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Autore	Sheppard Eileen
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Nota di contenuto	Chapter 1. Introduction -- Chapter 2. Psychology Consciousness and ASCs -- Chapter 3. Transpersonal psychology – William James and moving beyond a Materialist paradigm -- Chapter 4. Consciousness and ASCs in the non-West – pioneering studies.-Chapter 5. Transpersonal Anthropology -- Chapter 6. Everyday Streams of Consciousness - introduction to Fieldwork -- Chapter 7. Hinduism in a UK temple and Altered State Experience -- Chapter 8. The Sacred Lifeworld of a Lubavitch group -- Chapter 9. Sport and Altered states: Secular or Spiritual? -- Chapter 10. Tranquil States in a Natural Environment -- Chapter 11. A Musical instrument-making group and their Altered States -- Chapter 12. Television, Altered States and Fantasy Worlds -- Chapter 13. Altered State Experience in Fieldwork – a Summary -- Chapter 14. Fantasy Worlds within Altered States of

Consciousness -- Chapter 15. Altered States and a Sacred Reality --
Chapter 16. The Therapeutic Power of Altered States of Consciousness
-- Chapter 17. Some reflections and a blessing.

Sommario/riassunto

This book draws on transpersonal anthropology and psychology in order to explore mild altered states of consciousness (ASCs) experienced in everyday life. While research into consciousness and particularly ASCs is growing, this book focuses on a neglected area: 'everyday' experiences of ASCs. Opening with an up-to-date overview of the development of the study of ASCs, the author presents an in-depth empirical exploration and mapping of mild ASCs. Dr Sheppard examines original research conducted in a range of religious and secular contexts with participants who were engaged in activities including prayer, sport, nature conservation, music and musical instrument making, and TV viewing. The author takes a novel phenomenological approach to the analysis of ASCs, emphasising the subjective experience. The book explores the healing potential of such mild ASCs; the everyday fantasy reality of the interior landscape; and discusses the problem of validity, and belief in the study of ASCs. It will appeal to students and scholars of transpersonal psychology, consciousness studies, social anthropology, and the philosophy of mind. Eileen Sheppard is Associate Lecturer at the Open University, UK. Dr. Sheppard's research draws on the fields of social anthropology and psychology, and centres on altered states of consciousness and healing. Her previously published work includes articles on altered states, healing and religion in *Transpersonal Psychological Review*. .
