Biofeedback and states of consciousness

BIOSFEEDBACK AND STATES OF CONSCIOUSNESS
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Abstract

Selections below are from the Greens’ Biofeedback and States of Consciousness which appeared in Handbook of States of Consciousness. In this paper we see five major states of consciousness are described and illustrated. The Greens relate the role of “biofeedback” to each state of consciousness. By “biofeedback,” unless otherwise stated, they always mean self-regulation, voluntary control of the human capacity to exercise volition, awareness, intention, will, the potential to grow and transform. [Eds.]

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Refbacks
- There are currently no refbacks.

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Exercises, Exercise on Pure Consciousness. Publisher’s note. Introductory note: what is biofeedback? Biofeedback – learning about ourselves Biofeedback provides a new way of learning about ourselves, or a way of re-learning what the body already knows – how to be attentive. One learns to associate the bodily changes with the changes in the mind which accompany or precede them. Like using the bathroom scales to help maintain a certain weight. An Altered state of consciousness is any state that differs significantly from baseline or normal waking consciousness. This waking consciousness is a fragmented stream while deep altered consciousness is characterized by wholeness and unity. Neurologists attribute the ecstatic states and physical well-being found in meditators to the rush of neurochemicals including the body’s opiates, the endorphins and the ‘joy juices’ such as norepinephrine and dopamine. Meditation also synchronizes the logical left and the creative right hemispheres of the brain, producing experiences of timelessness, interconnectedness and bliss. Your biofeedback device acts as a kind of sixth sense which allows you to “see” or “hear” activity inside our bodies.