordinary states of consciousness. It is useful for understanding such

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phenomena as shamanism, mysticism, psychedelic states, spontaneous visionary experiences, and psychotic episodes. The model is also useful in explaining the dynamics of experiential psychotherapies and a variety of

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sociopolitical manifestations such as war and revolution. This book might have been entitled Beyond Drugs. The second part describes the principles and process of the non-pharmacological technique developed by the author and his

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wife, Christina, for self-exploration and for psychotherapy. Grof explores in detail the components of this technique. He describes its method, its effective mechanisms, as well as its goals and potential. Its practice is simple, since it

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utilizes the natural healing capacity of the psyche.

Self-awareness is the bedrock of emotional intelligence that enables you to see your talents, shortcomings, and potential. But you won't be able to achieve true

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self-awareness with the usual quarterly feedback and self-reflection alone. This book will teach you how to understand your thoughts and emotions, how to persuade your colleagues to share what they really think of you, and

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why self-awareness will spark more productive and rewarding relationships with your employees and bosses. This volume includes the work of: Daniel Goleman Robert Steven Kaplan Susan David HOW TO BE HUMAN AT WORK. The

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HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact

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our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are

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relief? It's not an illusion, teaches Mary O'Malley. It really is possible to live with that profound openness every moment, even while tending to our everyday tasks and obligations. What's in the Way Is the Way is the new book from this

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exercises to heal the core beliefs that keep you stuck With each chapter, Mary invites you to come into the present and see yourself and your circumstances in a different way—with openness and curiosity, unclouded by struggle,

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judgment, and fear. Discover why Eckhart Tolle calls Mary O'Malley's work "a treasure of practical wisdom and profound insights, all pointing to one essential Truth: how to awaken into present-moment awareness and live in acceptance

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of what is.”

Volume X: Comparative
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What My Soul Told Me
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Making Minds Conscious

In the Light of Evolution

Self-awareness, Self-

consciousness and Performance on
the NEO-five Factor Inventory

This pioneering book explores in depth the
role of neurotransmitters in conscious

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awareness. The central aim is to identify common neural denominators of conscious awareness, informed by the neurochemistry of natural, drug induced and pathological states of consciousness. Chemicals such as acetylcholine and dopamine, which bridge the synaptic gap between neurones, are the

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'neurotransmitters in mind' that form the substance of the volume, which is essential reading for all who believe that unravelling mechanisms of consciousness must include these vital systems of the brain. Up-to-date information is provided on:

Psychological domains of attention, motivation, memory, sleep and dreaming

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that define normal states of consciousness.

Effects of chemicals that alter or abolish consciousness, including hallucinogens and anaesthetics. Disorders of the brain such as dementia, schizophrenia and depression considered from the novel perspective of the way these affect consciousness, and how this might relate to

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disturbances in neurotransmission. (Series B)

Explores the ego's expressions and inherent limitations and gives detailed explanations and instructions on how to transcend them. It expands the understanding of the levels of consciousness as presented in the widely-

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acclaimed Map of Consciousness. The book focuses on the individual, and studies the experiential subjective blocks to the advancement of awareness, at each level of consciousness. This leads to progressive spiritual awareness and on to higher levels of consciousness, providing specific steps for transcending each level, preparatory to

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advanced states such as Enlightenment itself. By analyzing the various obstacles and levels to be transcended, certain principles that support spiritual evolution are self-revealing. This book is therefore a practical manual rather than a comprehensive analysis.

Christopher Peacocke presents a

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philosophical theory of subjects of consciousness, together with a theory of the nature of first person representation of such a subject of consciousness. He develops a new treatment of subjects, distinct from previous theories, under which subjects were regarded either as constructs from mental events, or

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fundamentally embodied, or Cartesian egos. In contrast, his theory of the first person integrates with the positive treatment of subjectsDLand it contributes to the explanation of various distinctive first person phenomena in the theory of thought and knowledge. These are issues on which contributions have been made

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by some of the greatest philosophers, and Peacocke brings his points to bear on the contributions to these issues made by Hume, Kant, Frege, Wittgenstein, and Strawson. He also relates his position to the recent literature in the philosophy of mind, and then goes on to distinguish and characterize three varieties of self-

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consciousness. Perspectival self-consciousness involves the subject's capacity to appreciate that she is of the same kind as things given in a third personal way, and attributes the subject to a certain kind of objective thought about herself. Reflective self-consciousness involves awareness of the subject's own

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mental states, reached in a distinctive way.

Interpersonal self-consciousness is awareness that one features, as a subject, in some other person's mental states.

These varieties, and the relations and the forms of co-operation between them, are important in explaining features of our knowledge, our social relations, and our

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emotional lives. The theses of *The Mirror of the World* are of importance not only for philosophy, but also for psychology, the arts, and anywhere else that the self and self-representation loom large. The *Context and Content* series is a forum for outstanding original research at the intersection of philosophy, linguistics, and

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cognitive science. The general editor is Fran?ois Recanati (Institut Jean-Nicod, Paris).

Some mental events are conscious, some are unconscious. What is the difference between the two? Uriah Kriegel offers the following answer: whatever else they may represent, conscious mental states always

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represent themselves (whereas unconscious ones do not, at least not in the right way).

The book develops this 'self-representational' approach to consciousness along several dimensions - including phenomenological, ontological, and scientific - and defends it from common and uncommon criticisms.

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The Levels of Consciousness and a Map of
the Stages of Awakening for Spiritual
Seekers and Teachers

Subjective Consciousness

The Adventure of Self-Discovery

A Theory of Objective Self Awareness

A Yogi's Guide to Joy

Charles Dickens's Hard Times

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States Of Consciousness Psychology

Hypothesis 3 suggested that higher levels of private self-consciousness would be associated with increased reliability.

However, private self-consciousness was not found to be

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**differentially related to either
split-half reliability $(z=.010, \backslash$
 $p>.05)$ or inter-item homogeneity
 $(z=.153, \backslash p>.05).$**

**The now widely known Map of
calibrated levels of Consciousness
was presented in Power vs. Force**

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in 1995 and has been translated into all the world's major languages. This was followed by The Eye of the I (2001), I: Reality and Subjectivity (2003), and Truth vs. Falsehood (2005), which explored the levels of Truth

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reflected throughout society.

**Transcending the Levels of
Consciousness returns to the
exploration of the ego's
expressions and inherent
limitations and gives detailed
explanations and instructions on**

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how to transcend them. As with the reading of Dr. Hawkins' previous books, the reader's level of consciousness is advanced as a consequence of exposure to the information itself. This opens up avenues to the relief of suffering

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for oneself and others, which fulfills the purpose of the work and the intention to facilitate the reader's own Enlightenment. "Richard Barrett offers us an exciting new direction for measuring consciousness. He has

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**proven that the insights these
measures bring can significantly
improve our individual,
organisational and societal
performance. The work of the
Barrett Values Centre stands as a
testament to what can be achieved**

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**by seriously applying ourselves to
the measurement of conscious."**

**Dr. Marc Gafni, Co-Founder and
Director, Center for Integral
Wisdom Dr. Zachary Stein,
Academic Director, Center for
Integral Wisdom**

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**"Brilliant...as audacious as its
title....Mr. Dennett's exposition is
nothing short of brilliant."**

**--George Johnson, New York
Times Book Review**

**Consciousness Explained is a a
full-scale exploration of human**

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consciousness. In this landmark book, Daniel Dennett refutes the traditional, commonsense theory of consciousness and presents a new model, based on a wealth of information from the fields of neuroscience, psychology, and

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artificial intelligence. Our current theories about conscious life-of people, animal, even robots--are transformed by the new perspectives found in this book. Self-Consciousness and Personal Identity from Descartes to Hume

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**A Self-Representational Theory
Experimental Insights into
Meditation, Waking, Sleep and
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Feeling & Knowing
Nietzsche on Consciousness and**

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the Embodied Mind

Pathways to Higher

Consciousness

*From one of the world's leading
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investigation of how biology,*

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neuroscience, psychology, and artificial intelligence have given us the tools to unlock the mysteries of human consciousness “One thrilling insight after another ... Damasio has succeeded brilliantly in narrowing the gap between body

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***and mind.” —The New York Times
Book Review In recent decades,
many philosophers and cognitive
scientists have declared the
problem of consciousness
unsolvable, but Antonio Damasio
is convinced that recent findings
across multiple scientific***

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disciplines have given us a way to understand consciousness and its significance for human life. In the forty-eight brief chapters of Feeling & Knowing, and in writing that remains faithful to our intuitive sense of what feeling and experiencing are

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about, Damasio helps us understand why being conscious is not the same as sensing, why nervous systems are essential for the development of feelings, and why feeling opens the way to consciousness writ large. He combines the latest discoveries in

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various sciences with philosophy and discusses his original research, which has transformed our understanding of the brain and human behavior. Here is an indispensable guide to understanding how we experience the world within and around us

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***and find our place in the
universe.***

***Transcending the Levels of
Consciousness The Stairway to
Enlightenment Hay House, Inc
Most theologies and spiritual
traditions in the world believe in
some kind of afterlife in which we***

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might exist after we die. We suspect that few people truly accept this realm as already existing within us presently while in our physical bodies. We define dimensional self-work as being about the ind-depth analysis and transmutation necessary to

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change our material conditioning towards human life, thus changing ourselves and our lives. Within the path of shifting our life focus, our goal is first one or reorienting our lower minds to recognize and accept the reality of our Higher Self. Then comes

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the task of integrating its presence within our lower nature to begin experiencing higher levels of consciousness. In this book, we have drawn and summarized much of the dimensional life material from our other books to create a more

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*condensed and simplistic version
which we hope will be helpful to a
wider variety of readers.*

*In this accessible overview of
current knowledge, an expert
team of editors and authors
describe experimental
approaches to consciousness.*

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These approaches are shedding light on some of the hitherto unknown aspects of the distinct states of human consciousness, including the waking state, different states of sleep and dreaming, meditation and more. The book presents the latest

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***research studies by the
contributing authors, whose
specialities span neuroscience,
neurology, biomedical
engineering, clinical psychology
and psychophysiology,
psychosocial medicine and
anthropology. Overall this***

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anthology provides the reader with a clear picture of how different states of consciousness can be defined, experimentally measured and analysed. A future byproduct of this knowledge may be anticipated in the development of systematic

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corrective treatments for many disorders and pathological problems of consciousness.

The Map of Consciousness Explained

The Individual and Collective Levels of Consciousness and Their Relationship to

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Health--disease

What's in the Way Is the Way

The Self and Self-Knowledge

A Proven Energy Scale to

Actualize Your Ultimate Potential

Finding Your True Inner Self

In the most influential

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chapter of his most important philosophical work, the Phenomenology of Spirit, Hegel makes the central and disarming assertions that "self-consciousness is desire

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itself" and that it attains its "satisfaction" only in another self-consciousness. Hegel on Self-Consciousness presents a groundbreaking new interpretation of

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these revolutionary claims, tracing their roots to Kant's philosophy and demonstrating their continued relevance for contemporary thought. As Robert Pippin shows, Hegel

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argues that we must understand Kant's account of the self-conscious nature of consciousness as a claim in practical philosophy, and that therefore we need

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radically different views
of human sentience, the
conditions of our
knowledge of the world,
and the social nature of
subjectivity and
normativity. Pippin

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explains why this chapter
of Hegel's Phenomenology
should be seen as the
basis of much later
continental philosophy and
the Marxist, neo-Marxist,
and critical-theory

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traditions. He also
contrasts his own
interpretation of Hegel's
assertions with
influential
interpretations of the
chapter put forward by

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philosophers John McDowell
and Robert Brandom.
National Book Award
Finalist: "This man's
ideas may be the most
influential, not to say
controversial, of the

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second half of the
twentieth
century.”—Columbus
Dispatch At the heart of
this classic, seminal book
is Julian Jaynes's still-
controversial thesis that

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human consciousness did not begin far back in animal evolution but instead is a learned process that came about only three thousand years ago and is still

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developing. The implications of this revolutionary scientific paradigm extend into virtually every aspect of our psychology, our history and culture, our

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religion—and indeed our future. “Don’t be put off by the academic title of Julian Jaynes’s *The Origin of Consciousness in the Breakdown of the Bicameral Mind*. Its prose is always

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lucid and often lyrical...he unfolds his case with the utmost intellectual rigor.”—The New York Times
“When Julian Jaynes . . . speculates that until late in the twentieth

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millennium BC men had no consciousness but were automatically obeying the voices of the gods, we are astounded but compelled to follow this remarkable thesis.”—John Updike, The

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New Yorker "He is as
startling as Freud was in
The Interpretation of
Dreams, and Jaynes is
equally as adept at
forcing a new view of
known human

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behavior.”—American
Journal of Psychiatry
Explores the impact of the
direct experience of a
greater self-realization
on physical health.
Nietzsche's thought has

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been of renewed interest to philosophers in both the Anglo- American and the phenomenological and hermeneutic traditions. Nietzsche on Consciousness and the Embodied Mind

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presents 16 essays from analytic and continental perspectives. Appealing to both international communities of scholars, the volume seeks to deepen the appreciation of

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Nietzsche's contribution to our understanding of consciousness and the mind. Over the past decades, a variety of disciplines have engaged with Nietzsche's thought,

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including anthropology,
biology, history,
linguistics, neuroscience,
and psychology, to name
just a few. His rich and
perspicacious treatment of
consciousness, mind, and

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body cannot be reduced to any single discipline, and has the potential to speak to many. And, as several contributors make clear, Nietzsche's investigations into consciousness and the

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embodied mind are integral to his wider ethical concerns. This volume contains contributions by international experts such as Christa Davis Acampora (Emory University), Keith

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Ansell-Pearson (Warwick University), João Constâncio (Universidade Nova de Lisboa), Frank Chourraqui (Leiden University), Manuel Dries (The Open University;

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Oxford University),
Christian J. Emden (Rice
University), Maria
Cristina Fornari
(University of Salento),
Anthony K. Jensen
(Providence College),

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Helmut Heit (Tongji
University), Charlie
Huenemann (Utah State
University), Vanessa Lemm
(Flinders University),
Lawrence J. Hatab (Old
Dominion University),

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Mattia Riccardi

(University of Porto),

Friedrich Ulfers and Mark

Daniel Cohen (New York

University and EGS), and

Benedetta Zavatta (CNRS).

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Consciousness

The Truth About Hypnosis
and Levels of
Consciousness

1000

A Guide to Spiritual
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How and why Thoughts
Change

Brain, Consciousness, and
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Neurotransmitters in Mind
*A team of leading experts investigate
a range of philosophical issues to do*

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with the self and self-knowledge. Self and Self-Knowledge focuses on two main problems: how to account for I-thoughts and the consequences that doing so would have for our notion of the self; and how to explain subjects' ability to know the kind of psychological states they enjoy,

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which characteristically issues in psychological self-ascriptions. The first section of the volume consists of essays that, by appealing to different considerations which range from the normative to the phenomenological, offer an assessment of the animalist conception of the self. The second

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section presents an examination as well as a defence of the new epistemic paradigm, largely associated with recent work by Christopher Peacocke, according to which knowledge of our own mental states and actions should be based on an awareness of them and of our

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attempts to bring them about. The last section explores a range of different perspectives—from neo-expressivism to constitutivism—in order to assess the view that self-knowledge is more robust than any other form of knowledge. While the contributors differ in their specific

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philosophical positions, they all share the view that careful philosophical analysis is needed before scientific research can be fruitfully brought to bear on the issues at hand. These thought-provoking essays provide such an analysis and greatly deepen our understanding of these central

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A thought-provoking and accessible guide to how an ancient spiritual practice known as Raja Yoga meditation--Yoga of the mind--can help us develop attitudes that will dramatically improve the quality of our inner lives. Using the author's

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own story as a starting point, this illuminating work provides a whole new perspective on matters of the spirit, including rediscovering the nature of the self, understanding and exploring the different levels of consciousness, learning about the natural law that governs the

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universe, and how to support your spiritual development with the right lifestyle. Previously published by the Brahma Kumaris Organization--a group that seeks to help everyone rediscover his or her potential for greatness by facilitating a process of spiritual awakening that is both non-

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denominational and respectful of all traditions--Pathways to Higher Consciousness is an enlightening entry on the very first Sterling Ethos list.

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helps readers experience healing and transcendence. We are all born with a level of consciousness, an energetic frequency within the vast field of consciousness. And with The Map of Consciousness, we can truly understand the total spectrum of human consciousness. Using a

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unique muscle-testing method, Dr. David R. Hawkins conducted more than 250,000 calibrations during 20 years of research to define a range of values, attitudes, and emotions that correspond to levels of consciousness. This range of values- along with a logarithmic scale of 1 to

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*1,000-became the Map of
Consciousness, which Dr. Hawkins
first wrote about in his best-selling
book, Power vs. Force. With the Map,
Dr. David R. Hawkins laid out the
entire spectrum of consciousness,
from the lower levels of Shame,
Guilt, Apathy, Fear, Anger, and*

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Pride; to Courage, Acceptance, and Reason; all the way up to the more expanded levels of Love, Ecstasy, Peace, and Enlightenment. These "higher" energy fields are a carrier wave of immense life energy. An essential primer on the late Dr. David R. Hawkins's teachings on human

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consciousness and their associated energy fields, The Map of Consciousness Explained offers readers an introduction and deeper understanding of the Map, with visual charts and practical applications to help them heal, recover, and evolve to higher levels

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of consciousness and energy. This book is a light unto the path of any individual who wants to become more effective in any area of life. Finding Our Way to Higher Consciousness