

Determining the Most Appealing Theoretical Approach:

There is no denying it. I left Freud and Behaviorism far behind back in the 1980's after reading and actively applying David Burns' book, "Feeling Good". Cognitive Therapy was what worked to me when I needed help the most, even though it wasn't the established paradigm at the time.

After getting addicted to prescription drugs a few years back and having everything go weird on me, I realize now how important it is to be sober and to be in complete control of one's own thoughts and feelings and emotions. The drugs had made me psychotic and paranoid schizophrenic; and, that was the official diagnosis that I received from my psychiatrist, while I was going through the eight-month long withdrawal process. You can harbor some really strange ideas and beliefs when the mind is no longer in control of the matter. It's a really bizarre experience to have your brain chemistry in control of you, instead of the other way around and being in control of your brain, as anyone who gets addicted to something knows. The loss of freedom and control is very frustrating and confusing.

It's good to be sober again! I pray to God every day that I never have to go back to my addictions.

I'm three years old now. I have been sober and semi-sane for three years now.

When it comes to Psychology and my favorite School of Thought, I have always been interested in the most Recent Trends. While I was trying to get sober, my Therapist had me working on mindfulness – learning to be present in the present rather than living in the past or fearing the future. I was always interested in Cognitive Therapy; and, I am most interested in the attempts that are currently being made among cutting-edge Psychologists to merge Consciousness with Neuroscience and Philosophy of Mind into one. I'm interested in what our textbook and other psychologists call the Mind-Brain Problem.

I took the little survey that was required for this assignment.

I got a 10 on the Psychoanalytic theoretical approach or school of thought. I also got a 10 on the Behavioral school of thought.

However, I got a huge 27 on what you called the “Humanistic” school of thought, in that little introductory survey test. I have always equated humanism with atheism, so I thought it strange that the thing was calling me a humanist, because atheism is not my current frame of mind. Furthermore, the phrase “humanistic school of thought” or “humanistic theoretical approach” had no meaning to me at the time, and our textbook doesn’t use that phrase either. I found myself wondering what I had been labeled as being.

Consequently, I was forced to go to Wikipedia and look up “Humanistic Psychology” for the definition that I desired to have.

Humanistic Psychology is a psychological perspective which rose to prominence in the mid-20th century in response to the limitations of Sigmund Freud's psychoanalytic theory and B. F. Skinner's behaviorism. With its roots running from Socrates through the Renaissance, this approach emphasizes individuals' inherent drive towards self-actualization, the process of realizing and expressing one's own capabilities and creativity.

It helps the client gain the belief that all people are inherently good. It adopts a holistic approach to human existence and pays special attention to such phenomena as creativity, free will, and positive human potential. It encourages viewing ourselves as a "whole person" greater than the sum of our parts and encourages self-exploration rather than the study of behavior in other people. Humanistic psychology acknowledges spiritual aspiration as an integral part of the human psyche. It is linked to the emerging field of transpersonal psychology.

Primarily, this type of therapy encourages a self-awareness and mindfulness that helps the client change their state of mind and behavior from one of reactions to a healthier one with more productive self-awareness and thoughtful actions. Essentially, this approach allows the merging of mindfulness and behavioral therapy, with positive social support.

After getting a definition for Humanistic Psychology from the Wikipedia, I could easily see why this is my preferred theoretical approach and the school of thought that I find most appealing.

There are now Psychologists, real Scientists, who are actively trying to solve the Mind-Brain Problem and they are doing so by deliberately studying the Scientific Evidence instead of suppressing the Scientific Evidence, as the Behaviorists and Naturalists and Materialists and Freudians tended to do. Psychology is starting to get back to its roots, the study of Psyche or the study of the Human Spirit.

The rejection of any source of evidence is always treason to that ultimate rationalism which urges forward science and philosophy alike. -- A. N. Whitehead, "The Function of Reason"

I tired of dealing with atheistic naturalistic scientists who deliberately reject and suppress volumes of Scientific Evidence in order to maintain their chosen worldview. The self-proclaimed scientists, who label the Scientific Evidence that they don't like as "Not Science", are the worst of the bunch in my humble opinion. They are traitors to science and have held back scientific discovery for decades with their materialism and naturalism. We would be decades ahead of where we are now, if we would have abandoned materialism and naturalism decades ago.

Here are a couple of books that I purchased, cutting-edge science, which deals directly with the Mind-Brain problem. They are now trying to merge the study of Consciousness and Neuroscience and Philosophy of Mind into one. It's cool stuff! This is the area of psychology that has always interested me the most.

Irreducible Mind: Toward a Psychology for the 21st Century:

<http://www.amazon.com/dp/1442202068/>

Beyond Physicalism: Toward Reconciliation of Science and Spirituality:

<http://www.amazon.com/dp/1442232382/>

Some of the other books that I found and acquired regarding the Mind-Brain Problem:

<http://bookrev.allthings.computer/consciousness-and-the-mind-brain-problem/>

The Mind-Brain Problem:

The final frontier of Psychology and Science is to try to get some kind of handle on the non-physical or the spiritual. In Psychology, it's called "The Mind-Brain Problem", the question between monism and dualism. Synesthesia might be a manifestation of the human spirit in action, because the Psychologists can't explain synesthesia in physical terms. In Philosophy it's called "The Philosophy of Mind", or "Metaphysics", or "Ontology". Many scientists including some of the Neuro-Scientists and Neuro-Surgeons call it the study of "Consciousness" or "Awareness". There are also Psychiatrists and Neuro-Scientists who are studying Near-Death Experiences, which is an indirect way of observing the human spirit in action. Medical Doctors and Psychiatrists call it the Placebo Effect – a type of mind over matter. The mystics call it "Mysticism" or "Transcendental Meditation" or some other type of meditation, an attempt to get in touch with one's own spirit. The religious in general often call interaction with the non-physical a "Spiritual Experience".

The New Age proponents call the non-physical by dozens of different names. The Paranormal, the Astral Plane, Parapsychology, the Supernatural, UFO Phenomena, Spiritism, Metapsychology, and Metaphysics come to mind here, just to name a few. The Occult and Mediums will talk about contacting the spirits of the dead, avoiding evil spirits, clairvoyance, telepathy, telekinesis, channeling the extraterrestrials, or channeling the spirit of a dead loved-one. In Biology and many of the other Physical Sciences, it's called learning how to abandon or overcome the Materialistic Worldview or the Naturalistic Worldview – for some scientists that requires seeing and understanding the multitude of different falsehoods and lies that the Theory of Macro-Evolution is based upon. Some of the Christians call it "The Light of Christ" or "The Mind of God". In Physics, it's called "Quantum Mechanics". A Photon of light is massless, which means that it is non-physical or immaterial, yet there are ways that we can detect its effect.

This is just a small sample of all the different Science and Religious disciplines that are trying to get a handle on the non-physical or the spiritual. There is something going on here, and the evidence cannot be denied. As anyone who has been addicted or has had a handicap knows, it can be very frustrating and confusing when your mind or spirit wants your body to do something that your brain and body are incapable of performing. People in this position quickly realize that "I am not my physical body." Often the real you wants your brain or your physical body to do things that you just simply can't get your brain or your physical body to do. The greater the disconnect between the spirit and the brain or the greater the brokenness of the brain, the more noticeable this mind-brain problem becomes. Your physical body is the way that your spirit or psyche or consciousness interfaces with this physical reality. If there is something wrong with the physical machinery, then the spirit or the mind can't get that physical machinery to do what the psyche wants it to do. Things get really weird when the physical brain starts feeding in false sensations, false perceptions, false feelings, false ideas, false beliefs, false desires, and false realities to the human spirit or the human psyche. When the physical machinery breaks down, the human spirit can have a difficult time figuring out what's really going on.

Naturalism and/or Materialism has been a bane to science and has held back and prevented scientific discovery for the past couple of centuries. It's time for Scientists like us to band together and get rid of Naturalism so that we can each start to make some progress in our respective scientific disciplines. If you notice carefully, the Scientists who have deliberately abandoned the curse of Naturalism have

noticeably more depth and are a lot more interesting and knowledgeable than the Scientists who have chained themselves to Naturalism and Atheism. The Atheistic Worldview strangles and suffocates Scientific Research and Scientific Discovery. There are dozens of recent scientific discoveries that we would have discovered decades sooner if we would have abandoned Naturalism and the Theory of Evolution decades sooner.

In “Introduction to Psychology 9th Edition” by James W. Kalat, we have this quote from page 145:

“The difference between having color vision and lacking it depends almost entirely on genetics; whereas the difference between speaking English and speaking some other language depends on where you were reared. Most behavioral differences depend upon differences in both heredity and environment.”

Then you have to add in the spirit’s individual desires and wants!

Behaviorists, naturalists, and materialists deliberately overlook the third dependency, which is the human consciousness or spirit or mind – our free will.

Genes establish possibilities or potential and limitations. Environment establishes our needs and our opportunities. Spirit or mind or consciousness establishes our desires, wants, resilience, and free will. Our spirit has the power to override our genetics and our environment if we want to do so. Thanks to our spirit, someone is at the helm when it comes to our environment and our inherited genetics. Remember, it’s the human spirit that decides what it wants to do with its genes and its environment. When it comes to human behavior, we cannot fully separate the effects of heredity, environment, and free will. Don’t forget! Humans can do more than just react. Humans can choose to act or choose not to act.

We have all read the example in the materialistic and atheistic college textbooks where the boy is born with the tall gene, and then that boy finds himself in a basketball environment, and because of the multiplier effect inevitably becomes a basketball star. All of these examples invariably overlook an essential and critical factor – what if the boy doesn’t want to play ball? Desire plays a key foundational role in all of our actions and behavioral choices! If the boy doesn’t want to play ball, then all of his genetic and environmental advantages will never come into play in the first place. That’s the power of spirit, or desire, or free will. Some people are stunned speechless whenever they encounter a tall black man from the ghetto who doesn’t know how to play basketball. Clearly, the dude didn’t like playing ball.

In “Introduction to Psychology 9th Edition” by James W. Kalat, we have this quote from page 153:

“It is remarkable that an occasional “high risk” child – small at birth, exposed to alcohol and other drugs before birth, from an impoverished or turbulent family, a victim of prejudice, and so forth – overcomes all odds to become healthy and successful. Resilience (the ability to overcome obstacles) is poorly understood.”

Yes, resilience is poorly understood by the physical sciences because you guys are looking in the wrong place for resilience. Resilience is indeed poorly understood in terms of bad genetics and/or a bad environment. There isn't a physical or materialistic explanation for resilience. You should be looking at the human spirit for the source of resilience. It's so obvious and clear, that the materialists and naturalists can't even see it, because they have deliberately and purposefully blinded themselves to it.

The obvious problem that every discipline encounters is the fact that "spirit" or the "non-physical" is not directly empirically observable with our physical instruments – that's the very definition of being "non-physical". New, interesting, and unique Scientific Methodologies have to be developed in order to detect or sense these things indirectly. We can't observe a massless, immaterial, non-physical Photon of light directly, but we can definitely experience and observe its effect. This is not difficult to understand, but many people refuse to accept it as being true. That is their right and choice. If they want to cripple their understanding, God lets them do so.

Physics has probably come the closest to identifying, documenting, and revealing the non-physical or the spiritual to us. In most of the other sciences, the human spirit or the human psyche is inferred as a possible explanation. In Physics and Quantum Mechanics they have the observations and the numbers to prove the existence of the mystical realm or the spiritual realm or the non-physical realm. String Theory is also revealing the mystical realm or spiritual realm and the extra-dimensions of reality to us. These extra physical dimensions or space dimensions are not visible to us, yet String Theory says that they must exist. Likewise, extra time dimensions or other timelines and other universes are not detectable to us who are stuck in this particular "box", but the Sciences and Mathematics infer that other universes and other timelines for those universes must exist as well. String Theory is an attempt to marry the micro "invisible" Quantum Mechanical world with the macro physical world described by the Law of Relativity. Physics seems to be touching upon the immaterial, the invisible, and the empirically undetectable all the time.

Many of the founding fathers of Quantum Mechanics and modern-day Professors of Quantum Mechanics have turned to mysticism for an explanation of what they are seeing in their mathematical equations and science labs. The Science of Physics is finding a multitude of different ways of getting at the non-physical or documenting the effects of the non-physical. It's a most fascinating subject to study. The books out there that discuss and document this issue have been multiplying exponentially in the last decade or two. Science is finally starting to catch up with Religion where this subject is concerned, and many believe that gulf between Science and Religion will continue to narrow until they become One and converge upon The Truth.

The physicists have documented and observed that those immaterial or non-physical photons traveling at the speed of light are situationally aware. They are conscious of their environment. They can "see" whether there are two slits open or only one slit open, and they can act or react accordingly. They seem to be able to coordinate or communicate with other photons in the vicinity past, present, and future. How do they do that? When it comes to particles, it's as if there is a little mind or consciousness hidden inside the atoms and other particles, somewhere between the empty space of the electrons and protons. There seems to be an invisible driver or a nonphysical driver in there somewhere telling these particles and photons how to act and what to do. That's what Quantum Mechanics is telling us.

Non-physical or immaterial entities like photons “act” like their physical counterparts – atoms and molecules and such. They all seem to have some kind of spirit or mind that is guiding them. They are all made up of Light or energy. They seem to be able to choose whether to obey or rebel. They also are aware of the times when another “consciousness” or “spirit” is looking at them or observing them. These little particles can see you looking at them! How do they do that? The Scientists, the Real Scientists, are trying to figure out how the different particles are doing that.

It’s a fascinating area of study that overlaps and impacts every Scientific Discipline including Naturalism and the Theory of Evolution, which so many people seem to admire and worship. The pursuit of “Consciousness” affects everyone, whether they consider themselves scientists or not. There is one caveat, though. Once you discover the human spirit and what it can do, what it can overcome and what it can override, you can make the mistake of completely discounting the effects of genetics and environment and delude yourself into believing that an individual should be able to overcome or conquer all obstacles in his way. Those born with Downs Syndrome or Fetal Alcohol Syndrome have genetic and developmental disabilities that sometimes no amount of spiritual desire or environmental support can overcome. Genetics have a definite influence on what’s possible, and genetics often does impose physical and mental limitations and handicaps on an individual that he or she cannot overcome with any amount of spiritual desire or environmental support.

The Mind-Brain Problem is an integral part of Psychology – the Study of the Psyche, or the Study of the Mind, or the Study of the Human Spirit. Psychology itself is coming home to its original definition because of this new awakening to the non-physical that’s happening among the Scientific Community at-large. It’s a great time to be alive if you are a Scientist. Some of us are starting to abandon materialism, naturalism, and macro-evolution; and consequently, we are finally starting to make some real progress towards understanding how things really work.

Many Scientists from a wide variety of different Science backgrounds are now starting to converge upon the True Reality or the True Construct of the Universe, and the cutting-edge Scientists of today are discovering that the Prophets in the Bible got there first two thousand to three thousand years before they did. We are watching Science and the Bible merge in real-time right before our eyes, assuming of course that we have our eyes open and are actually looking at what’s happening with an open mind.

Science and Religion are starting to converge upon the same Truth or the same Reality, and behind it all is some kind of Conscious Mind.

Reference Materials for the Mind-Body Problem:

The books that I found and acquired regarding the Mind-Brain Problem:

<http://bookrev.allthings.computer/consciousness-and-the-mind-brain-problem/>

Beyond the Cosmos: The Extra-Dimensionality of God: What Recent Discoveries in Astronomy and Physics Reveal about the Nature of God:

<http://www.amazon.com/Beyond-Cosmos-Extra-Dimensionality-Discoveries-Astronomy/dp/0891099646/>

Irreducible Mind: Toward a Psychology for the 21st Century:

<http://www.amazon.com/dp/1442202068/>

Beyond Physicalism: Toward Reconciliation of Science and Spirituality:

<http://www.amazon.com/dp/1442232382/>

Quantum Enigma: Physics Encounters Consciousness 2nd Edition:

<http://www.amazon.com/Quantum-Enigma-Physics-Encounters-Consciousness/dp/0199753814/>

The Conscious Mind: In Search of a Fundamental Theory (Philosophy of Mind) 1st Edition:

<http://www.amazon.com/gp/product/0195105532>

Consciousness Beyond Life: The Science of the Near-Death Experience:

<http://www.amazon.com/gp/product/0061777250>

The Holographic Universe: The Revolutionary Theory of Reality

<http://www.amazon.com/dp/0062014102/>

The Character of Consciousness (Philosophy of Mind):

<http://www.amazon.com/gp/product/0195311116>

Biocentrism: How Life and Consciousness are the Keys to Understanding the True Nature of the Universe:

<http://www.amazon.com/Biocentrism-Consciousness-Understanding-Nature-Universe/dp/1935251740/>

The End of Materialism: <http://www.amazon.com/gp/product/B0095QLXQA>

There are many other books with similar content from a multitude of different authors. Just look at the suggestions offered down below each book's main review. Each book is a rabbit hole that goes down far and deep. This whole subject is starting to achieve a great deal of depth.

There are dozens of different books from different authors entitled, "**Philosophy of Mind**", which also touch upon this subject in many different ways.

Helpful Informative Reviews:

A Helpful Review from the Amazon Website regarding the “Quantum Enigma” book:

By kaon2009 on August 9, 2013:

I am a theoretical physicist but I must admit I did not fully appreciate the Quantum Enigma until I read the first edition of this book a few years ago. I first learned quantum mechanics over 40 years ago and have actively practiced it. That is, I used it to calculate theoretical predictions. It was only in the last 10 years or so that I asked myself, "What is the electron actually doing when light is emitted from an hydrogen atom?" After reading this book I realized the answer is, "Nobody has the slightest idea!" Fully appreciating the vast gap between the "classical" world we live in and the "quantum world" took some time for me. That kind of profound ignorance takes time to appreciate. I now better understand what I have read in biographical books about Bohr, Einstein, Heisenberg, and Schrodinger. As the realization slowly set in as to what quantum mechanics was saying, these men and other physicists struggled with each other in an almost religious battle. Now over 80 years later we know no more than we did then. In the end, everyone has to come to appreciate the profound ignorance we have at this point in history. For any interested layman or scientist, the Quantum Enigma is a must-read item.

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Another Helpful Review from the Amazon Website regarding the “Holographic Universe” book:

Are individual experiences valid scientific data?

By Damian Nash on January 8, 2001:

This is one of the most provocative books I have read in years. In the first few chapters Mr. Talbot describes the emerging holographic paradigm in science, drawing on David Bohm's work in quantum physics and Karl Pribram's work in neuroscience. I found both descriptions to be fascinating, and especially enjoyed the historical context for the work of these two seminal thinkers. As a person with a master's degree in neuroscience and chaos/complexity theory, I found a couple of his simplifications misleading, but would give him high marks for his overall comprehension of the conclusions of Pribram and his followers.

The remaining 2/3 of the book is a discussion of how the holographic paradigm may provide a rational basis for interpreting a wide variety of phenomenon located around the fringes of established science. He looks at everything from strange historical "miracles" like stigmata and appearances of the Virgin Mary to modern psychic abilities and LSD experiences, from out-of-body and near-death-experiences to UFO abductions. In addition, he compares language used in the modern scientific discussion of holography with the language used by ancient mystical traditions.

Mr. Talbot's writing style is unusually clear and lucid. All of this makes for a highly engaging book. It kept me up late every night for more than a week. I am a person who has had an OBE/NDE (out-of-body, near-death-experience), and can tell you that his description of such events is an astoundingly accurate portrayal of what I experienced.

I am also a scientist, and know that most of my highly rational, empirical colleagues would have trouble accepting a majority of Mr. Talbot's conclusions. This work addresses something so completely out of the realm of everyday experience for most people, and probes a world that is normally invisible to the five senses. Hence, objective, empirical science -- as defined by a conventional theorist or practicing technician -- simply cannot address these experiences. They are outside the range of focus of the tool that Western minds currently rely on.

The service that Mr. Talbot provides is a challenge to rethink the conventional definition of science so that it can take into account a much wider range of human experience. What he argues for is the acceptance, as valid scientific data, of the experiences of individual humans, across cultures and throughout history that are remarkably consistent with one another. These experiences address aspects of reality that are invisible to the skeptical eye, but become obvious to the person who chooses to develop other forms of perception.

As a person who was unwittingly thrown into an OBE/NDE experience, I am naturally inclined to read a book like this one with an open mind, and felt immensely rewarded for doing so. However, if I had reviewed the same book before having my own personal experience of some of the phenomena it describes, I would have reviewed it as a new-age excursion into a realm of fantasy. I am completely sympathetic to some of the reviewers who see it that way, and respectfully disagree.

I believe there is an extraordinary synthesis happening among the realms of human experience, one that can validate each individual's story, however unusual, and also one that honors all the different ways of knowing. I see Mr. Talbot's work as one of the more important bridges yet constructed between traditional science and spirituality, between rational discourse about repeatable, empirically verifiable phenomenon and the quirky, esoteric or mythological elements of personal experience that actually define most people's experience of reality. This book is a "must read" for any passionate seeker of truth.

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Review from page 153 of *"Proof of Heaven: A Neurosurgeon's Journey into the Afterlife"*, Simon & Schuster, 2012:

For those still stuck in the trap of scientific skepticism, I recommend the book *Irreducible Mind: Toward a Psychology for the 21st Century*, published in 2007. The evidence for out-of-body consciousness is well presented in this rigorous scientific analysis. Irreducible Mind is a landmark opus from a highly reputable group, the Division of Perceptual Studies, based at the University of Virginia. The authors provide an exhaustive review of the relevant data, and the conclusion is inescapable: these phenomena are real, and we must try to understand their nature if we want to comprehend the reality of our existence.

(Eben Alexander III, MD, Neurosurgeon and author of Proof of Heaven and The Map of Heaven)