

# CONCEPT OF THREE LEVELS OF MINDFULNESS



Comprehensive psychological approach and creation of a holistic portrait of a person. It unites all the existing psychological schools and gives an image of a person without extremities and obsession with detail. It allows conducting precise diagnostics at any stage of personal development.



It's used for:

- ameliorating the quality of life in a balanced way
- building interactions between different types of personalities, genders, in society
- team-building and team-management



The basic terms of the concept: substantive, associative and metaphoric levels of the psyche; the dominant level of the psyche and the modus of mindfulness, substantive, associative and metaphoric types of mindfulness of the psyche levels, development through resonance.



The projects based on the concept: Personality perfection research institute (Geneva, Switzerland) and GetCrazy (Moscow, Russia).



Many people have found this concept beneficial in its practical application to personal development, creation of the corporate culture, team-building, improvement of the social interactions. Among such people are members of royal families and families of the first persons of the states; politicians, members of governments and advisers to heads of state; senior officials of the UN and other international organizations; owners and top executives of international corporations in many areas; scientists, writers, economic and political observers, show business stars, public figures.



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