

My journey of ASC (altered states of consciousness) experience

意识转化体验之旅

Abstract

摘要

This paper explores altered states of consciousness (ASC) in transpersonal psychology, discussing the multi-dimensional nature of consciousness and its transformation. The concept of ASC involves transcending everyday limitations to achieve self-discovery and holistic transformation. Drawing from phenomenological intersubjectivity, consciousness is shaped through interactions with others and the environment. The experiences of Yan Wei and Jingrong Li are presented. Yan Wei's experiences include near-death encounters, compassionate practices during her father's illness, and awareness through meditation. Jingrong Li discusses body work and encounters with intuitive images. Ultimately, the paper concludes that ASC is facilitated by fields, rooted in emotions, and sustained by interpersonal relationships.

本篇论文介绍了超个人心理学中的意识转化研究，并引用了多位学者对意识及转换状态的研究成果。意识被视为一个多层次的现象，包括总体的、通灵的、隐约的、因果关系的及非二元的状态。为了实现超个人意识状态，静坐被认为是一种捷径，可以培养多层次、多维度的意识。本文还介绍了意识转化的概念，认为它是一种超越日常意识限制的体验，可以帮助我们实现自我发现和全面转化。此外，从现象学主体间性视角出发，意识被认为不是孤立的个体内部现象，而是在与他人交往、环境的影响以及整体互动中产生和构建的。接下来，论文展示了魏艳和李京榕两人在意识转化过程中的个人经历。魏艳涉及了生死之旅、车祸濒死体验、陪伴父亲患病期间的慈悲练习、峨眉山禅修和CAPA精神分析受训、以及印度Auroville地球村的冥想等方面。李京榕则分享了躯体工作和阿卡西生命之书练习对其意识的转化作用。最后，文章总结认为，场域是意识转化的容器，情感是其基础，而主体间关系是其持续的要素。

Keywords 关键词: ASC; Transpersonal Psychology; Meditation

Topic: Transpersonal psychotherapy and healing

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