

## Techniques for Altruistic Transformation of Individuals and Society

Source: Sorokin, Pitirim A. *The Ways and Power of Love: Types, Factors, and Techniques of Moral Transformation*. Templeton Foundation, 2002 (originally published, Beacon Press, 1954); pp. 289-290.

<https://books.google.com/?id=irDNCgAAQBAJ&pg=PA289>

1. The technique of change of the individual's organism and of its processes, including the utilization of biological drives for altruistic ends, training in postures, movements, and in regulated respiration.
2. The technique of conditioned reflexes and of coercive mechanical drilling, reinforced by punishment and reward.
3. The technique of pains and pleasures meted out to the person and his dearests.
4. The technique of altruization by public opinion pressure.
5. The technique of separation of the inimical parties.
6. The technique of utilization of a third party.
7. The technique of pacification through common enemy or common friend and cause.
8. The technique of setting a heroic moral example.
9. The technique of rational persuasion and scientific demonstration of advantages of friendship and disadvantages of enmity.
10. The technique of reinforcement of altruistic actions by emotional and unconscious forces, including the psychodramatic and sociodramatic techniques.
11. The technique of direct life experience.
12. The technique of altruization through the fine arts.
13. The technique of exposure to love of others.
14. The technique of individual creative activity.
15. The technique of collective creativity, group enhancement, and group therapy.
16. The technique of good deeds.
17. The techniques of integration and reintegration of one's egos, values, and norms of conduct.
18. The techniques of self-identification.
19. The technique of private and public prayer.
20. The technique of conscience examination.
21. The technique of private and public confession.
22. The technique of the private, public, and collective vow.
23. The techniques of psychoanalysis.
24. The technique of supraconscious meditation and creativity.
25. Auxiliary techniques of silence, repetition of short formulas, ecstasy, and " kwats."
26. The techniques of rearrangement of group affiliations.