

The Harmonization of Personality in the Context of Neo-Classical Reprogramming the Unconscious as the Direction of Neo-Classical Psychology

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Abstract: Socio-philosophical foundation of one of the methods, aimed at individual harmonizing (universal technique for correction of multi-functional integrative body) belonging to a new direction in the neo-classical psychology - neoclassical reprogram the unconscious, is described in the given article. Methodological foundations of the universal technique of multifunctional integrative body correction, especially it's terminological system, are also considered. Algorithm of application and methods of psycho-diagnostics, including primary and secondary psychognosis, are analyzed by the authors.

Key words: Personality • Harmonization of personality • Methodology • Psycho-diagnostics
• Consciousness • Unconscious

INTRODUCTION

The problem of harmonization of personality in today's disharmonious society, despite the apparent novelty, assigns task, existed in the days of antiquity: a happy life, worthy of a high sense of the essential, filling the concept "human life".

However, the solution to this problem - harmonization of personality and it's achievement the experience living's joy, currently requires the search for new theoretical solutions of existence of conscious and unconscious during the personality's life.

MATERIALS AND METHODS

Universal multifunctional integrative method of correction of organism (MICO) belongs to the direction of neoclassical reprogram the unconscious in the neo-classical psychology [1].

This methodology was developed by a team of specialists of Vologda branch of Moscow Scientific Center of Consciousness Studies (S.V. Serkov, M.A. Fedotova, G.K. Agashicheva, N.S. Belyaeva, E.V. Rusakova, A.V. Zverkovsky, I.V. Panicheva) to the psychosomatic personality's correction through the transition to a new level of consciousness. In practice, the methodology includes all the elements of the person (also from biological and sociocultural systems).

Scientific and methodological basis of MICO is based on the works of S. Freud, C. Jung, A. Maslow, S. Grof, K. Wilber, V.P. Kaznacheev, Y.D. Kropotov, V.F. Konovalov, O.I. Koekina.

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Different terminology and different aspects of the work of the above authors (the state of sleep, meditation, holotropic breathing, apparatus methods), nevertheless, focus on one issue - shift the consciousness of the person on another level of quality through the “wobble” of unconscious structures and autopsied those essential bases, which are common to all approaches. Thus, the speed of transition can vary from a few seconds to several months or years.

RESULTS AND DISCUSSION

The main theoretical and methodological foundations of the MICO method can be presented in the following table: MICO method includes 3 directions: 1) sanitation; 2) self-cultivation; development of new technologies and methods of psycho-physiological diagnostics, intended for the first two directions, to train new instructors, for expert assessment of aptitude existing instructors.

Features of the MICO method: individual approach (selection of suitable techniques and stress from physical and emotional capabilities of the client), accurate diagnosis, implementation techniques by the customers at home and at convenient time.

The conceptual apparatus of the MICO method: “consciousness”, “new level of consciousness”, “dominance of the right hemisphere”, “dominance of the right hemisphere with the *plus* sign”, “dominance of the right hemisphere with the *minus* sign”, “overload of the right hemisphere”.

Consciousness – “the ability of perfect reality’s reproduction and also specific mechanisms and forms of the given reproduction on it’s different levels” [2, p. 43].

New level of consciousness - a new level of functioning of consciousness, characterized by objective changes (increase in cerebral blood flow [3], changes in the activity of the cerebral hemispheres with their targeted activation directly by the person - the right with a sign or the left [4]) and by subjective changes (the enjoyment of the problem solving process).

New level of consciousness has three phases.

Criteria for transition of consciousness on the first phase of a new level: - dreaming with happy background or with reduced emotional background; - feelings after the dream persist throughout the day; - facial diagnosis of muscle (emergence of a distinct symmetry, especially the corners of the lips); - eyes glowing (the difference between right and left eyes, especially the corners of the eyes); - patients begin to arouse increased level of sympathy in others; - synchrony with the *plus* sign; - friends are perceived as not interesting, but the patient does not leave them, vice versa – the patient help them; - the friends, from their part, see the positive changes, taking place with the patient and try to copy them.

Criterion for transition of consciousness on the second phase of a new level: positive stability on the physiological, psychological, emotional and social levels.

Criteria for transition of consciousness on the third phase of a new level (patients feel it by comparison with the phase stability – 90%, or by comparison with the phase with the *plus* sign, because the third phase is with the *minus* sign): - the patients see their own mistakes; - the patients create new projects; - unforeseen problems arise, they grow (physiological problems, such as toothache; reduction of psychological emotional background; increasing of synchrony with the *plus* sign, including external events).

As a result of application of the MICO methodology, patients are able to hold themselves on the 1-2 phases (anticipating the start of third phase, they keep themselves from going into it). However, bearing in mind the development of consciousness, understanding it as a process of self-improvement, the third phase is necessary as an initiator of the process of evolution. Each time it will be easier to pass. This, in principle, may be corrected with the works J. Powell: “Being around a living - means to be open to the entire gamut of human emotions” [5, p. 37]. “In unison with the ideas of Maslow, he offers 5 steps that, on his opinion, is necessary to do in order to come to the fullness of life: accept yourself, be yourself, forget yourself in love, believe, belong. But he makes a very important reservation: each of these steps is not

Table 1: The main theoretical and methodological foundations of MICO method

Theoretical basis	Source of the problem	Fundamentals	Purpose	Techniques
Basic Perinatal Matrices by S. Grof; "The Spectrum of Consciousness" by K. Wilber; practices by Mantak Chia; self-actualization by A. Maslow, method of expert assessments by Koekina, Baskakov; the collective unconscious, synchronicity by C. Jung, the set of exercises developed by the Institute of Biocybernetics and feedback of Vienna, Austria	Caused by civilization processes load of the left hemisphere to the detriment of the right	1. The main reason of problems occurrence - the suppression of instinctual impulses and their transformation. 2. Development of the problem is caused by the struggle between the internal impulses. 3. Insight - a necessary and sufficient condition for solving the problem	The change of dominant from the left hemisphere to the right. The ability to manage any active local section of the brain is additionally generated	1. Establishing contact. 2. Clarification. 3. Self-manifestation. 4. Directly work

Table 2: Diagnostic indicators and their correlation with the recommended exercises, based on the dynamics of changes

Muscle level	Psycho-emotional level	Exercises, based on the dynamics of changes
Increased muscle tone	Increased	Basic exercises: runic exercises, exercises for work with pubic-PC muscle, ventilation. The amount of basic exercises does not change. Variety of exercises to stretch and relax the muscles are added. Massage is recommended to improve exercise
	Decreased	Basic exercises: runic exercises, ventilation. The amount of basic exercises may be increased. Variety of exercises to stretch and relax the muscles are added. Relaxation techniques are required 1-2 times a day. Massage is recommended to improve exercise
	Smooth	Basic exercises: runic exercises, exercises for work with pubic-PC muscle, ventilation. The amount of runic exercises and exercises for work with pubic-PC muscle may be increased. The amount of exercises for ventilation does not change. Variety of exercises to stretch and relax the muscles are added. Relaxation techniques are permissible, but their number is lower than under reduced emotional background. Massage is recommended to improve exercise
Muscle tone is within the normal range	Increased	Basic exercises: runic exercises, exercises for work with pubic-PC muscle, ventilation. The amount of basic exercises does not change
	Decreased	Basic exercises: runic exercises, ventilation. The amount of basic exercises may be increased. Relaxation techniques are required 1-2 times a day
	Smooth	Basic exercises: runic exercises, exercises for work with pubic-PC muscle, ventilation. The amount of runic exercises and exercises for work with pubic-PC muscle may be increased. The amount of exercises for ventilation does not change. Relaxation techniques are permissible, but their number is lower than under reduced emotional background
Muscle tone is below the norm	Decreased (always accompanied by a decrease in the emotional level)	Exercises to strengthen certain muscle groups are added, based on the characteristics of the client in combination with visualization exercises (for example, exercise "Anti-stress relaxation", recommended by World Health Organization, or exercise "Human performance" of P. Ferrucci)

only based on the non-success of previous, each such transition is not final and involves repeated return to each of them. Thus, nothing ever is complete and finished, in the future there is always an ideal to be pursued. In order to begin this ascent (the representatives of the existential-humanistic, transpersonal and esoteric scientific directions are agree with this thesis) it must begin with the fact that a person with the sense of joy accept himself as he is in reality" [6, p. 49].

The right hemisphere - saturation of the senses, the prevalence of sensory areas.

The dominance of the right hemisphere - the prevalence of feelings over logic and practicality in everyday's life of personality.

Dominance of the right hemisphere with the "plus" sign - the prevalence of a positive emotional, positive emotions in daily life of personality in almost any type of activity, perception of "what is happening" in a positive way.

Dominance of the right hemisphere with the "minus" sign - predominance of negative emotional background, negative emotions in everyday's life of personality, perception of "what is happening" in a negative way.

Overloading the right hemisphere - concentration of negative emotional background exceeds the scope of the "norm" on a viewpoint of a patient, reaching the limit value (perception of the world in "black" colors).

Actually the indication for using the MICO method are: 1) psychosomatics; 2) self-improvement; 3) client's desire.

MICO method includes the following stages: 1) primary psychodiagnostics; 2) secondary psychodiagnostics; 3) basic stage (can last for several years, correction techniques and individually selected loads is based on psycho-diagnostic sections).

Primary psychodiagnostics includes using of: - personality Inventory of Austin Jersild (allows to identify problem areas in the psychological and emotional life of the customer and subsequently, conducting diagnostic sections, track the dynamics of change), charting the problem areas in a survey of customer gives the fair view; - diagnosis eye glow (established in analogy to methodology of Y. Ermolaev [7]); - definition of psychological type based on facial asymmetry (methodology of A.N. Anuashvili [8]) allows "not only more effectively treat the patient with the psychosomatic, but also proactively identify people (somatically healthy), who need psychological adjustment to prevent them from developing diseases of adaptation - hypertension, coronary heart disease, diabetes, peptic ulcer disease" [9]; - identification of the dominant hemisphere and it's sign ("+" or "-"): it is necessary to determine the root cause (problems are in the overloading of right hemisphere or only in physiology).

Secondary psychodiagnostics – the client performs a series of exercises: massage; runic technology (set of exercises designed by the Institute of Biocybernetics and feedback of Vienna, Austria); exercises for work with pubic-PC muscle. All the exercises the client must perform for 15 minutes twice a day for a week. After that, on the next reception the instructor provides a secondary diagnosis, using such a diagnostic techniques as "glowing eyes", "facial asymmetry", "identification of the dominant hemisphere". Personality Inventory of Austin Jersild must be applied in full diagnostic cut, including all the diagnostic techniques, used for primary diagnosis. The Inventory must be used in three months after the start of classes and then must be repeated every three months.

Basic stage - after consultation with the instructor, depending on the individual loudspeakers (individual responses), it's necessary to make adjustments in the form of additional exercises and massage techniques.

Diagnostic indicators and their correlation with the recommended exercises, based on the dynamics of changes, are represented below in Table 2.

CONCLUSION

The given method (MICO) was inspected by O.I. Koekina, the leading expert in this field (total number of test persons was 18, all tests were sign). The study confirmed that separate individual neuropsychological performances correspond to the possibility of manifestation of their phenomenal abilities and also that dynamically controlled processes of extrasensory perception, arising as a consequence of the MICO method are present.

Thus, the universal multifunctional integrative method of correction of organism (MICO) has not age and gender distinctions, does not require significant time and material costs, medical, hardware or suggestive influence [10]. From the viewpoint of the clients the MICO method looks like ordinary exercises, reminiscent of recreational gymnastics, that makes the method much more attractive.

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