Stages of Consciousness Formation

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Abstract
The purpose was to describe the basic stages of formation of the personality: A. On the basis of development of the informational processes in Consciousness. B. For the purpose of reaching the highest results. The basic questions are the qualitative changes and their conditions.

Stage 1. External programming: Accurate statements form operating programs of Consciousness, images define the type of reactions. These are conditions for shaping of the purposes, criteria of information evaluation. The task is to research the world and its laws. Possible results of this stage: A. Admittance to the following stage. B. Blocking of the exit.

Stage 2. Self-testing.
The *beginning* is the questions: «Who am I?», «What are my purposes?». The *end* of this way is the received answers. The methods are different tests, challenges, various techniques. Possible results of this stage: A. Admittance to the third stage. B. Blocking of the exit.

Stage 3. **Purposeful development** means *getting ready to the purposes*: education, personal qualities, communications. There are various conditions depending on the purposes. Possible results of this stage: A. Full readiness. B. Average readiness. C. Blocking of development.

Stage 4. Self-actualization which supposes *the purposeful movement to the goal, to the highest results*. The conditions are the right calculation, discipline, skills to communicate and professionalism. Possible results of this stage are: A. The constant movement upwards. B. Achievement of a goal and stop of the motion (because of carelessness, active blocking problems). C. Breakdown (lack of many conditions). D. Defeat (set of errors)

Keywords: consciousness forming, consciousness development, development of a person, theory of consciousness, informational model of consciousness, consciousness programming, personality forming, consciousness centers, life goals, modification of consciousness, consciousness reprogramming.

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Introduction

The object in view of the speech is to introduce the basic stages of forming, the basic stages of development of human consciousness. In other words, these are the basic stages of the personality forming, not just from the point of view of development of human organism, ageing and the corresponding problems, but from the point of view of achievement of the highest results in life. **The basic questions** to be introduced here are:

The first point is the short representation of our approach and the principles our research is based upon.

The second one is description of the stages.

The third point includes other fulfilled tasks and our offers.

1. Short representation of this direction

On the one hand, the science keeps on developing and psychology as well. On the other hand, the amount of vices and psycho-emotional problems is still growing with at least the same speed. (*2)

The **Key statements are**: the practical application as the object, the way of the practical application, the key points we are based on and the solved tasks.

The first task of the given area is not just to investigate something in a person. The ultimate goal is **forming of the perfect human being.** And, in our opinion, this should be the most important task in psychology and not only in psychology, but, in the science as a whole, the most crucial task for society and for each country. (*1)

There is one simple reason: the perfect society is the perfect person first of all. Imperfect society and all its problems are caused by people with their problems — evil, impolite, alcoholics, drug-addicts etc., Such people show no dignity. **The main object of this area is forming of the personality. This is the first point. The second one is how we see this** — the basic practical ways of application, implementation of the given approach. The first basis in many respects is similar to the approach used in the best times of the mankind. I mean use of the long-term programs for personality forming. Each person should learn this. If we don't learn to be worthy, then we will be shaped by television, the street, various computer games et cetera. The second basic point is the set of tasks and conditions affecting personality forming.

In The third part we describe the basis of the specified area including long-term programs of training. To solve this problem, **first** we had to develop the corresponding spiritual-moral standard or **so called** the standard for the dignified person. (*3)And our task was to pick up all the best from today's society and from the history. In this case this would be the standard created on scientific basis. After the standard we should solve th**e second problem which is one of the most crucial in moder n science. I'm talking about working out of the general theory of human consciousness.** As we all know, this problem has not been solved yet in psychology.

And the third basis which is also very important — to define, what knowledge we should form as this should be the knowledge necessary for almost every human being who wants to change himself/ herself and the whole life to better — to become a dignified personality, to be happy, to become successful. Such knowledge is important for everybody. The core that should be developed is the knowledge the corresponding training programs will be based on. And now I'd like to say some

words 'bout the theory — the general theory of human consciousness that is the basis for this research work. Most of scientists research consciousness, as the brain function. In this case our approach is completely different: we consider the consciousness as a supercomputer with its special architecture. And this computer works with information. (*4)

The next topic is how the mentioned model looks. It has some levels. The lowermost level is information of some kind. The first kind is a spoken word, some text, formalized information or any thought in consciousness, which is the program for our computer functioning. The second kind **is** some image. All images are any nonformalized information — pictures, sounds, whatever. The consciousness processes this information and transforms it into thoughts or programs that can be used. The third kind **is** sensations, that are our reactions, reactions of our consciousness, and in some cases our body reactions. I mean pleasure, fear, some feelings, enthusiasm or inspiration. And the fourth kind **is**, the energy, as the concept — something that stimulates sensations. The information is processed, similar to computer processing. How is it processed? There are so called thought structures, some kind of the processors, and each of them solves its special problem. These are the processors. Then we have memory, which, obviously, stores the info and the operating part which uses the installed operating system to control all active processes. And these devices are united, into certain computer boards. Our thought structures and other components are placed on them. And there are twelve computer boards (or the consciousness centers) like this in our scheme. They are also united into bigger parts of consciousness. The operating **part**, or the basic **part** is what we see, feel, think. This is our basic consciousness. Other parts function mostly automatically. And they are programmed or reprogrammed by the basic consciousness.

So, the consciousness is the supercomputer with its certain architecture and it is programmed by the information. All our research work is carried out on the basis of this statement. And one of the most significant advantages is that almost all known properties of consciousness are described within one model, with numerous details, of course.

A few more words 'bout the introduction: All I am telling about, all our workings out are not just theoretical. This has been proved during the last 20 years. The basic Projects, **the basic ways of realization:** the first one is the training course of personality forming, conducted on a regular basis. It is active and the final goal is reforming of existing educational system so that it would be possible to save 50 per cent of school hours for forming of the personality. Personal qualities such as purposefulness, communication skills, strong will, goodwill, self-control and others are always important for everyone, no matter what your occupation is. So our ultimate goal is the personality forming as the main task of the system of education.

2. The stage of consciousness forming

The following topic: The stages of consciousness forming or the personality forming.

STAGES OF CONSCIOUSNESS FORMING

Stage 4.   **Main goals:**   PERSONALITY:

1. Idea. Goals. Strategy.   1. Level.
2. Command. Efficiency.   2. Positivity.
3. Mechanisms.   3. Variability.
                                       4. Self-management.

Stage 3.   **Main goals:**

1. Personal qualities. 2. Mutual relations.
3. Professionalism. 4. Other conditions.
5. Achievement and sensation of readiness.
6. Well-timed activity.

Stage 2.   **Main goals:** *«Who am I?», «What are my purposes?».*
Methods: *1. Practice. 2. Techniques.*
Conditions:

1. Absence of blocking problems.
2. Desire, self-confidence. Understanding of the
   general laws of Success, Happiness, etc.

Stage 1.   **Conditions:**   **Problems:**

1. There is no goal.   1. Knowledge of the world
2. There is no self-   is the opportunity. Laws.
   estimation.   2. Categories of people.
3. There is no criticality.   3. Variants of destiny.
4. External programming.   4. Preparation for the
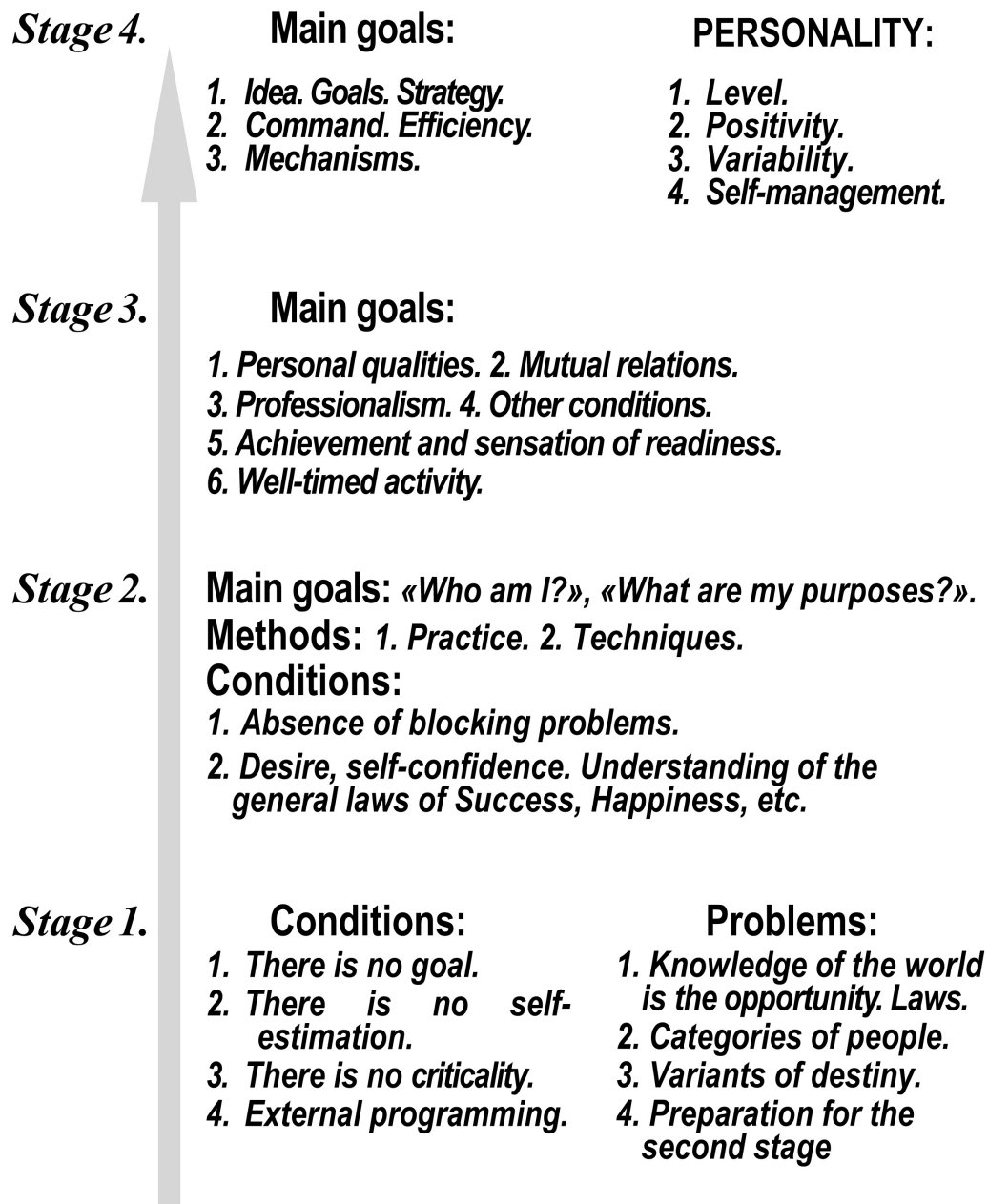   second stage

Figure 1: Stages of Consciousness Forming.

First of all, let's specify our basic requirements in this question: our object in view is to understand what everyone needs to reach the highest results, both in the inner **world** (to be happy, self-reliant, et cetera) **and** in his or her everyday's life and the destiny, both in career and in relationship, and in other spheres as well.

The first requirement is what everyone needs to reach the highest result.

The second one — certainly, everything we consider **here**, is considered from the point of view of development of information processes that is **how** the information transforms in consciousness. The stages should be qualitatively and accurately separated from each other. The tasks for solution on every stage should be defined.

The third — requirement. All this should not be just research work. All this should be extremely useful and effective. In other words at the end of our work we should have the full list of questions for the person to understand and to solve, to get to the best results. What we should remove in our life, in ourselves to get rid of the problems we have, so that we could come closer to those best results we are able to achieve. These are three basic requirements. Using them and, certainly, studying everything that was happening to people, we were able to specify the following four basic stages of development of human consciousness.

The first Stage almost doesn't depend on the will of a person, as everyone is born very little. This is the stage of initial knowledge accumulation, the stage of external programming when you are told something and you believe it. You just don't have any additional sources of information. During the first stage you accumulate the info and if you pass *through* it successfully then the following stage will activate your search for the answers to the questions like «Who am I? What should I live for? What is my place in this world?».

The second stage is our self-knowledge and definition of the place to study in, definition of what to live for. And each person should answer these questions, someone in the age of 5 (there are such cases), and someone could not **answer** or even ask them until passing away. The statistics says, that almost 97 per cent of people don't have their own objects, I mean, the definite ones. As soon as you have determined the objects in your life, you start the third stage which is the purposeful training for achievement of those goals — education, shaping of personal qualities, some other conditions. And when you are ready, here comes the fourth final stage for it can take you very long. So this is the purposeful movement to your goals.

And now a bit more in detail concerning each stage.

The first stage, what does it look like? A newborn baby with mom and dad or somebody who will play their role during the first few years of life. So these are the unique sources of information. The baby automatically accepts their belief, and copies their reactions that can be seen, heard or felt. The baby doesn't need to transform the information, in fact in the beginning babies don't have any self-esteem to choose what is necessary, what to accept and what to reject. There is no criticality so far. These are the basic conditions — there are no goals, no self-estimation, no criticality, that's why external programming is the main factor. This stage may have different scenarios but there are at least two basic opposite variants. The first and the best one is when you solve all primary tasks and this allows you to pass to the following stage successfully. The second and the worst variant is when you can't complete the previous stage and move to the following one.

What tasks all of us should solve.
The most important is to see lots of opportunities when you look around. So the first point is to see these opportunities, the second is when you know the rules how to use them, the third point is when you can see the certain differences between people and when you understand the variants of your destiny. Let's see what is the difference between the destiny of a businessman and the life of some vagabond or an alcoholic? The businessman has enough reasons to compare, to evaluate, and to start thinking 'bout the choice in his life. Moreover, in the better variant, such person understands what he should do, he has enough knowledge, and he is enough motivated to move forward to complete the stage.

The following task to be solved is, «to understand who you are, your talents. Then you should accurately choose your goals, and fight for them, for the best result». This is the perfect variant of completion of the first stage. And if we are talking 'bout the perfect **society** the modified system of education should give everyone the answers to all these questions for every person to be ready for the real life. In the bad variant, a person doesn't see this picture, and the opportunities. In this case you can't see the difference between people you don't understand the variants, the complete picture of your destiny. Such person will live according to some sad scenario, for instance "like father like son". Or when a young girl lives with her mum without father, and after a while she accurately copies her mom's destiny, hating all men and living without seeing the possibilities to change something. In such cases a person usually doesn't trust in himself, he doesn't want to become good, or successful. He is ruled by social clichés, fears, and other weaknesses. That's why such person can't move forward and consequently, most of people don't ever think of who they are, or what they live for. Or maybe they don't see the right answer.

According to statistics we have, only 3 per cent of people have been able to pass to the second stage, «the definite purposes». And actually, these people are those who reach the highest results in their life. Those who write down their purposes, achieve incomparably more than all other people. This was the first stage.

The second stage. This stage has its certain beginning and its certain end as well. The beginning is the statement of the questions like, «who am I? What am I living for? What are my purposes?». The end of this stage is when you have the answers to these questions. «Who am I?» is the **question** that will let you know about the greatest aspiration of your soul from the point of view of success. What can I do showing the greatest enthusiasm and feeling the greatest inspiration? When you something you don't like, everything is much worse, you have no energy, no enthusiasm, your results are poor. On the one hand we have the question «what are the aspirations of my soul?», where there is the biggest enthusiasm and energy, on the other hand there is the question «What are my talents?». Certainly, every person should choose something, that would be useful to other people. You should answer the question «Who am I?». And if you clearly see your strong points and your weak **points**, what you are interested in, then it will be much easier to define the objects of your life.

Let's name the basic ways of solution of this problem. The most traditional one is to try everything you can — It can take you too long. The second way is to use different approaches such as tests, meditation, everything helping to understand the main thing, which is what touches your soul most of all, what inspires you most of all.

As a rule, as soon as you find such **sphere** this at least gives you the biggest pleasure, the highest energy you can use in the process. The basic condition for you to be capable to feel your talent depends upon your belief and personal qualities. In case if your consciousness is full of fears, laziness, prejudice and other negative programs, you just can't feel your soul, its reactions. But you will feel your problems. That is why you should clear your consciousness from the negative programs and internal problems. And only then you will be able to feel your talents. And from the first stage a person should want to become successful, to achieve significant results showing considerable efforts. You should trust in yourself, and use other programs that push you forward also. Most of people don't even want to be active, so for them results are impossible.

It is a brief description of the second stage. When your life objects are accurately defined, this is the end of the second stage. And then you have to start the third one. By the way, it may start at any age. Some of the millionaires have made their money after their retirement. «There was nothing to lose, why not to start the business?». The life goals can be shaped at any age, in childhood or even in venerable age.

The third stage is your movement to your goal. There is a list of conditions, and here are some of them, the basic ones: The first one is that the person should possess necessary personal qualities, such as strong will, purposefulness and so on. Each sphere has its special requirements. The second condition is that the person should communicate with other people, be sociable, understand how to co-operate with others. You also have to learn to play in a team. The third condition is that you should certainly be a professional. The fourth one depends on the objects in view, when you should meet some additional requirements (such as some papers, money, useful acquaintance, fulfilled works, participation in competitions, depending on the special area). Except the tasks mentioned above, it is also important for the person to get ready internally saying: «I have knowledge and qualities, and meet all requirements, I am ready ». One should feel like this «I am ready, I am ready to fight».

And there is one more condition about when you should start. Everything should be done in time as the first popular mistake is «just to study without doing anything during the whole life», the second mistake is to rush, when you are not ready. There will be nothing but disappointment, failure and troubles. The third stage comes to an end when you can tell «I am ready», and you just start moving towards your main goals. It is not obligatory to reach all your goals simultaneously (career, your private life, friendship et cetera). You may reach each of them separately. In this case, this principle is fair for each of your goals and for all your life purposes as a whole.

The third stage is over, when you make the decision «I start right now». And here comes **the Fourth stage** — the purposeful movement to your goals. This stage is widely described in literature, there are definite conditions of success — some good idea, the accurate objects, understanding of the strategy and other questions connected with the information. The second condition is the team work, forming of efficient team, the third part includes all other conditions: organizational, financial, legal et cetera. But, except these well-known conditions, there are several requirements which are present in our field.

The first of them is the concept which is absent in modern science. I'm talking about levels of a person. If we take an example of computer, then first we have to start with abacus, then we have the calculator, some simple models, and then step by step increasing complexity, power and completeness. Actually complexity of problems we can solve and our speed are stipulated by the level of a person. Actually our level defines the level of our possible success.

The second general indicator is our positivity (amount of good and evil stuff, positive and negative programs in our consciousness). It defines what states for instance happiness and enthusiasm and what feelings a person can reach. In other words if we live in constant negative state feeling sadness, depression, this is incompatible with happiness and feelings. The less negative programs we have the more positive opportunities we possess. In this case we feel happy, and we are friendly to the world around.

The third indicator is ability to change oneself. For successful people their thoughts, their habits, their actions are only those that lead to the goal. Everything that disturbs, is to be removed. If you are not capable to change yourself there will be no success. So, the following task is your self-control. Most of people are controlled by their subconsciousness; negative emotions appear, and it is hard to stop them. Self management is when you "extinguish" everything disturbing you, find the right mood, and just like an artist you take the most appropriate role which will be highly effective at this very moment. So you don't need to lie, you are sincere «I choose this role» and you are able to play it. Finally there will be no situations that will make you lose your temper. You will always be quiet, friendly, attentive, you'll be able to make decisions.

These were key statements concerning the stages of forming of human consciousness.
The basic conclusions: The given statements completely meet the declared requirements. Now it is clear how to reach the highest top. All points we considered, were connected with development of information processes. And if to we go deep, then **the list of the tasks**, which are to be solved to reach your finest destiny and to have the best results **becomes obvious**. And everything I am talking about now is also the basis of our training programs on Personality formation.

3. Other tasks and our offers.

From the point of view of personality formation, the primary goals to be solved are: How the consciousness works, how to control and to change it. Therefore one of the most important tasks was to develop these ***management commands*** — how to control your voice, your vision, attention and will. The Management commands are the rules, the mechanisms and techniques of consciousness reprogramming. So you decide to remove a problem and to put some advantage instead of it. You change the consciousness program. Then one of the most important points is to understand the structure of problems and how to get read of them. So you should learn about all advantages, about every good feature and the programs it is based on. You should learn to develop good qualities, to control your state as a whole, to discover talents. And there are many other tasks necessary for the ultimate goal to be achieved.

Our offers are connected with all above-mentioned*. **For those who are interested in this field, in studying of all these statements, in publishing** (as we are going to publish about one hundred articles during next few years), in preparation of monographs, textbooks, training courses for HIGH SCHOOLS, universities and other institutions, in working out of different Projects for modelling of human consciousness.

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