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an altered level of consciousness is any measure of arousal other than normal level of consciousness loc is a measurement of a person 39 s arousability and responsiveness to stimuli from the environment a mildly depressed level of consciousness or alertness may be classed as lethargy someone in this state can be aroused with little difficulty according to vedic philosophy we can experience seven states of consciousness the first three waking dreaming and deep sleep are part of everyone s daily experience the next four are dependent on the level of self actualization we reach in the fourth state of consciousness we recognize we are more than an ego in a physical body the physical level of consciousness on the first level you identify with the physical and material realm completely you are an embodiment your external environment with all its positive and negative aspects you ve internalized the values of society at large and you define yourself in terms of your material successes and status starting at the highest level of consciousness in the range of 700 to 1 000 this has only been attained by people such as buddha jesus and krishna you can notice the powerful effects someone at this level has as simply thinking about them can raise your own consciousness and they have made enormous impacts on society s consciousness types and levels of consciousness degrees of consciousness can vary considerably from nothing during a coma to high when alert and awake for an individual to experience conscious content or awareness they must have a non zero conscious level eysenck keane 2015 the normal state of consciousness comprises either the state of wakefulness awareness or alertness in which most human beings function while not asleep or one of the recognized stages of normal sleep from which the person can be readily awakened the abnormal state of consciousness is more difficult to define and characterize as evidenced by the many terms applied to altered states of consciousness by various observers freud 39 s three levels of mind freud delineated the mind in the distinct levels each with their own roles and functions 1 the preconscious consists of anything that could potentially be brought into the conscious mind the conscious mind contains all of the thoughts memories feelings and wishes of which we are aware at any given moment from low to high the levels of consciousness are shame guilt apathy grief fear desire anger pride courage neutrality willingness acceptance reason love joy peace enlightenment while we can pop in and out of different levels at various times usually there s a predominant normal state for us the normal state of consciousness comprises either the state of wakefulness awareness or alertness in which most human beings function while not asleep or one of the recognized stages of normal sleep from which the person can be readily awakened the normal state of consciousness comprises either the state of wakefulness awareness or alertness in which most human beings function while not asleep or one of the recognized stages of normal sleep from which the person can be readily awakened the 7 spiritual levels of consciousness 1 waking consciousness this is the state in which we go through our lives most of the time every time you are aware 2 deep sleep the utter stillness and restfulness of being unconscious is the state of deep sleep you experience this 3 dreaming neurological exam level of consciousness if you re learning how to do neuro checks one of the most challenging aspects can be distinguishing level of consciousness often this is the first thing to change when neurologic damage is occurring but it s very subtle and can be difficult to detect let s go through each level of consciousness loc that you ll see and the main differences between them consciousness is your individual awareness of your unique thoughts memories feelings sensations and environments essentially your consciousness is your awareness of yourself and the world around you this awareness is subjective and unique to you if you can describe something you are experiencing in words then it is part of your consciousness level of consciousness loc is a medical term used to describe how awake alert and aware you the three levels of human consciousness by kain ramsay achology medium 500 apologies but something went wrong on our end refresh the page check medium s site status or find something modern psychological approaches to understanding consciousness include developmental social and neuropsychological each contribute a different understanding of what consciousness might be what are the 3 parts of consciousness sigmund freud divided human consciousness into three levels of awareness the conscious preconscious and unconscious level of consciousness bickley et al 2021 hinkle 2021 alert the patient opens their eyes spontaneously looks at you when spoken to in a normal voice responds appropriately lethargic the patient appears drowsy but opens their eyes to loud verbal stimuli and looks at you responds to levels of consciousness alert normal patients who are alert is awake or easily awakened by there are a number of different states of human consciousness as well as a variety of factors that can have an impact on these states of awareness human consciousness is often compared to a stream it is constantly changing but always flowing smoothly the way that your thoughts drift from one topic to another can feel effortless even when the thoughts you 39 re having are dramatically different

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