

# Human Consciousness: Psychic and Energetic Approach

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**Abstract:** *Objective:* The article researches the essence and bases of functioning and development of the consciousness (conscious level of the human psyche) in the context of the psychic and energetic conception of the psyche and psychic.

*Background:* There are thousands of writings about consciousness. However, operational and functional processes of conscious perception of the world and self, understanding of various connections in this world, determining of attitude to it and self and forming responsibilities for results of interaction are described unclearly almost in all psychological conceptions.

*Method:* To disclose the human consciousness, the following methods were used: analysis, synthesis, comparison, abstraction, generalisation and grouping of existing knowledge about a human, functioning of the human psyche.

*Results:* It has been proved that the conscious is the plurality of different psychic, about which human is aware. We have found out that the personal unconscious contains phenomena that are in the subconscious, not in the unconscious because "came" from consciousness.

*Conclusion:* This plurality is the basis of forming psy-programs of different degree of complication and perfection to transform the world as external psyche through activity, behaviour, their comparison with previous experience, isolation of "Self" from the environment to analyse it and consciousness from different perspectives.

**Keywords:** Conscious level of the human psyche, awareness, psy-programs, psy-operations, fixed settings.

## INTRODUCTION

Repeatedly science has tried to disclose the essence and content of the human consciousness, to solve mysteries of its origins and appearance and to determine patterns and principles of functioning. This also concerns the psychological science. There are thousands of writings about consciousness. However, operational and functional processes of conscious perception of the world and self, understanding of various connections in this world, determining of attitude to it and self and forming responsibilities for results of interaction are described unclearly, abstract almost in all psychological conceptions. There are predominately statements and axioms regarding subject because most of the scientists of the Soviet and pre-Soviet period did not even try to consider this in details. Typically they suggested reviewing the emergence and start of conscious functioning as a result of adaption mechanisms respond to environmental changes. However, there are no answers to questions about what these mechanisms, how they conduct acts of adequate perception and understanding of such affections, selection of appropriate forms of behaviour in the world and in case it changes.

Western textbooks or do not mention the emergence and functioning of consciousness at all or

say about it very unclearly. That is why to understand the essence of human consciousness, and the basis of its functioning is important for both psychological theory and practice. Analysis of writings on consciousness (conscious level of the human psyche), its essence, content and patterns of functioning proves that there are different approaches to its interpretation. The consciousness is studied from evolutionary, spiritual, behavioural, neurological, pedagogic, psychological, social (sociology) and other perspectives.

Philosophy reviews the consciousness as comprehend existence, the relation of "Self" and non-"Self"; as the property of highly organised matter that reflects reality in a psychic way, as a subjective image of the objective world; as ideal in contrast to material and in unity with it. The key philosophical theories of the consciousness are dualism, logical behaviourism, idealism, materialism, functionalism, monism, phenomenological theory, emergent theory, a theory of "torsional consciousness" by O. Akimov and V. Bing, orchestrated objective reduction by Penrose and Hameroff, a theory of "torsional neurocomputing" and "live Universe" by V. Tsygankov and others. However, they do not respond clearly to questions of either the emergence of human consciousness or the aspects of its functioning.

From the psychological perspective, there are dozens of scientists who studied consciousness: G. Adler [1], R. Assagioli [2], O. Asmolov [3], E. Berne [4],

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S. Grof [5], E. Neumann [6], K. Selchenok [7], H. Ferrer [8], Hant [9] and others. In this sphere, biophysical and energy-informational conceptual models of consciousness are the most famous. At present Agafonov has developed the semantic theory of consciousness [10].

Often consciousness is interpreted as:

- the ability of ideal reality reproduction;
- the higher form of reflection of reality inherent only in human that is the totality of psychic processes, which allows to navigate in the world, time, own personality and provides inheritance of experience, unity and diversity of behaviour;
- human condition of full insanity;
- the ability to reflect reality adequately;
- the attitude to the objective reality inherent in man mediated by the general forms of social and historical activity of people;
- the ability of reflection;
- the centre of information processing and decision making;
- subjective responsibility of active, being in the focus of attention, dominating brain zone;
- human thoughts and ideas, in their experience and feeling, which the human can express in the language;
- the highest function of the brain that is a generalized and purposeful reflection of reality.
- the element of the memory that “refers” to itself – the definition of the terms “memory”, “referring” and “element”;
- condition of knowing, understanding.

However, these interpretations do not reveal the process of the emergence of the human consciousness, operational and functional aspects of its everyday activity. In general, the psychological science has not distinguished yet functioning of different levels of the human psyche (unconscious, subconscious, conscious, over conscious), disclosed their interaction; has not determined the moment of the emergency and the start of functioning of the human

consciousness and the process of adequate perception and understanding things, phenomena and connection between them, the world, self, etc.; has not revealed how it conducts operational and functional conscious transformations and formations. Sometimes scientists discuss mechanisms of consciousness, but they do not have the answer to the question how these mechanisms work, what set them in motion, how and due to what usage they conduct the primary act of awareness, then conscious transformations and new formation in the psyche (consciousness). That is why the purpose of the article is to disclose the essence of human consciousness, the basis of its development and the main aspects of operational and functional activity.

## **MATERIALS AND METHODS**

In order to disclose the human consciousness and main principles of its operational and functional activity, the following methods were used: analysis, synthesis, comparison, abstraction, generalisation and grouping of existing knowledge about a human, the functioning of the human psyche (by the principles of energy conception of the psyche and psychic), its unconscious, the manifestations of the unconscious, the subconscious and the over conscious. In psychic and energetic conception, the main ideas are about the essence and content of the human psyche, psychic, external psychic, internal psychic, psycho-energy, psy-programs, psy-operations, fixed settings, etc.

To understand the following material, it is necessary to focus on some of them. Conducted researches of the energetic conception of the psyche and psychic [11-14] demonstrate that “by the essence and content the human psyche is a relatively independent holographic multi-layered informational and energetic formation with own psy-code, which contains information of the future, present and past of a psyche entity, his or her inner and outer world, and also reflects their significance for him or her” [13: 69]. The “independent holographic multi-layered informational and energetic formation” is the big plurality of the psychic of different polarity. Psychic, in our understanding, is the phenomenon that “... contains psychic energy of any polarity and can interact with the human psyche and other psychic” [13: 68]. In this, psychic energy is the carrier of information and its energetic capacity. Such information has data about certain phenomena, processes, events, intentions, etc. The energetic component of the psyche is the derivative of information embodied in it because it

reflects the degree of the subjective significance of its content and in the general energetic capacity of the psyche. The energetic capacity (its increase or decrease) depends on how this information is important for a human, how deep human experiences it and believes in realisation [13: 69].

Based on the analysis of the personal unconscious and the collective unconscious, we have found out that the personal unconscious, according to our psycho-energetic conception, contains phenomena that are in the subconscious, not in the unconscious, because "came" from consciousness. Also, that the collective unconscious, which belongs to all humanity, ethnicity, people, group and manifests itself by innate mental forms or archetypal forms and is the real unconscious described by us, what kind of person does not feel unable to report, which cannot control and cannot be influenced.

Along with this, the psyche is divided into internal and external. The internal psyche is that concerns an inner world of a person – emotions, feelings, experiences, images, conditions, properties, motives, values, attitudes, views, thoughts, stereotypes, different psychic formations, etc. In the psyche each of these phenomena is in the form of the mobile layer of independent psychic energy. It also includes mental and psyche, that is, the one transferred to a person from ethnos and nation. The different psyche has the psychic energy of positive or negative potential (significance) of a certain value. The external psyche exists beyond a person, contains psychic energy and affects its psyche. Such psychic energy may be unequal by both amount and polarity and regarding influence on behaviour and life activity of human – positive, neutral or negative. The psychic energy that comes from the external environment interacts with the existing psychic. As a result, information and energetic capacity accumulate in the human psyche.

Each level of the psyche – the unconscious, the subconscious, the conscious and the over conscious – has its own peculiar specific. The difference between this psychic that it including psy-programs at the unconscious and over conscious levels of the human psyche is specified beforehand, and at the subconscious and conscious levels it has been formed from the moment of birth and till the end of life. The psyche and psychic interact by the exchange and inter influence of psychic energy through psy-programs at the different levels of the psyche. It has been revealed that all psy-programs of the human psyche are

"instruments of implementation of operational and functional transformations of external and internal in the human psyche basing on the existing psyche, its psychic energy, its collection, procession, transformation and transmitting" [15: 78]. In general, psy-program is the internal psychic formed on the basis of unconscious or conscious setting with own psy-code that activates other internal and/or external psychic according to this code and sends it to implement information embodied in it (fixed setting).

Based on our research we can claim that the subconscious level of the psyche is a psychic that embraces ideas, desires, traits, feelings, states, mental phenomena and acts that once "came out" during life consciousness, or what has arisen as a result of the actions of the psy-programs of the unconscious, and are manifested in the relevant situations like automatically, sometimes without clear and comprehensible awareness. Along with this, fixed (program) settings for the conscious (the conscious level of the psyche) or subconscious (the subconscious level of the psyche) formation of psy-programs is actualised (activated) desires, images, goal, beliefs, different goals, religion, senses of life activity, ideas, obsessive thoughts, views, interests, stereotypes, customs, traditions, statements, in which a human believes and fixes them in the consciousness or/and subconscious; for the unconscious level of the psyche, these are actualised (activated) in the past (by humanity, ancestors) strivings, beliefs, different goals, religion, senses of life activity, ideas, stereotypes, customs, traditions, etc. that are beyond the control of the consciousness.

Actualisation (activation) in this context means a substantial increase in the degree of significance (energetic capacity) of information embedded in this psychic. Activation of various internal psychic and transformations in the psyche occur as a result of psy-operations understood as "the processes of interaction of different external and internal or internally-internal psychic resulting in revealing information content and its energetic capacity (the degree of significance), their transformation and formation of new psychic" [15: 79].

## RESULTS AND DISCUSSION

From the birth of a child the basic psy-program of the subconscious, which starts functioning during the period before prenatal and the prenatal period, provides the interaction of the internal psychic that forms psy-programs of the unconscious (universal,

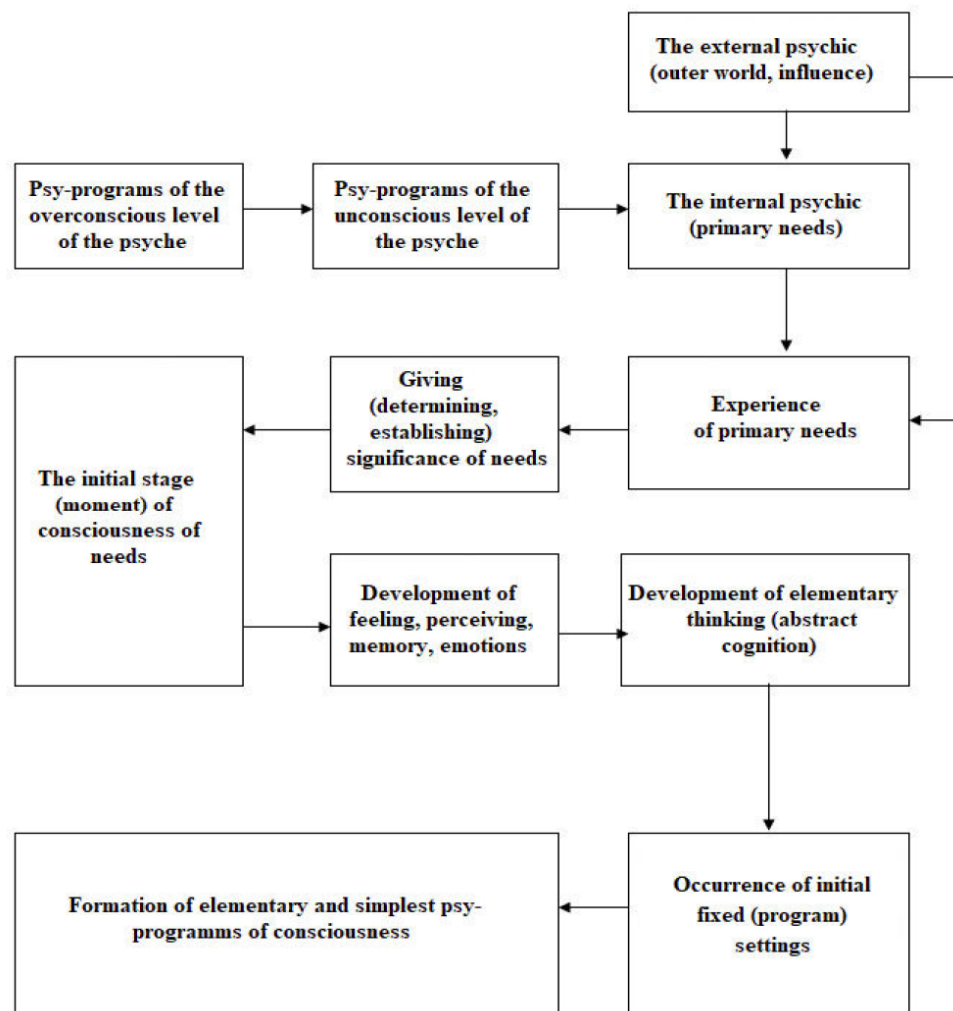
race, ethnic, national, generic and family) with the external psychic (Figure 1). From this moment, the conscious level of the psyche starts forming in a child.

How does it work? Earlier it was mentioned that psy-programs form based on conscious fixed settings. This causes logical questions about consciousness as a phenomenon and a process. It is necessary to clarify what is consciousness as a phenomenon. "The great explanatory dictionary of modern Ukrainian language" gives the following definition: to become conscious of means "to comprehend the meaning, to perceive consciously, to understand the meaning, sense of something; to reflect on. To understand something completely, to gain insight, to evaluate something correctly in conjunction with the w. itself. To consider, to feel yourself someone or something" [16].

It is worth mentioning that psychologists interpret the notion "consciousness" in the same context.

However, how and using what the process of consciousness of something or someone by a human is not only controversial but also unexplored. Form the perspectives of the energetic conception of the psyche and psychic, "to become conscious of" means to decode the information that is embedded in the respective psychic and to establish, determine its personal significance, significance for other humans, nature, society, state, the world around, etc.

The consciousness of the information, which is embedded in the psyche, by a human is: a human understands its content; evaluates the degree of usefulness or harmfulness (at the early levels of development of consciousness); evaluates the degree of usefulness for other people, nature, society, state (at the highest levels of development of consciousness); determines its significance for life activity; compares it with existing knowledge (information); thinks about its



**Figure 1:** The logic of the process of the initial consciousness by a child (the start of the development of the conscious level of the human psyche).

content, concludes about its novelty, makes connections and dependencies; determines own attitude to it that is expressed in emotions, feelings and acts; contemplates the consequences of its use, select the most important in it; understands that it knows or does not know; forms a setting for its implementation, that is, it builds, destroys or improves the psy-programs, etc.

The establishing, determining the significance of the information that is embedded in the psychic is the process of consciousness of its content. Significance of information is the degree of its importance, value, necessity. In the process of consciousness development, it plays a great role, because it forms motivation to implement that which is embedded in information, and at the stage of the beginning of consciousness, development is the impulse that causes (triggers) the process of consciousness.

That is why from the perspective of the psychic and energetic conception of the psyche and psychic, the human consciousness is the plurality of different psychic, about which human is aware. This plurality is the basis of forming psy-programs of different degree of complication and perfection to transform the world as external psyche through activity, behaviour, their comparison with previous experience, isolation of "Self" from the environment to analyse it and consciousness from different perspectives.

In general, human consciousness is the level of the human psyche that can form conscious programs concerning:

- objectification and decoding of psychic energy, revealing of its content and significance and their transformation into new (by content and potential) internal psychic;
- increase of information and energetic capacity of some internal psychic because of the interaction of one internal psychic with other or formation of new (by content and potential) internal psychic based on such interaction;
- de-objectification of psychic energy of the internal psychic and its objectification in things and phenomena (external psychic);
- human comprehension of himself/herself; of needs, interests, values, goals, a place in society, "self", etc.

- the organisation of behaviour and activity according to norms;

The human consciousness has its own levels of development, namely: initial, low, average, high and advanced. In general, the development of the human consciousness occurs as a result of the psyche ability under the influence of the external psychic as well as the interaction of the internally-internal psychic to accumulate (increase) the psycho-energetic potential (resource), i.e. information (knowledge) and its significance. The logic of this process is as follows: the external psychic interacting through psychic energy with the internal psychic of a human (information and its significance) continuously increases the potential (resource) of the internal psychic (information (knowledge) and its significance) and on this basis forms the more complicated and perfect psy-programs to implement that which is embedded in information and conditioned by its significance for a human or other humans, state, society.

## CONCLUSIONS

The development of the human consciousness occurs under the influence of the interaction of the internally-internal psychic that allows accumulating (increase) (resource) information (knowledge) about outer and inner worlds and their subjective/objective significance. At the functional level, it reveals as the interaction of the external psychic with the internal psychic (information (knowledge) and its significance), and the internally-internal psychic that requires forming more complicated and perfect conscious psy-programs to implement setting embedded in the information. In general, the consciousness of the psychic by a human reveals as an understanding of content; evaluation of the degree of usefulness or harmfulness (at the early levels of development of consciousness); evaluation of the degree of usefulness for other people, nature, society, state (at the highest levels of development of consciousness); establishment of dependencies and relations with existing knowledge (information); determination of its novelty and significance for life activity; contemplation of the consequences of its use; formation of settings concerning its implementation.

Within psychic and energetic conception of the psyche and psychic, human consciousness is the plurality of different psychic, about which human is aware. This plurality is the basis of forming psy-programs of different degree of complication and perfection to transform the world as external psyche

through activity, behaviour, their comparison with previous experience, isolation of "Self" from the environment to analyse it and consciousness from different perspectives. The human consciousness is the level of the psyche, at which conscious psychoprograms of life activity are being formed. Due to the analysis of the results obtained by the scientists at the process of studying the unconscious, the subconscious, and the conscious, as well as based on our research we concluded that the subconscious level of the psyche is a psychic that embraces ideas, desires, traits, feelings, states, mental phenomena and acts that once "came out" during life consciousness, or what has arisen as a result of the actions of the psychoprograms of the unconscious, and are manifested in the relevant situations like automatically, sometimes without clear and understandable awareness.

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