Study Consciousness at home... ...

Two Spring Web Courses, March 13 – May 16, 2010,
Taught by Dr. Bernard J. Baars,
The Neurosciences Institute, www.nsi.edu
With Small Online Discussion Groups on Saturdays and Sundays

1. **Positive Conscious Experiences: An Introduction.**

2. **Advanced Seminar in Mind, Brain & Consciousness.**
   1. **Positive Conscious Experiences: An Introduction.** (Spring, 2010)

   What do we really know about happiness, contentment, satisfaction, delight, pleasure, joy, and bliss? Ten years ago the answer might have been: Not much, except for a few nuggets from the great wisdom traditions. We now know more about positive experiences and the sense of flow, as psychologist Mihaly Csikszentmihalyi (“cheek-sent-me-high-ee”) has called it. We also know more about the brain in “higher” states of consciousness, including advanced Tibetan meditators, TM meditators, and mystical states in Carmelite nuns. Some remarkable patterns of brain activity have been found over and over again. There is good evidence about the brain chemistry of positive (and negative) consciousness. Dreams and twilight states are also coming into better focus as a remarkable source of creativity. We will explore frontier developments and relate them to our own experiences of dealing with stress and negativity as well.

   2. **Advanced Seminar in Mind, Brain & Consciousness** (Spring, 2010)

   This graduate-level, small-group exploration of the mind-brain evidence on consciousness, volition and self --- the three fundamental problems of the mind-brain sciences --- is especially useful for people with previous course work in scientific studies of consciousness, psychology, biology, bioengineering and medicine. It is an ongoing seminar using audio (and possibly video) conferencing, powerpoint presentations, and original research presentations. Come prepared to have fun, but also to do some background reading about the mind and brain. This is one of the few academic seminars on consciousness that is currently available, and we will tackle frontier questions with no holds barred!

   For the Advanced Seminar please email Dr. Baars before registering. (bbaars@nsi.edu)

   Please see the full course descriptions at [http://consciousness.arizona.edu/](http://consciousness.arizona.edu/)

University of Arizona, Tucson
Center for Consciousness Studies
[http://consciousness.arizona.edu/](http://consciousness.arizona.edu/)

Bernard J. Baars