INSTITUTE OF ESOTERIC PSYCHOLOGY

SELF-DISCOVERY FOR WELLNESS

ANOMALOUS EXPERIENCES

SDFW VIDEO # 5

Introduction

"The day science begins to study non-physical phenomena it will make more progress in one decade than in all the previous centuries of its existence." Nicola Tesla

Consciousness

What is consciousness?

Exercise: Draw an image depicting what you think consciousness looks like.

Models of Consciousness:

Freud

Jung (Archetypes – Collective Consciousness)

Chaos theory

Consciousness, Mysticism and Religion

Altered States

What is an altered state of consciousness?

The consciousness spectrum

Normal waking consciousness

Flow

Hypnotic states

Deep meditation

Shamanic journeys

Mediumship

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Psychedelics

Mysticism

What is mysticism?

The Mysticism Questionnaire

What is meant by a "peak experience?"

Abraham Maslow

How does one interact with the numinous?

William James

Mysticism in Western culture

Mysticism in traditional and indigenous cultures

Animism

Awareness of the sacred

Presence of divinity in all things

Anomalous Phenomena a/k/a "The Paranormal"

The Anomalous Experiences Questionnaire

The Magic Questionnaire

What are anomalous phenomena?

How do we perceive phenomena?

Déjà vu

Parapsychology

Psi phenomena – distance viewing, precognition, ESP

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Marian Apparitions

Hauntings and spectral beings

Nature spirits

Magical entities

Shamanic journeys and anomalous phenomena

Aliens

Summary

Does perception of anomalous phenomena provide proof of the existence of realms of consciousness beyond our normal waking consciousness?

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