

Types of Work

The human psyche is differentiated into various realms, levels, planes, domains, etc. While each of these various dimensions of the psyche operate in qualitatively different ways, there is a common thread to all of them, that thread is consciousness. In clinical settings the various realms of the psyche are often approached separately, each specific methodology aimed at causing change within a specific realm.

A holistic understanding of consciousness, as well as a truly holistic approach to wellness, surely includes a fundamental understanding of some of the basic theories and concepts unique to each realm. It should also, I think, include an understanding of the role consciousness plays in each.

While all types of work are really 'consciousness work', consciousness focused on specific dimensions of the psyche can be called by the name of the particular dimension consciousness is brought to.

Consciousness Work

Consciousness is defined as the ground out of which all phenomena occur. The experience of consciousness is differentiated by 'structures of consciousness'. Structures are organizations of consciousness into forms. Consciousness is thus experienced in varying degrees of directness, completeness, and intensity via varying structures of consciousness. The more differentiated the structure is the less 'conscious' the experience is. 'Consciousness work' involves practices which direct one's attention to consciousness itself for the purpose of realizing consciousness as an ontological reality.

Imaginal Work

The imaginal realm is a realm of the psyche in which imaginal forms are experienced. Imaginal forms are symbolic in nature and depict archetypal themes. Such forms can occur as actual symbols, various beings (deities, animals, persons, etc.), various physical objects, various moods, etc. The imaginal realm is considered to be 'real' in that the experience of it is an experience of consciousness, not merely a representation of consciousness. It is also considered 'real' in that its symbols have meaning and importance beyond the intellectual interpretation of them. Imaginal work involves

bringing conscious attention to the imaginal experience in order to facilitate transmutation.

Subtle Work

The subtle energetic realm is the realm of the psyche through which and by which consciousness is experienced as varying vibratory frequencies. The subtle energetic realm is divided into various planes. The subtle energetic body or field is made up of various structures (chakras, nadis, etc.). The experience of self, other, and world varies depending on the particular structure consciousness is being experienced through. 'Subtle energy work' involves bringing conscious attention to the subtle energetic bodies for the purposes of awakening, healing, growth and performance enhancement.

Mental Work

The mental realm consists of various dimensions in the mind which organize experience via intrapsychic structures. Such structures determine one's mental states. 'Mental work' involves bringing conscious attention to various dimensions in the mind which causes disidentification, deconstruction, reorganization, and illumination. This is done for the purposes of awakening, healing, development, and performance.

Physical Work

The physical realm of the psyche is the realm through which and by which consciousness is experienced as physical sensation. The physical body, with its various structures of consciousness (physical senses) differentiates and delimits consciousness into visual, auditory, olfactory, kinesthetic, gustatory, vestibular, and organic sensation. 'Body work' involves bringing conscious attention to the various physical structures for the purposes of awakening, healing, growth, and performance enhancement.

Performance Work

The performance of a particular activity requires the use of particular consciousness structures. Performance work involves bringing conscious attention to the particular structures of consciousness required to perform a particular task for the purpose of increased effectiveness.

