

## Altered States of Consciousness Series – Event 3

### Spiritual States

15 June 2015

Are we conscious? Can our consciousness be altered? How would we know if it was? Altered states of consciousness differ from normal states of consciousness in perceptual, affective and functional terms.

The temporal and spatial framing of experience can be altered, as can the particular contents, sometimes with therapeutic, sometimes with delusional effect.

We often choose to alter our consciousness, for pleasure, for enlightenment, to remove an unhelpful behaviour or pattern of thought, or sometimes just to try to forget. The processes used to achieve such alterations include hypnotism, legal and illegal drugs, meditation, exercise, and ritual. The common theme in all of these is the pursuit of something different. But why do we pursue difference? What are these experiences like? Is there any going back?

Welcome to the Altered States of Consciousness Series. Through several themed events we will explore different aspects of altered states of consciousness. Each 1-day event will involve a combination of presentations, experiential activities and discussion. Plus the opportunity to network with like-minded individuals. Places are limited on a first-come-first-served basis.

This is the third event in the series and is on spiritual states. We are able to offer three excellent presentations (details below), ending the day with a panel discussion/Q&A.

#### **Learning outcomes and objectives**

Understand what spiritual states are

Explore different spiritual states

The psychological and experiential impacts of spirituality

How spirituality can help us understand consciousness and experience

What studying spirituality can contribute to the study of psychology

#### **Who is the workshop intended for?**

Anyone interested in altered states of consciousness, beliefs and experience, spirituality and perception, exploring consciousness, inquiry into nature of mind, transcendence and transformation. Open to all: researchers, practitioners, interested parties.