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4. Altered States of Consciousness

An **altered state of consciousness** results from external or other factors that change normal consciousness.

Examples mentioned:

- Drugs
- Meditation
- Brain injury
- Dreams
- Hypnosis

A. Meditation

Associated with:

- Relaxation
- Mental clarity
- Calm
- Peace
- Balance
- Emotional well-being

The presentation describes it as temporarily moving away from ordinary waking consciousness.

B. Dreams

Dreams are also presented as an altered state because they occur during **REM sleep**.

C. Hypnosis

A state achieved through:

- Focused attention
- Verbal repetition
- Induction by a hypnotist

The material describes hypnosis as being used therapeutically to help people overcome certain conditions.

CONSCIOUSNESS & AWARENESS

These concepts are related and sometimes used interchangeably, but the material makes a distinction.

Consciousness

The **overall state of consciousness**, related to brain activity.

Awareness

The state of **knowing or understanding that something exists or is happening**.

Level of awareness

Refers to the **extent to which a person processes information and pays attention to their surroundings**.

Important concept:

A person can be conscious but not fully aware.

LEVELS OF AWARENESS

The material identifies three levels:

1. Consciousness

Being aware of:

- Thoughts
- Feelings
- Surroundings

Example: During class, your consciousness is focused on the teacher's words and processing the lesson.

HIGHLIGHT GUIDES:

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|  Topics & Headings |  Keywords & Terms |
|  Person |  Date |

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