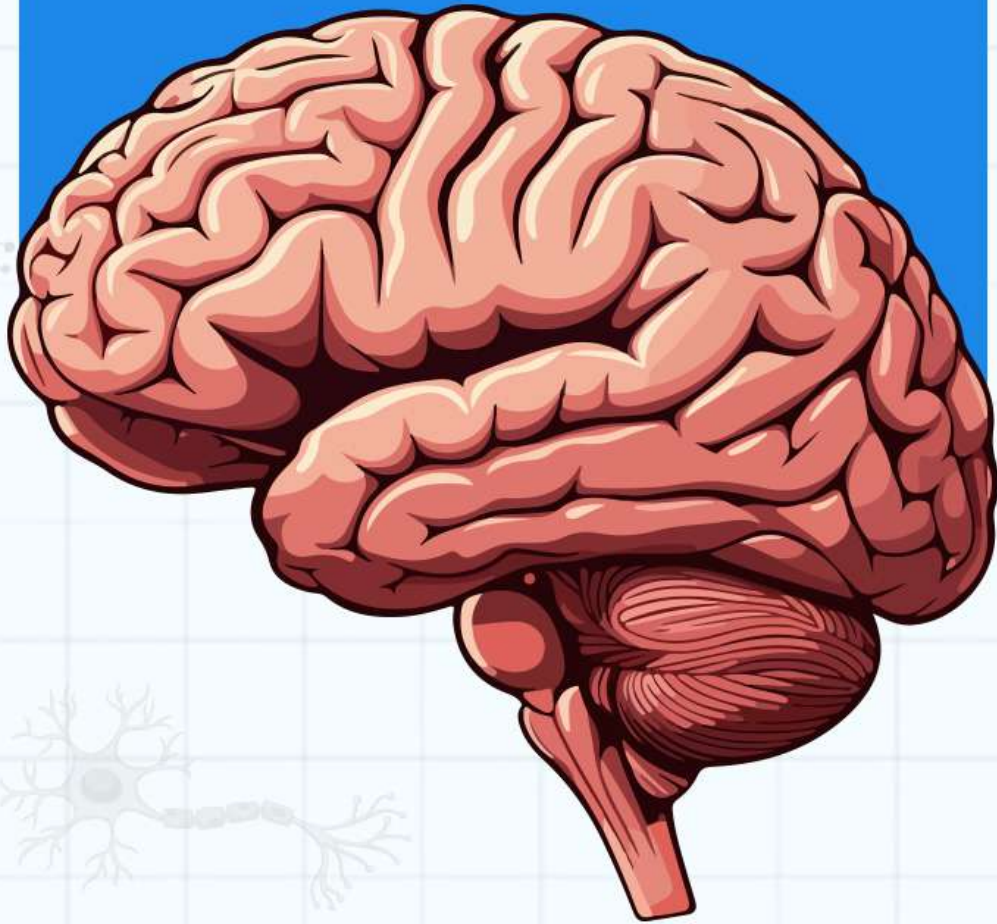


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# 4 States of Consciousness

You must know for **Psychology** entrances



# Jagrat (Waking State)

It is the state of ordinary waking consciousness, where the mind engages with the external world through the five senses and motor organs. It is characterised by perception, reasoning, and goal-directed behaviour.

According to Indian psychology, this is the state in which we identify most strongly with our physical body and surroundings. It represents outward-directed awareness and forms the basis of our everyday experiences.



# Swapna (Dream State)

This is where consciousness turns inward and experiences are gen-  
impressions (samskaras), memories, emotions, and desires. Although  
the physical senses are inactive, the dream world is experienced as  
real while it lasts. This state illus-  
trates the mind's capacity to  
create an internal reality  
independent of the external  
environment.



# Sushupti (Deep Sleep)

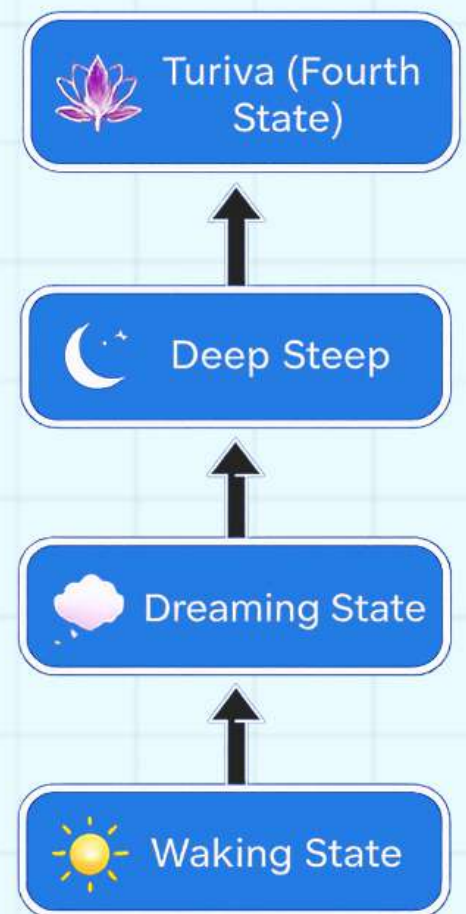
The state of deep, dreamless sleep in which there are no conscious thoughts, perceptions, or dreams. Despite the absence of mental activity, it is regarded as a state of rest, peace, and bliss. On awakening, one recalls having slept well, suggesting that consciousness is present in a subtle form even without active awareness. Indian psychology considers this state evidence that consciousness extends beyond ordinary mental processes.



# Turiya

## (The Fourth State)

The state of deep, dreamless sleep in which there are no conscious thoughts, perceptions, or dreams. Despite the absence of mental activity, it is regarded as a state of rest, peace, and bliss. On awakening, one recalls having slept well, suggesting that consciousness is present in a subtle form even without active awareness. Indian psychology considers this state evidence that consciousness extends beyond ordinary mental processes.



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