

Six courses in biofeedback and psychotechnics.

Publication/Creation

[between 1900 and 1999]

Persistent URL

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SIX COURSES IN BIOFEEDBACK AND PSYCHOTECHNICS

Courses in scientific Self-Control and Self-Development, based upon the modern science of Biofeedback and the ancient traditions of Yoga and Meditation. Learn to reduce tension and stress, improve your general health and maximise your potentialities.

A sophisticated biofeedback laboratory is employed—skin resistance meters, myographs, temperature-feedback instruments, and the latest bilateral visual display electroencephalographs. Students are shown how to use the information from these instruments for the conscious modification or control of bodily and mental processes.

Courses No. 1, 2 and 3 form an advancing series taking the student first through the Voluntary Control of Internal States (learning to regulate one's own muscle tension, level of nervous arousal, mental states, body temperature, etc.) then into the development of Mental Fluency (ability fully to control one's mental contents and levels of consciousness) and thirdly on to the attainment of Higher States of Consciousness.

Courses Nos. 4 and 5 explain and teach the use of many of the meditational techniques used by different communities throughout the world. They provide the student who has learned to meditate with a wide variety of methods and themes to broaden and deepen his experience of mind control, and also to provide a uniquely comprehensive review of the traditions and techniques of meditation.

1. BASIC COURSE IN VOLUNTARY CONTROL OF INTERNAL STATES

PART ONE ('PSYCHOCYBERNETICS')

Seminar	Subject
1	Mental and Physical Relaxation
2	Altered States of Consciousness
3	Biofeedback as the Science of Self-Control
4	Learning to use the Unconscious Mind
5	The Science of Creativity
6	Psychosomatics
7	Sensory Psychedelics — Learning to 'Wake-up'
8	Emotions and Health
9	Memory and Time-span Awareness
10	Self-Integration

2. BASIC COURSE IN VOLUNTARY CONTROL OF INTERNAL STATES

PART TWO ('PSYCHOTECHNICS')

Seminar	Subject
1	Psychotechnics and the Development of Mental Fluency
2	Meditation as Mental Skills
3	Biofeedback and Higher States of Consciousness
4	Psychosynthesis and the Intuition
5	The Deployment of Awareness
6	Self-Actualisation — Developing your Full Potential
7	Creativity and Psychedelia
8	Using the 'Skilful Will'
9	Traits of the Fully-Functioning Personality
10	Natural and 'Stimulated' Psychedelia

3. ADVANCED COURSE IN THE SCIENCE OF SUPER-CONSCIOUSNESS

Seminar	Subject
1	Superconsciousness and the Group Unconscious Mind
2	The Physiology of Superconsciousness
3	The Nature of Mystical Experience
4	Dreams, Creativity and Superconsciousness
5	Superconsciousness and the Paranormal
6	The Self-Actualising Individual
7	The Neurophysiology of 'Ordinary' Consciousness
8	Developmental Theory and Levels of Consciousness
9	Biofeedback in the Development of Higher Consciousness
10	A Review of Goals and Techniques

4. METHODS OF MEDITATION (CHOICE ONE)

A special course in the traditions and techniques of meditation for students with some experience.

Seminar	Subject
1	Physiological and Psychological Bases of Meditation
2	Eastern and Western Methods in Historical Literature
3	Meditation as Mental Culture (Meditation of the Buddha)
4	Shamanism and Ecstatic Trance
5	Yoga and the Intellect (Meditation of Patanjali)
6	The Kasina Meditations (Methods of Concentration)
7	Zen
8	Meditations on the Chakras
9	Sufism
10	The Anatomy of Meditation

5. METHODS OF MEDITATION (CHOICE TWO)

Seminar	Subject
1	The Devices of Meditation
2	Chinese Meditations
3	Tao te Ching
4	More about Zen
5	The Buddhagosa Meditations
6	Christian Contemplation
7	Tibetan Tantra
8	Malini Vijaya Tantra (112 Ways to Satori)
9	The Mystic Path of Yoga
10	Pragmatic Mysticism

6. HEALING AND HOLISTIC HEALTH

Seminar	Subject
1	Physiological correlates of Healing
2	The Psychosomatic Health Syndrome
3	Relaxation and Emergency Responses
4	Imagery and Relaxation
5	Biofeedback and Biomonitoring
6	E.E.G. Patterns of Consciousness
7	Psychology as the Science of Soul
8	Empathy in Healing and Counselling
9	Meditation and Stress Resistance
10	Laya Yoga. Holistic Health

THE INSTRUCTOR — C. Maxwell Cade.

He is a psychobiologist and a bio-physicist; a Member of the Institute of Biology, Member of the Institute of Physics, Fellow of the Institution of Electrical Engineers and a Fellow of the Royal Society of Medicine. He is a member of the Healing Research Trust Working Party on Research Projects.



COURSE FEES:

£18.00 payable at commencement. Minimum deposit of £8.00 required for registration. For DATES, TIMES, MEETING PLACE and all other details telephone or send s.a.e. to:—

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