



**Development of Faculties of
Consciousness in IPK**

THINKING



What thought skills do we need to develop and improve?

- Concentration
- Silencing the mind (necessary for concentration)
- Brain wave activity control
- Thought management by Will (power of Manomaya Purusha)
- Thinking frameworks: rational, logical, dialectic, analytic, synthetic, pragmatic, systematic, strategic, tactic, wide-scale, holistic, divergent, convergent, conceptual, symbolic, creative, intuitive etc.
- Memory development: visual, aural, verbal, tactile, olfactory, gustative, motor, emotional, semantic etc.
- Widening the mental consciousness as a way to improve the capacity of memory.
- Speed in thinking; syntactic semantics, archetypal thinking;
- State of mind: openness, receptivity, flexibility and plasticity
- Psychological approach to knowledge



What kind of disciplines can we use in order to improve thought skills?

- Yoga
- Discipline of concentration (Pratyahara, Dharana, Dhyana)
- Meditation (Widening, Heightening and Deepening movement of Consciousness; Mindfulness, Vipasana, Guided Meditations, etc.)
- Psychological approach to knowledge (Knowledge by Identity)
- Mathematics, Vedic Mathematics,
- Chess and Mind games
- Programming and arranging events and things
- Methods of memory skills development
- Methods of brain wave activity control
- Methods of mental will development
- High-speed reading





SEEING

What skills in seeing do we need to develop and improve?

- Apprehensive cognition (noticing, recognising)
- Discerning the image (on the mental, vital, physical plain)
- Developing physical sight: shapes, colors, periphery, volume, size, details, perspective, composition, etc.
- Cognition of edges, spaces, relationships, lights and shadows , thing itself, beauty and harmony
- Holding the image of thing with all the details in mind
- Creating the image of thing with all the details in mind
- Drawing in mind
- Developing subtle vision
- Development of photographic memory
- Learning different languages of forms: abstractions, realism, symbolism, geometry, stereometry, conceptions, forms in different dimensions, etc.
- How to be a visionary and philosopher



What kind of disciplines can we use in order to improve seeing skills?

- Drawing
- Sculpture
- Graphic
- Photography
- Cinematography
- Geometry and stereometry
- Design
- Methods of peripheral vision development
- Methods of photographic memory development
- Philosophical approach to knowledge





HEARING

What hearing skills do we need to develop and improve?

- Awareness of many in one and one in many
- Awareness of how things relate to each other
- Recognizing and comprehending the intentions and vibrations from different domains of consciousness (transcendental, supramental, universal, intuitive, mental, vital, physical, social, individual etc.)
- Recognition of intentions, context, vibrations and their interactions
- Development of physical hearing: discrimination of relativity and relation of sounds, height, rhythm, duration, volume, coloring, timbre, saturation, beauty and harmony
- Development of subtle hearing
- Discrimination between harmony and disharmony
- How to develop social consciousness



What kind of disciplines can we use to improve hearing skills?

- Hearing-Listening-Comprehending Melodies and Harmonies
- Singing-Playing-Composing Music and Songs
- Social psychology (social roles of individuals)
- Sociological and Historical approaches to Knowledge
- Coherent relations of our many selves
- Any other domains of knowledge where relationship of things are investigated





SPEAKING

What speaking skills do we need to develop and improve?

- Recognition of intention and the context
- Expression of intentions and states of consciousness on different levels (transcendental, supramental, universal, intuitive, mental, vital, physical etc.) and in different languages: verbal, through dance, body, art, music etc.
- Research for an identity of name and form, Nama and Rupa
- Semantic, syntactic and pragmatic approaches to language
- Communication skills in different languages; NVC skills
- Beauty and harmony in the words
- Art of self-expression
- Art of poetry and prose
- Hymns and mantras as the highest forms of the word
- How to become a linguist



What kind of disciplines can we use in order to improve language skills?

- National languages (polyglot)
- Linguistic approach to knowledge
- Oratory skills
- Writing skills
- Poetry
- Prose
- Theatrical speech
- Hymns and mantras





VITAL

What vital skills do we need to develop and improve?

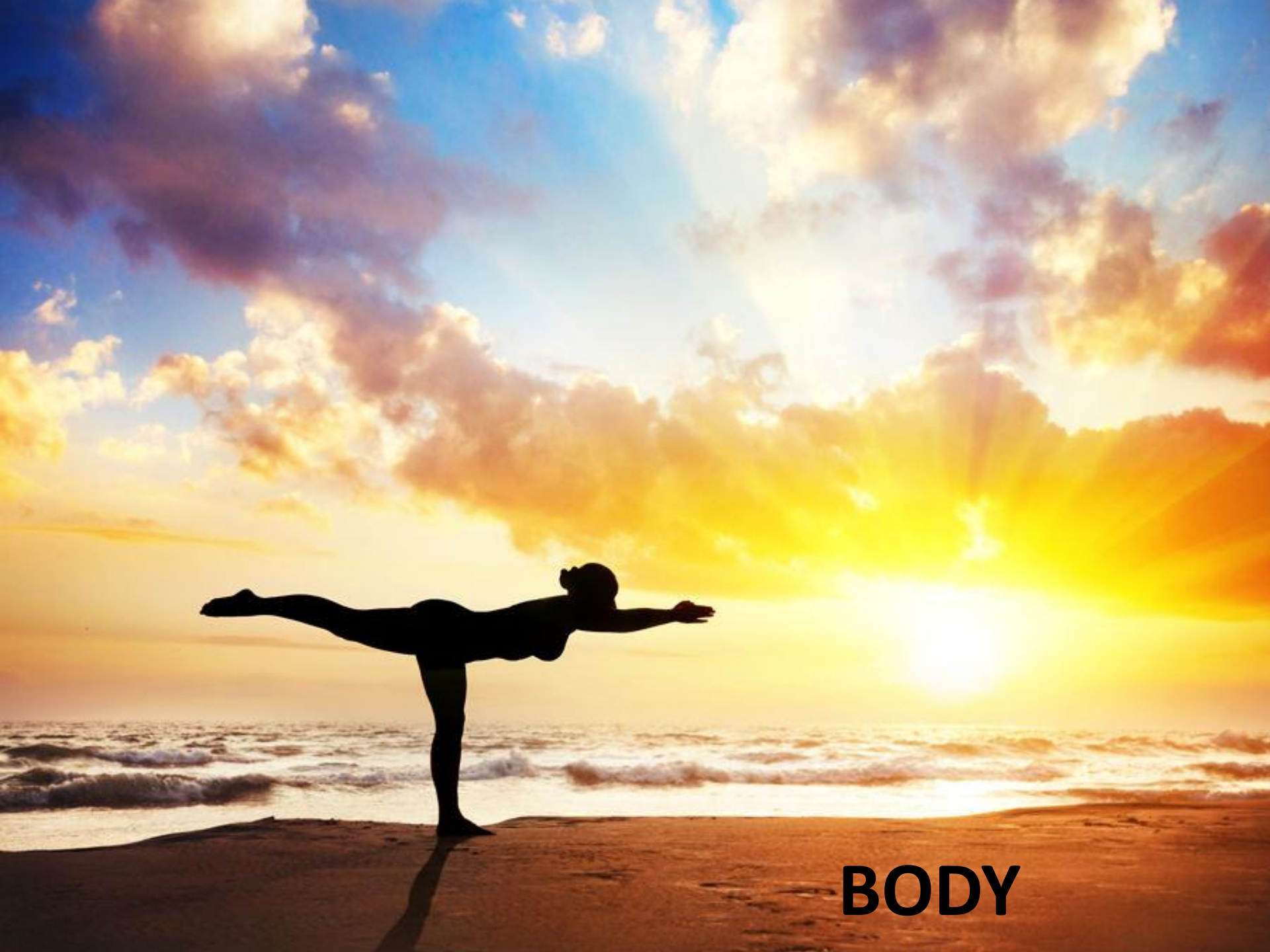
- Cognition of emotions, feelings and sensations
- Control over emotions, feelings and sensations
- Purification of vital being
- Developing capacities and control over vital powers
- Awareness and discrimination in vital experience
- Developing vital dynamism and creativity
- Inspirational capacities
- Dealing with stress, fear, anger, lust, greed, desire
- How to be a creative person, or an artist



What kind of disciplines can we use in order to improve vital skills?

- Psychology of Art
- Art and culture as forms and field for vital experience
- Breathing skills and techniques
- Variety of practices of vital purification
- Yogic treatments of vital disorders
- Artistic approach to Knowledge





BODY

What body skills do we need to develop and improve?

- Awareness of the body in movement
- Awareness of the body, organism, microcosm
- Harmonious perfection of the body
- Developing body capacities
- Awareness in nutrition and nourishing of the body
- Physical body skills: plasticity, flexibility and endurance
- Negotiation of habits, desire, inertia, illnesses and etc.
- Embodiment of intentions in the different spheres of human life: art, culture, production and other fields of human creativity
- Mastering the instruments, materials, mechanisms in different spheres of human life
- How to develop a scientific approach to knowledge and become scientist



What kind of disciplines can we use in order to improve body skills?

- Any kind of sport and physical development
- Yogic approach of the body development
- Nutrition
- Psychosomatics
- Natural sciences
- Any kind of technique and technology
- Know-how in production, engineering and etc.
- Scientific approach to Knowledge

