

# Asc: methods and evaluation

Sociology



**ASSIGN  
BUSTER**

The first set of methods involves physical activities. Physical methods consider the body as the same as the unconscious mind (Friedman and Santucci, 2003, p 299-303).

1. Relaxation – This involves free or unrestrained body movements. Unrestrained movements are believed to reflect free emotional expression. It is also believed that muscular blocks cause repression.
2. Massage – This is used for stress-related behavior disorders. It is believed to have an impact on consciousness. The assumption believes that behavior is manifested in the physical body. The body structure is influenced by attitude. Changes in muscle thickness and length are also caused by emotions.
3. Dance – Every dance is believed to have an impact on consciousness as well. Special dances like the Tai Chi Ch'uan of China and the Sufi dance are thought to promote physical and mental health and facilitate alteration of consciousness.
4. Yoga – This is believed to rouse psychic centers, thus creating a sense of well being and health.
5. Breathing - Deep breathing aids in relaxation due to its rhythm's connection with the mind. Its rhythm is dependent on the state of consciousness. Breathing control also allows an individual to control the mind.
6. Expressive Techniques – Allowing the expression of anger in a controlled environment (anger therapy) also aids in relaxation and tension release (Grosklags, 2006, p 47). However, it has to be done with caution as overdoing it could result in more aggressive behavior due to more negative emotions.

7. Kasina Exercises – Buddhist monks, for fixating the drive to deed, used these rhythmic activities.

The second set of methods involves two social activities. The first one is the manipulation of social factors. This method involves total withdrawal from society and the change in social functioning (McKay, 2006, p 21). The second method is the alteration of social relationships. It is said that when people interact, there is a potential growth (McKay, 2006, p 23). From this viewpoint, maladjustment or suffering could result in greater maturity or development in the end. Changes in social values can aid in altering the state of consciousness since these values are related to an individual's character.

For the third method, meditation is involved. Meditation used to belong to several religious beliefs, yet is now being studied as a psychological technique (Horan, 2009, p 202). Meditation involves a conscious effort to still the mind. It is known as an effortless, simple, and calming state of consciousness. It leads to the relaxation of both the body and the mind. Superconsciousness is the final phase of mediation (Horan, 2009, p 211).