

INNOVATIONS IN REPRESENTING SPECIFIC STATES OF CONSCIOUSNESS



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Presented at The Qualitative Report conference, January, 2015

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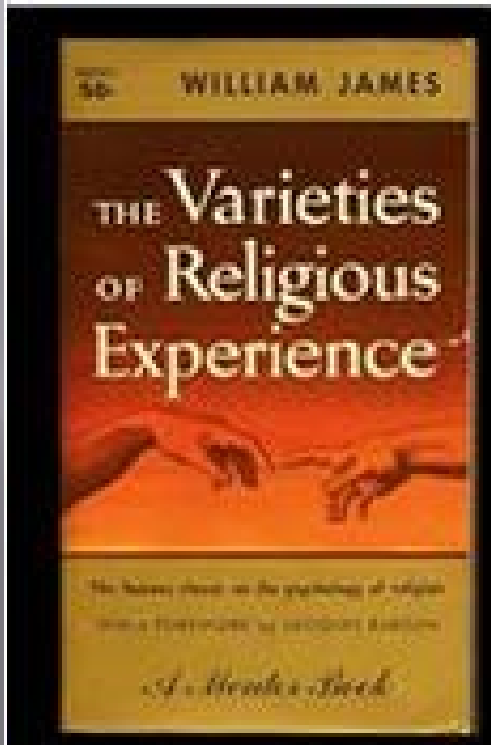
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Background

- ▣ Limited practicality and theoretical dissatisfaction with existing models:
 - Dynamic ground, perennial philosophy, hierarchal models, phenomenological models, paradigms based on religious dogma, “common sense,” or symbolic archetypes (astrology, Tarot, *I-ching*, runes).
- ▣ Individuals have been describing wide ranges of conscious states for thousands of years, yet we Westerners commonly subscribe to a perspective of little more than “sleeping and waking.”
- ▣ “Professional objectivity” has often reduced the supernatural and the miraculous to delusion and superstition.



“Our normal waking [rational] consciousness is but one special type of consciousness, whilst all about it, parted by the flimsiest of screens, there lie potential, [very different] forms of consciousness. We may go through life without suspecting their existence; but apply the requisite stimulus and, at a touch, they are there in all completeness. ... No account of the universe in its totality can be final which leaves these other forms of consciousness disregarded. ... At any rate, they forbid a premature closing of our accounts with reality.

Einstein: "It is entirely possible that, behind the perception of our senses, worlds are hidden of which we are unaware."

**"We all start out knowing magic.
We are born able to sing to birds
and read the clouds and see
our destiny in grains of sand.
But then we get the magic
educated right out of our souls.
We get put on the straight and narrow path
and told to be responsible, told to grow up,
because the magic we knew
made them ashamed of what
they'd allowed to wither in themselves."**

(Robert R. McCammon)

Requisite Practitioner Attributes

- ▣ Empathy, sensitivity, conscience
- ▣ Internal energy: “orenda,” personal power
- ▣ Courage, intrepidity, daring, drive
- ▣ Cunning, imaginativeness
- ▣ Passion, caringness
- ▣ Sincerity, good will
- ▣ Intuition, psychic degrees of awareness
- ▣ Patience, perseverance.

Research Questions

- ▣ Are there features in every distinct state of consciousness which distinguish it from other states?
- ▣ Is it possible to measure those features in an objective-enough way as to generate a reliable map of some continuum of conscious states? (e.g., Ferrer, Tart, Tupper)
- ▣ Is it possible to reliably access each state so as to apprehend and operationalize it?
- ▣ What could be the benefits of such systemization?

Research Issues

- ▣ How will we validate the subjective data?
- ▣ Would there be any risks to the subjects?
- ▣ Is there some adequate combination of instruments to assist questioning informants?
- ▣ Will verbalization break their recall?
- ▣ Can induction methods and settings be made consistent enough for analysis?
- ▣ Can researchers be trained in the required skills in a consistent and timely manner?
- ▣ What will it take to control for biases and assumptions?

Some Classical State Measures

- ▣ **5D-ASC** (Dittrich, Lamparter, & Maurer, 2006)
- ▣ **Assessment Schedule for Altered States of Consciousness** (VanQuekelberghe, Altstotter-Gleich, & Hertweck, 1991)
- ▣ **Ego Permissiveness Inventory** (Taft, 1969, 1970)
- ▣ **Mystical Experiences Scale** (Hood, 1975)
- ▣ **Phenomenology of Consciousness Inventory** (Pekala, 1982; Pekala, Steinberg, & Kumar, 1986)

Dittrich's 5D-ASC test

- ▣ Experience of unity
- ▣ Religious or spiritual experience
- ▣ Blissfulness (formerly “oceanic”)
- ▣ Insightfulness
- ▣ Disembodiment
- ▣ Complexity of imagery
- ▣ Changed or enhanced meaning of percepts
- ▣ Synesthesia or psychic phenomena
- ▣ Impairment in control and/or cognition
- ▣ Anxiety or dread (actual feature of a state?)

Hood's Mystical Experiences Scale

- ▣ **Ego quality** (loss of sense of individual self)
- ▣ **Inner subjective quality** (aliveness, sentiency)
- ▣ **Temporal/Spatial quality** (timelessness, distortion or meaninglessness of distance)
- ▣ **Noetic quality** (non-rational or non-verbal knowledge)
- ▣ **Ineffability** (the experience could not be expressed in words)
- ▣ **Positive affect** (joy or blissfulness)
- ▣ **Religious quality** (awe, sacredness)
- ▣ **Likert selections** on relation to list of religious experiences (from James' *Variety of Relig. Exp's*)

Castaneda's Hierarchy of State Levels

- ▣ Ordinary *tonal*-realities (infinitely many)
- ▣ *Dreaming* into other realities
- ▣ *Seeing* from a higher-level state into a lower one
- ▣ Heightened awareness
- ▣ The “place of no-pity”
- ▣ Second attention (“the *nagual*”)
- ▣ “The *double*”
- ▣ Shifting downward in the “luminous egg” (shape-shifting, transmutations, sorcery).

(from *Tales of Power*, *Eagle's Gift*, and *Fire from Within*)

State-Shift Concepts from NLP

- ▣ Visual / Auditory / Kinesthetic representational systems
- ▣ Submodalities
- ▣ Modeling and pre-imagining
- ▣ Rapport-building techniques
- ▣ Metaphor and imagination
- ▣ Habit-breaking inductions
- ▣ Biological micro-cues.

Klein's *Features of Shifted States*

- ▣ Uncharacteristic postures, expressions, and movements; Empathic sensibilities;
- ▣ Changes in voice, handwriting, and content of speech and writing;
- ▣ Noticeable change in perspective and mood;
- ▣ New abilities, perceptions, cognitions, super-learning, and ways of interpreting reality, including synesthesia and materiality of surroundings; *Increased resolution of senses;*
- ▣ Unusual silence, stillness, buzzing, rattling;
- ▣ Bipolar-like or schizotypal changes;
- ▣ Dream-like features and events;
- ▣ Shape-shifting, disappearing, or *doubling*.

Klein's Method for Sensing a Person's State in Realtime

- ❑ Enter (or self-induce) oneself into a state close to that of the subject (empathic connection).
- ❑ Using rapport skills, set up a trust channel of communication.
- ❑ Using psychic sensibilities (natural and developed through disciplines), allow the person's experience to induce similar in you.
- ❑ Record (later if necessary) the features you sense – journaled words, art forms, music.
- ❑ (In therapy session) Induce corrections in the mutual rapport field.

Anticipated Benefits of Specifying State Features

- ❑ Greater understanding of the mindsets of foreign races, particularly indigenous cultures which use non-Western constructs.
- ❑ New, more effective treatments for learning disorders, neurological dysfunction, and psychopathologies.
- ❑ Support for personal transformation and enlightenment.
- ❑ Improved organizational communication.

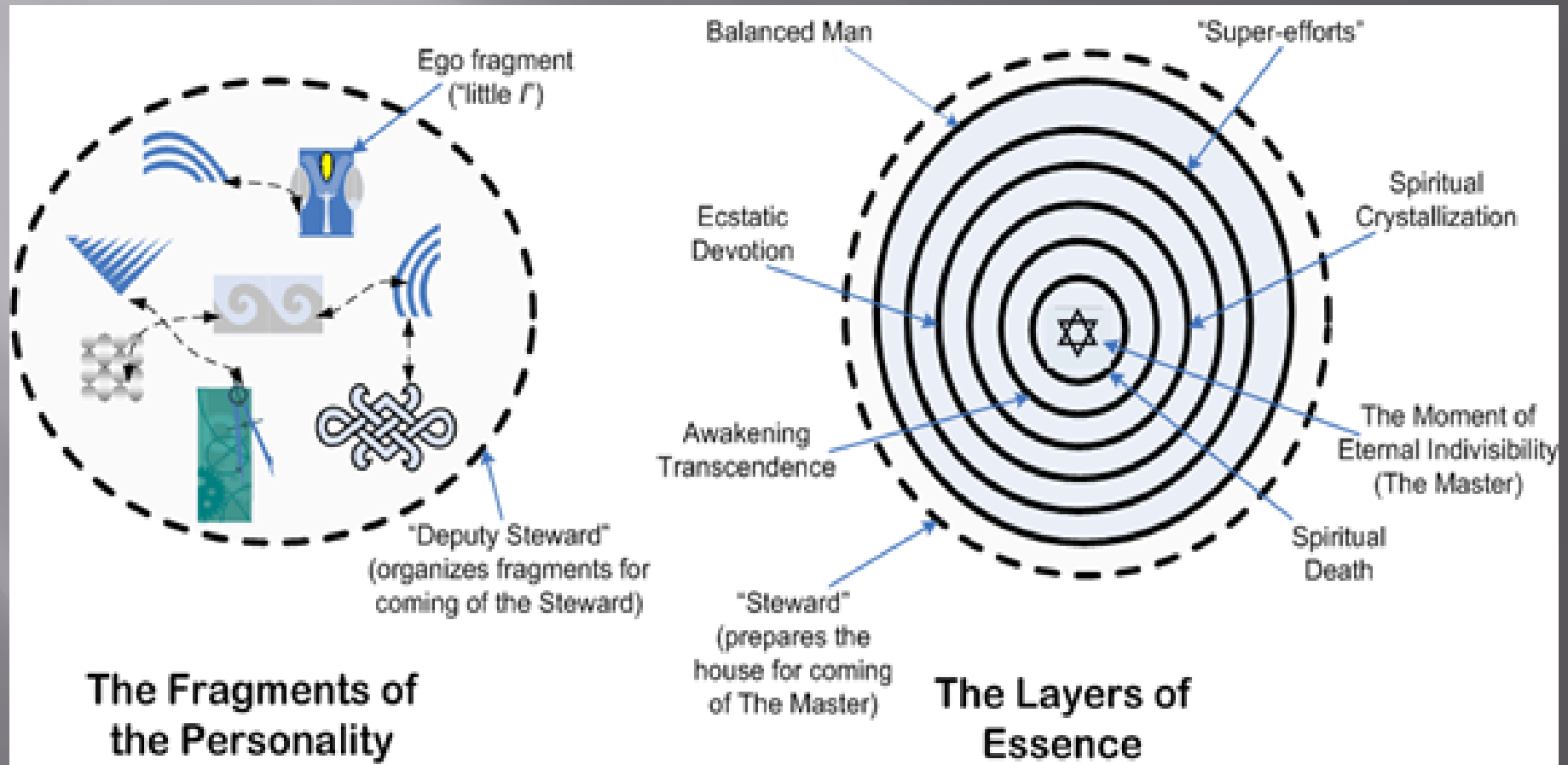
Typical Triggers for State Shifts

- ▣ Going to church or other place of habitual inspiration
- ▣ Enjoying favorite entertainments
- ▣ Getting drunk or using narcotics
- ▣ Cognitive-dissonance experiences
- ▣ Stepping into an elevator or other enclosed or crowded space
- ▣ Interruptions of habitual actions (e.g., handshake, grooming)
- ▣ Shock, thrill, fright, or trauma
- ▣ Severe or prolonged illness
- ▣ Close encounter with death or supernatural event
- ▣ Psychosis or other mental/emotional condition
- ▣ Spells, possession, or superstition
- ▣ Religious or mystical experience

Intentionally Inducing State Shifts

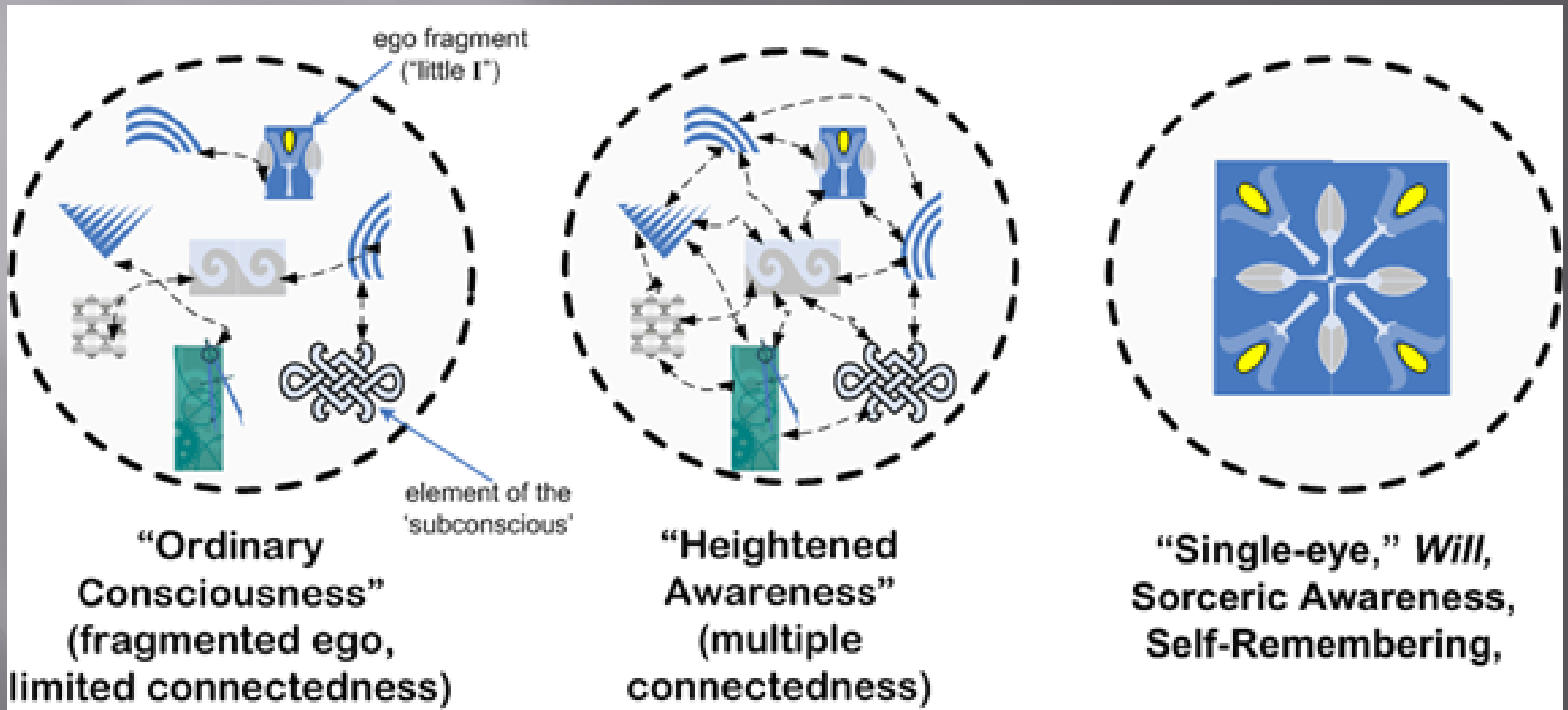
- ▣ Singing, dancing, drumming, chanting, performing ritual, and expressing mindful art;
- ▣ Becoming aware of openings, synchronicities, dreamlike events, and 'gifts';
- ▣ Paradigm shift: embrace a controversial or non-sensical view;
- ▣ Becoming acutely sensitive and aware of nature and subtle energies;
- ▣ Sacred use of potent smokes, herbs, elixirs, and brews;
- ▣ Becoming so still and at peace that the universe opens up for you.
- ▣ Negative or dark inductions: Using a brew or a spell to force a particular shift, especially for taking advantage over other people or for material gain.

Normal Personality vs. Alignments of Higher States

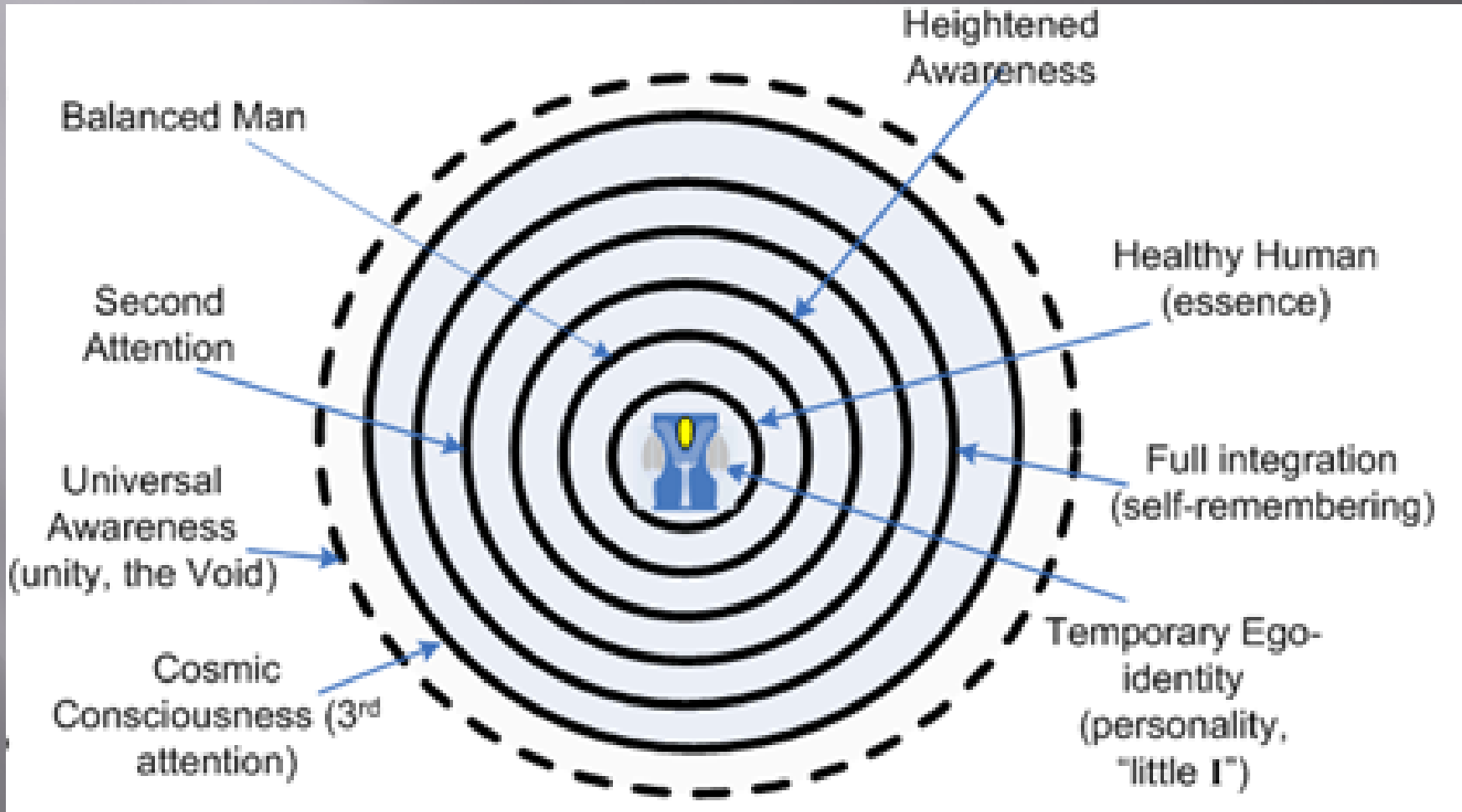


(adapted from Ouspensky, P. D., *In Search of the Miraculous*)

Normal Ego vs. Alignments of the Attention

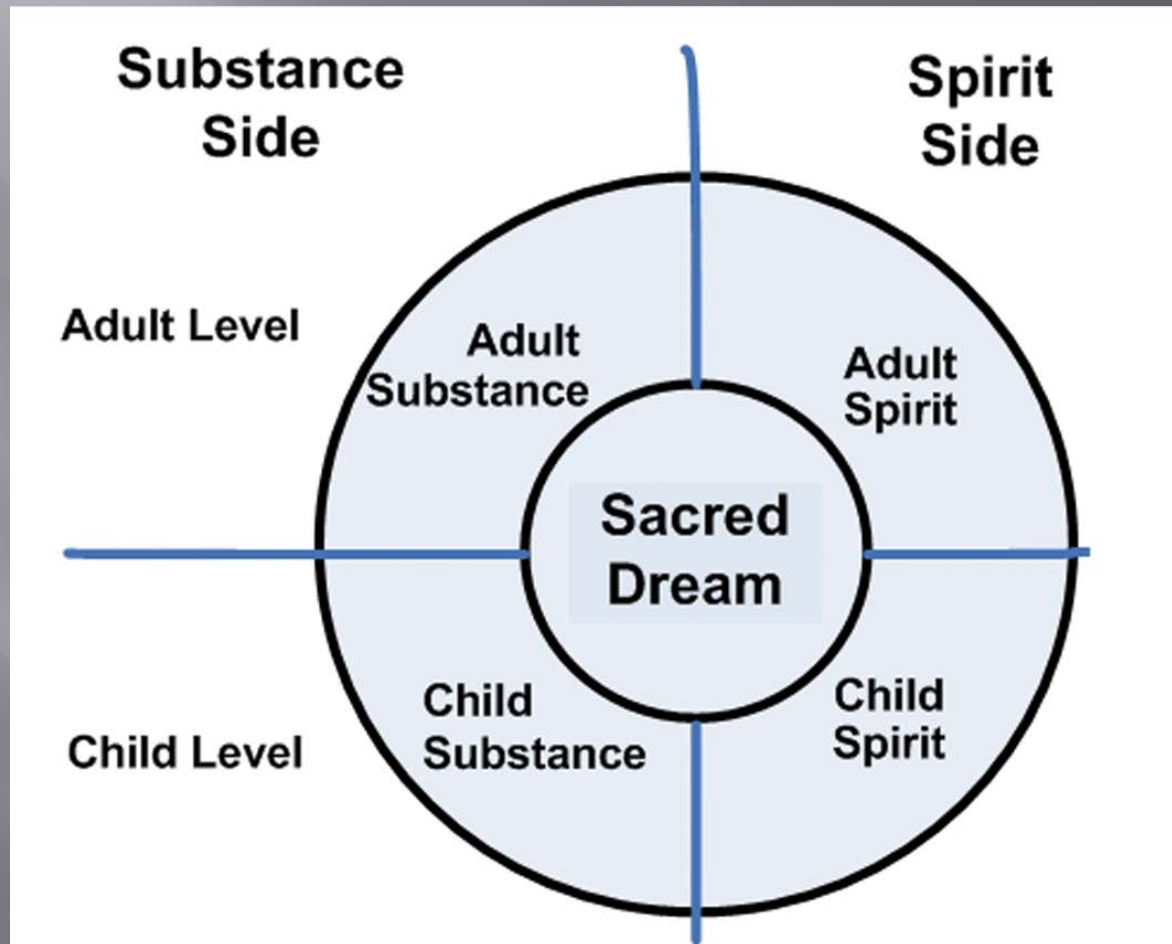


Layers of Awareness



Adapted from Wilber, K. (2000), *Integral Psychology*

The “Shield of Shields”



Adapted from Reagan, H. S.: *Meti-medicine Teachings*



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Conclusion

Please take the handouts and compare these ideas to your own research. Your criticisms, questions, and suggestions are much appreciated!

- Barry Klein