

PNP 2021  
Personality in Norm and in Pathology**RESULTS OF PRIMARY APPROBATION OF THE AUTHOR'S  
TRANCE-MEDITATIVE SELF-REGULATION TECHNIQUE  
"GOLDZHI"**

Olga Goldfarb (a)\*

\*Corresponding author

(a) Chelyabinsk State University, 129 Bratiev Kashirinykhst., Chelyabinsk, Russia, os\_gold@mail.ru

**Abstract**

Psychological researches devoted to the problem of socio-emotional competence of persons with health disabilities reveal only certain aspects of this phenomenon, not considering it as a holistic personality formation, as a system of components connected in their functioning. There are contradictions: between the recognition of the importance of the development of the socio-emotional sphere and the lack of research that would reveal in detail the features of the socio-emotional competence of primary schoolchildren with visual impairments and primary school children without visual features; between the existence of the need for the systematic development of the socio-emotional competence of junior schoolchildren with visual impairments as a basic element of the conscious behavior control system and the absence of developed indicators and criteria for the socio-emotional competence of junior schoolchildren in order to use them in developmental programs. Thus, the goal of our research is to identify the features of the progression of the socio-emotional competence of primary schoolchildren with visual impairments.

2357-1330 © 2021 Published by European Publisher.

*Keywords:* Chinese Image Medicine (CIM), educational kinesiology (Brain Gym), neuro-linguistic programming (NLP), Trans-meditative self-regulation (TMS)



## 1. Introduction

Despite the growth in the number of studies in various branches of scientific knowledge (psychology, pedagogy, medicine, economics and others) on measuring and developing technologies to improve the level and quality of life of a modern person, this issue is still relevant. The exponential growth of Internet communications and computer technologies in the information society leads to negative changes in the psycho-physical state of people. The result of technical progress is the appearance of such negative changes as physical inactivity, sedentary lifestyle, isolation, delimitation and opposition to society, particularity, alienation of being, which ultimately contributes to the growth of diseases at the physical and mental levels. That is, the growth of technological, informational, emotional stress on a person contributes to an increase in psychosomatic, somatic diseases, mental stress and, accordingly, requires permission.

## 2. Problem Statement

As a result of the theoretical analysis of literary sources, we have identified. First, the lack of physical activity in the adult population in most countries (according to the World Health Organization WHO). It is this reason that was named the fourth most important risk factor that increases the mortality rate in the world. Physical inactivity significantly increases the risk of developing hypertension, heart attack, stroke, heart failure, ischemic heart disease, metabolic syndrome, obesity, diabetes. The tendency for the development of hypodynamias is observed among people of all ages. However, according to the studies of the above authors, an increase in the physical activity of an individual has a positive effect on the functional state, on cognitive functions, on the psycho-emotional status of the student, and contributes to an increase in his social mobility and adaptation.

Secondly, the analysis of the realities of modern life shows that the social value today is the subjectivity (subjective position) of a person. Employers are interested in proactive, independent employees striving for professional self-improvement, capable of self-organization, self-regulation of their activities, including in remote forms of work. Thus, the development and implementation of effective technologies that contribute to both the subjective (individual) development of a person (the formation of conscious self-regulation) and an increase in his physical activity are becoming urgent.

In domestic and foreign psychological science, research: self-regulation, mechanisms of conscious regulation of activity (including goal-setting, analysis of significant conditions for achieving goals, planning and programming actions to achieve goals, monitoring and evaluation, attribution of successes and failures), means of self-regulation of mental states, modifications of autogenous training, trainings of self-regulation, integrative psychotechnics, health-saving psychotechnologies, methods of acmeological influence, algorithms for the development of auto-psychological competence, meditative methods of self-education of a person are devoted to the works of many figures: Boen, 2012; Burno, 2020; Compennolle, 2017; Daribazon, 2017; Dennison et al., 2019; Dubrovina, 2007; Frankl, 2016; Gardner, 2016; Gokhale, 2018; Khuzmiev, 2016; Kogon, 2016; Lobel, 2016; Lupenko, 2017; Makarov, 2020; Mingtang et al., 2019; Mukhrygina, 2005; Pshenichnaya, 2016; Reshetnikov, 2020; Sapgir, 2016; Sharapov and Matveev, 2020; d'Souza, 2016; Veresov, 2016; Zalevsky, 2020.

However, the analysis of the studies shows a clear lack of works revealing the specifics of using self-regulation methods with dosed physical activity, limited by time.

### **3. Research Questions**

Thus, there are obvious contradictions: between the desire to lead a healthy lifestyle (HLS), the understanding of the importance of one's own health-saving in the public and individual consciousness and the real opportunity to devote several hours a day to physical activity and mental self-regulation; between the individual's need for productive overcoming of psychological, psycho-physiological difficulties and an underdeveloped system of self-regulation methods in conditions of lack of time for physical activity.

### **4. Purpose of the Study**

Thus, the purpose of our study is to identify the features of the influence of the author's trance-meditative method of self-regulation "GOLDZHI" on changes in a number of personality components.

To carry out a theoretical analysis of the state of the problem on the research topic; consider the structure and mechanisms of self-regulation of the individual, available technologies and methods of health-saving; to develop and conduct the initial approbation of the author's methodology; to reveal the conditions and factors of productivity of the author's method of self-regulation.

The methodological basis of the research was formed by the following scientific principles: the complexity and objectivity of the study of personality, determinism, consistency, development; methodological concepts of personal and humanistic approaches.

### **5. Research Methods**

Analysis of scientific literature on the problem under study, video recordings of therapeutic work with clients, observation, experiment. To assess the productivity of the author's method, empirical measurement techniques were used: Test "Studies of anxiety" by Spielberger in the adaptation of Khanin; Test "Life satisfaction index" Panina; The test "The level of subjective control" by Rotter as adapted by Vazhenin, Golykina, Etkind. The results of the initial approbation (carried out in the period 2019-2020) were analyzed using the methods of statistical analysis.

### **6. Findings**

To achieve the aforementioned actual goals of psycho-physical self-development and self-regulation (conscious self-regulation) by meditative techniques relaxing the nervous system with active physical activity for a short time (from 30 minutes to one hour), the author's trance-meditative self-regulation method "Goldji" was created. In this technique, the achievements of domestic and Western psychotherapy are synthesized and adapted: the technique of trance-meditative self-regulation "TMS", the technique of Neuro-linguistic programming "NLP", the technique of Educational Kinesiology "Brain

Gym", music therapy and achievements of modern Eastern philosophy (philosophy of the Zhong-Yuan school -Qigong, techniques "Image medicine", "Medicine by mental images").

We proceed from the premise that mental energy, organized in the form of thought, is capable of influencing a person. The influence of psychological attitudes is presented in detail both in foreign studies and in the domestic school. Goal-setting and programming the client to achieve a certain result is an important therapeutic component when working with NLP techniques.

The techniques of balancing the body (Educational Kinesiology "Brain Gym") in everyday life, easily applied and low-cost in time, contribute to the coordination of the activity of the cerebral hemispheres, the upper and lower, front and back parts of the body, lead to positive changes in the work of brain structures, proven to improve attention, memory, thinking, volitional regulation in childhood and adulthood. Authors described the possibilities of using trance-meditative states (TMS) for therapeutic purposes, for example, for correcting psychosomatic disorders in the body and returning it to a normal state of functioning. The positive influence of TMS has also been proven for solving pedagogical tasks, such as realizing the possibility of more effective performance of an action. As a result of a trance-meditative state, work with the unconscious of a person, it is possible to develop new beliefs much faster and more efficiently, to make important what was mistakenly not given due attention earlier.

The technology of conscious self-hypnosis was argued that the most reliable way to achieve a trance state is meditation, thanks to which spontaneous short-term trance states can be quite long. Meditation lowers the frequency of brain waves and allows you to better concentrate your thoughts. Thus, mastering the ability to voluntarily enter a trance, a person acquires a way to turn the unconscious into an internal level of consciousness, which contributes to much better life decisions. Meditations are usually performed with musical accompaniment, taking into account the vibrational frequency, timbre, volume, depending on the desired effect.

"Chinese Image Medicine" or "Image Medicine" (IMM), is a modern, innovative direction in the development of traditional Chinese medicine, officially patented in 2015. Professor Xu Mingtang - the creator of the modern direction of KIM, heads the Kundawell Medical Research Institute in Beijing, Seattle since 1994. More than twenty-five years of experience in research and application of Chinese Image Medicine confirms the effectiveness in solving health problems without drugs (antibiotics), such as: chronic inflammatory processes (in the bronchi, prostate gland, kidneys, etc.), intervertebral hernias, female and male infertility, various types of chronic diseases of the stomach and intestines, high blood pressure, the consequences of a heart attack, and others.

The systematic use of TMS "Goldji" for 5 weeks helped to reveal the overall positive dynamics of changes in the studied personality components in all two experimental age groups relative to the control groups: there was a decrease in the general level of anxiety (in 48.1% of cases), an increase in the life satisfaction index (63.8% cases) and the level of subjective control (31.9% of cases). An experimental study of the long-term application of the author's methodology is to be studied. Based on the results of the initial approbation, changes were made to the very author's methodology of TMS "GoldZhi".

The research involved 206 clients aged 21 to 56 years. The control group consisted of two groups of subjects who started regular physical training at home or in the gym: group No. 1 (n = 56) aged 21-35; Group No. 2 (n = 50) aged 36-56 years. Individual experimental work was also carried out with two

groups of subjects: group No. 3 (n = 60) aged 21-35; Group No. 4 (n = 40) aged 36-56 years. In both experimental groups (No. 3 and No. 4), only the author's method "Goldji" was used with a frequency of two times a week (from 40 minutes to 1 hour). There were ten group sessions.

## 7. Conclusion

The trance-meditative self-regulation session "Goldji" is a 30-minute journey into the structures of the subconscious, during which in a natural way: a state of physical and mental well-being is achieved, the body's resource forces are awakened, prevention of neuropsychic and psychosomatic disorders is carried out.

The pronounced positive resource of the trance-meditative state allows using the technique for: relieving stress, overcoming stressful conditions, stabilizing physical resources, effective rest and restoring working capacity.

Contraindications: age under 10, psychosis, seizures of organic origin (epilepsy). People suffering from chronic diseases and under the supervision of a physician should consult with their physician about going through active self-regulation sessions. Recommended one or two sessions a day, at least 5 times. The duration of one session is 30 minutes

## References

- Boen, H. (2012). The importance of social support in the associations between psychological distress and somatic health problems and socio-economic factors among older adults living at home: a cross-sectional study. *BMC Geriatrics*, 12(3), 27. <https://doi.org/10.1186/1471-2318-12-27>
- Burno, M. E. (2020). *Terapiyatvorcheskimsamovyrazheniem (otechestvennyj klinicheskijsihoterapevticheskijmetod* [Therapy with creative self-expression (domestic clinical psychotherapeutic method)]. Academic Project, Retrieved from <https://www.studentlibrary.ru/book/ISBN9785829125646.html> [In Rus.]
- Compernelle, T. (2017). Osvobodennyjmozg: Kakpredotvratit' peregruzku i ispol'zovat' svojpotencial v polnojmere [The brainliberated: How to prevent overload and use your potential to the full]. Alpina Publisher. <http://znanium.com/go.php?id=914491> [In Rus.]
- Daribazon, E. C. (2017). Buddijskayapsihotekhnika kak metody transcendentnostirazuma v kontekste otrazheniyazapadnoj racional'nosti [Buddhist psychotechnics as methods of mindtranscendence in the context of reflection of Western rationality]. *New in psychological and pedagogical research*, 1, 5-11. [In Rus.]
- Dennison, P. I., Dennison, G. I., & Brain, G. (2019). 101. Educational kinesiology foundation. [www.braingym.org](http://www.braingym.org)
- Dubrovina, O. V. (2007). *Metody psihicheskogo samoregulyacii* [Methods of mental self-regulation]. Materials of the All-Russian scientific-practical conference "Psychological and pedagogical support of innovative processes in education, Part 1. Publishing house NIPKiPRO
- d'Souza, S. (2016). *Cila ne v znanii: kaksomneniyapomogayutnamrazvivat'sya* [Not in knowledge is the power: How doubt helps to develop]. Alpina Publisher, from <http://znanium.com/go.php?id=915388> [In Rus]
- Frankl, V. (2016). *Logoterapiya i ekzistencial'nyj analiz: stat'i i lekcii* [Logotherapy and existential analysis: articles and lectures]. Book House "LIBROCOM". <http://znanium.com/go.php?id=1002588> [In Rus]
- Gardner, G. (2016). *Dumat' o budushchem. Pyat' tipov intellekta, vedushchih k uspekh v zhizni* [Thinking of the future. Five types of intelligence leading to success in life]. Alpina Publisher. <http://znanium.com/go.php?id=914654>

- Gokhale, P. (2018). Meditaciyavnimatel'nosti i fenomenologicheskijpodhod [Mindfulness meditation and a phenomenological approach]. *Voprosyfilosofii*, 1, 150-160. [In Rus].
- Khuzmiev, M. (2016). Garmoniyaozdorovitel'nyhmetodov, ili Test na prochnost' [Harmony of health-improvingmethods, orTestingforstrength].*Physicalculture and sport*, 7, 18-19. [In Rus]
- Kogon, K. (2016). *Pyat' pravilvydayushchejsyaeffektivnosti. Kakdostich' osnovnyhcelejbezperegruzki i vygoraniya* [Five Rules of Outstanding Efficiency. How to achieve the main goals without overloading and burnout]. Alpina Publisher. <http://znanium.com/go.php?id=744902> [In Rus].
- Lobel, T. A. (2016). Teplayachashka v holodnyj den': Kakfizicheskieoshchushcheniyavliyayut na nashiresheniya [Warm cup on a coldday: Howphysicalsensationsaffectourdecisions]Moscow: Alpina Publisher. Retrievedfrom<http://znanium.com/go.php?id=925450>
- Lupenko, S. About international program of evidence based scientific researches of Chinese Image Medicine and Zhong Yuan Qigongfor 2017-2023 years. Retrieved from: <https://www.facebook.com/kundawell/videos/748975985487919/>
- Makarov, V. V. (2020). Scenariilichnogobudushchego [Scenarios of the personal future]. Academic Project. <https://www.studentlibrary.ru/book/ISBN9785829127602.html> [In Rus].
- Mingtang, S., Martynova, T., & Qigong, Z. Y. (2019). Vtorojetapvoskhozhdeniya: Tishina. Knigadlyachteniya i praktiki[The secondstage of the ascent: Silence. A bookforreading and practice]. Ganga [In Rus].
- Mukhrygina, O. I. (2005). Fenomenologicheskoeissledovanievliyaniyalichnyhmyslov na regulirovaniepsihicheskisostoyanij[Phenomenological study of the influence of personal meanings on the regulation of mental states]. *Materials of reports of the Russian scientific-practicalconference "VM Bekhterev and modern psychology"*. Publishing house of Kazan State University, pp. 244-248. [In Rus]
- Pshenichnaya, V. V. (2016). Ispol'zovaniemeditaciidlyasnizheniyaurovnyatrevogistudentovkolledzha v situacii EGE [The use of meditation to reduce the level of anxiety of collegestudents in the examsituation]. *Psychology and Psychotechnics*, 2(89), 124-129. [In Rus].
- Reshetnikov, M. M. (2020). Izbrannyeproizvedeniya. Psihicheskayasamoregulyaciya [Selected works. Mental self-regulation]. Yurayt. <https://urait.ru/bcode/465942> [In Rus]
- Sapgir, K. (2016). Polnyjden-dadizm [Total zen-dadizm]. *Dialog of Arts*, 4, 118-119. [In Rus]
- Sharapov, A. O., & Matveev, O. V. (2020). *Sovremennyyetekhnologiipsihologicheskogokonsul'tirovaniya i psihoterapii* [Modern technologies of psychological counseling and psychotherapy]. Yurayt. <https://urait.ru/bcode/448866> [In Rus]
- Veresov, N. (2016). Perezhivanieas a Phenomenon and a Concept: Questions on Clarification and MethodologicalMeditations. *Cultural and Historical Psychology*, 12(3), 129-148. <https://doi.org/10.17759/chp.2016120308>
- Zalevsky, G. V. (2020). Kognitivno-povedencheskayapsihoterapiya [Cognitive-behavioral psychotherapy]. Yurayt. December, 10, 2020 from <https://urait.ru/bcode/457174> [In Rus].