


The Contribution of Transpersonal Psychology to The Emotional, Mental, and Spiritual Well-Being of Individuals

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Abstract

This research explores the impact of transpersonal psychology on the emotional, mental, and spiritual well-being of individuals. The study aims to understand how mindfulness, meditation, and holotropic therapy contribute to holistic well-being. Using a qualitative phenomenological approach, the research involved 20 participants, 12 males and eight females, aged between 25 and 60 years, from various holotropic therapy centers, meditation communities, and mindfulness groups across different ethnicities in Indonesia, including Javanese, Sundanese, and Balinese. Key informants included experts in transpersonal psychology; supporting informants were individuals directly engaged in these practices. Data were collected through in-depth interviews and participatory observation, then analyzed using thematic analysis with NVivo software. The findings indicate that transpersonal psychology significantly enhances participants' overall well-being by providing tools for deeper self-exploration, trauma healing, and spiritual development. Practices like mindfulness and meditation fostered present-moment awareness and emotional balance, while holotropic therapy facilitated access to higher states of consciousness and emotional processing. Integrating these practices into daily life helped individuals maintain a connection with their transpersonal awareness, even amidst daily challenges. This study underscores the importance of a holistic approach in psychology that includes the spiritual dimension, offering insights into how transpersonal psychology can support comprehensive personal growth and well-being.

INTRODUCTION

Transpersonal psychology is a branch of psychology that focuses on the spiritual and transcendental aspects of human experience, offering a broader perspective on human consciousness and potential (MacDonald & Friedman, 2020). Unlike traditional psychological approaches, which emphasize empirically measurable aspects of pathology and behavior, transpersonal psychology explores dimensions of consciousness that transcend the individual ego, including mystical experiences, spiritual development, and other transpersonal phenomena (Haryanto & Muslih, 2024). Since its emergence in the late 1960s, transpersonal psychology has integrated spiritual traditions from both Eastern and Western philosophies, applying its principles across various domains such as therapy, education, and self-development. This

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integration has significantly contributed to our understanding of holistic well-being and personal transformation.

The urgency of this research stems from the growing recognition that conventional psychological approaches often fail to address the full spectrum of human well-being, particularly the spiritual and transcendental dimensions, which are critical for holistic mental health. With the increasing prevalence of mental health issues, current methods are proving inadequate in offering comprehensive care, especially for individuals seeking deeper meaning and connection. Transpersonal psychology, with its integration of spiritual practices like mindfulness, meditation, and holotropic therapy, offers an innovative framework that can fill this gap by fostering deeper self-awareness, healing, and personal transformation. This research is essential to provide empirical evidence supporting the effectiveness of these practices, thereby contributing to the development of new, more comprehensive therapeutic models that not only address emotional and mental health but also the often-overlooked spiritual aspects of well-being.

To be known, Transpersonal psychology emerged in the late 1960s as a reaction to the limitations of traditional psychology, which focused more on empirically measurable aspects of pathology and human behavior. This movement was pioneered by psychologists such as Abraham Maslow, who is famous for his theory of human needs and the concept of self-actualization. Maslow began to explore peak experiences, which he considered transcendental moments that could lead individuals to a deeper understanding of themselves and the world around them (Banerji, 2024).

In its early development, transpersonal psychology was influenced by various spiritual and philosophical traditions from the East and West. Concepts from Buddhism, Hinduism, Taoism, and Christian mysticism were integrated into this new psychological framework. Carl Jung, with his theories of archetypes and the collective unconscious, also made significant contributions to the theoretical foundations of transpersonal psychology. Jung argued that humans have a deep spiritual dimension that can be accessed through dreams, visions, and mystical experiences (Capriles, 2024).

In 1969, the Journal of Transpersonal Psychology was founded by Anthony Sutich and Abraham Maslow, becoming the premier forum for the publication and discussion of transpersonal research. Through this journal, concepts such as transpersonal consciousness, mystical experiences, and spiritual development began to gain wider recognition within the psychological community. The articles published in this journal help clarify and expand the boundaries of this new discipline (Bowers, 2019).

During the 1970s and 1980s, transpersonal psychology increasingly established itself as a legitimate branch of science. Other pioneers, such as Stanislav Grof, developed a method of holotropic therapy that uses breathing techniques to achieve higher states of consciousness (Koçak et al., 2022). Grof argues that many psychological problems can be traced back to unresolved transpersonal experiences, such as birth trauma or near-death experiences. This approach provides new tools for psychological therapy and expands the understanding of emotional and spiritual healing (Friedman, 2020).

Although transpersonal psychology is gaining greater recognition, the discipline has also faced criticism from some academic circles due to concerns about its scientific validity. Critics argue that many of the concepts within transpersonal psychology, such as mystical experiences and spiritual development, are challenging to measure and verify empirically (Pranata, 2024). This skepticism stems from the difficulty in applying traditional quantitative methods to evaluate the complex and subjective nature of transpersonal phenomena (Hartelius, 2022a). However, proponents of transpersonal psychology maintain that traditional methodologies may not be adequate for capturing the full depth of these experiences.

To address this issue, the current study employs a qualitative phenomenological approach, which is more suited to exploring the nuanced and subjective aspects of transpersonal experiences. By focusing on the lived experiences of individuals who engage in practices like mindfulness, meditation, and holotropic therapy, the research aims to provide a deeper understanding of how these practices influence emotional, mental, and spiritual well-being. This approach allows for the exploration of the rich, multidimensional aspects of human consciousness that may be overlooked by more conventional research methods. Furthermore, by integrating findings from both qualitative and quantitative research, this study seeks to bridge the gap between the empirical rigor of traditional psychology and the holistic, experiential insights offered by transpersonal psychology.

Transpersonal psychology encompasses multiple dimensions that go beyond the conventional understanding of human thought and behavior. One of the main dimensions is transpersonal consciousness, which refers to experiences that transcend the individual ego and include a deep sense of connectedness to the universe. This experience is often achieved through the practice of meditation, contemplation, or profound spiritual experiences, where individuals feel as if they are part of something larger than themselves (Hartelius, 2022).

Another critical dimension is mystical experience, which is often characterized by feelings of ecstasy, inner silence, and a deep understanding of a reality different from everyday consciousness. These mystical experiences can occur spontaneously or through intensive spiritual practice. They usually bring about significant changes in an individual's perspective, increasing their sense of inner peace and deepening their understanding of life and existence (Gunawan et al., 2022).

In addition, transpersonal psychology also explores spiritual development, namely the individual's journey towards higher self-realization and a deeper understanding of the meaning and purpose of life. This process often involves profound transformation on emotional, mental, and spiritual levels. In this context, spiritual development is considered an integral part of human psychological growth, which includes not only psychological but also spiritual aspects (Soto-Rubio et al., 2020).

Transpersonal psychology has a variety of practical applications, especially in therapy and self-development. One of the best-known approaches is holotropic therapy, which Stanislov Grof developed. This therapy uses intensive breathing techniques to achieve an expanded state of consciousness, allowing individuals to access and process profound transpersonal and emotional experiences. Through these therapy sessions, clients can overcome past trauma, understand the spiritual meaning of their experiences, and achieve a more holistic level of healing (Mescher, 2023).

Recent studies have begun to reveal the potential benefits of integrating spiritual practices into psychological frameworks, highlighting the positive impacts on emotional, mental, and spiritual health. For instance, research on mindfulness and meditation has demonstrated significant improvements in emotional regulation, stress reduction, and overall quality of life (Gomes, 2020). However, there remains a gap in systematically understanding how these practices can be integrated into a comprehensive therapeutic model that addresses both psychological and spiritual needs. The novelty of this manuscript lies in its detailed exploration of how structured transpersonal practices, such as mindfulness, meditation, and holotropic therapy, can be harnessed to facilitate profound emotional and spiritual healing. This study seeks to bridge the existing gap by providing empirical evidence on the efficacy of these practices, thus offering a new dimension to therapeutic interventions that extend beyond conventional methods.

The primary problem addressed by this study is the inadequacy of conventional psychological approaches in addressing the full spectrum of human well-being, particularly the spiritual and transcendental dimensions. Traditional psychology tends to focus predominantly

on the empirical measurement of pathology and behavior, often neglecting the profound impact that spiritual experiences can have on an individual's overall well-being. This research posits that by incorporating transpersonal psychology into therapeutic practices, it is possible to achieve a more holistic approach to well-being, one that adequately addresses the spiritual needs of individuals alongside their emotional and mental health.

The rationale for this study is grounded in the understanding that emotional, mental, and spiritual well-being are deeply interconnected. Addressing all three dimensions is essential for achieving holistic health. Transpersonal psychology, with its emphasis on transcending the ego and exploring deeper states of consciousness, offers a unique approach to personal growth and healing. This study aims to investigate how practices like mindfulness, meditation, and holotropic therapy can facilitate this integration, providing tools for deeper self-exploration, trauma healing, and spiritual development. By focusing on these practices, the research seeks to contribute to the development of more effective therapeutic models that can cater to the growing demand for holistic approaches to well-being.

The phenomena referred to in this study include the transformative effects of peak experiences, transpersonal awareness, and spiritual practices on an individual's understanding of themselves and the world around them. These phenomena are crucial in promoting a deeper sense of connection, inner peace, and personal growth. The approach taken in this study involves a qualitative phenomenological investigation, focusing on the lived experiences of individuals engaged in transpersonal practices. This methodology allows for a rich exploration of how these practices can be used to overcome trauma, enhance well-being, and foster spiritual growth, ultimately providing insights that can inform the development of more holistic therapeutic interventions.

In the field of education, transpersonal psychology is used to develop a more holistic approach to learning. Transpersonal education emphasizes the importance of integration between intellectual, emotional, and spiritual aspects of the learning process. This approach aims to help students develop their full potential, not only in academic terms but also in personal and spiritual aspects (Ahmadi, 2023). Educational programs based on transpersonal principles often include activities such as meditation, self-reflection, and the development of social awareness.

Objectives of Research

This research aims to answer the central question: How can the application of transpersonal psychology affect an individual's emotional, mental, and spiritual well-being? In an effort to answer this question, the research will explore several sub-problems, including how peak experiences and transpersonal awareness impact understanding of oneself and the world around them, as well as how techniques such as holotropic therapy, meditation, and mindfulness can be used to overcome trauma and improve well-being. The research hypothesis is that the application of transpersonal psychology principles and techniques can significantly improve an individual's emotional, mental, and spiritual well-being compared to conventional psychological approaches that do not include transpersonal aspects.

METHODS

Design

This research uses a qualitative approach with a phenomenological design to understand the impact of transpersonal psychology on individuals' emotional, mental, and spiritual well-being (Sosa, 2023).

Participant and Procedure

The sample was selected purposively, involving individuals aged 25–60 with at least six months of experience in mindfulness practices, meditation, and holotropic therapy. Participants were invited through community centers, mindfulness communities, and referrals from practitioners, with invitations extended via email and social media. Semi-structured interviews were conducted to explore participants' experiences, lasting 60-90 minutes and accompanied by participant observation in transcribing and therapy sessions. Data were analyzed thematically using NVivo, focusing on transpersonal awareness and spiritual development themes. Informants consist of transpersonal psychology experts as critical informants and practice participants as supporting informants, providing an in-depth and holistic perspective on the research topic.

The research sample consisted of 20 participants (12 men and 8 women) aged between 25 and 60 years who had undergone intensive holotropic therapy, meditation, and mindfulness practice for at least six months. Participants were selected using purposive sampling techniques to ensure they had experience relevant to the research objectives. Specifically, 8 participants came from holotropic therapy centers, seven from meditation communities, and five from mindfulness groups in various cities in Indonesia, including Jakarta, Bandung, Surabaya, and Yogyakarta. Some participants had experience in more than one type of practice, but most were involved primarily in a kind of therapy.

Data collection technique

Data was collected through in-depth interviews and participant observation. Interviews were conducted sequentially to provide flexibility in exploring participants' experiences and views regarding psychological influences, particularly transpersonal impacts on their well-being (Dueck, 2020). Each interview lasted 60–90 minutes and was recorded for later transcription and analysis. These interviews explored how transpersonal practices such as meditation, mindfulness, and holotropic therapy influenced participants' emotional, mental, and spiritual well-being. Interview questions were formulated based on an overview of relevant transpersonal theory, focusing on transpersonal consciousness, mystical experiences, and spiritual development. The observation guide was also prepared concerning this theory to ensure that researchers understand the dynamics and context during meditation and holotropic therapy.

Participant observation was conducted over three months, during which researchers actively observed meditation and holotropic therapy sessions. During observations, researchers focus on interactions between participants, their emotional responses, and changes that may occur in the therapy process. These observations aim to complement the data from the interviews and provide a deeper context regarding how transpersonal practices are carried out in natural settings. By combining interviews and observations, this research can answer the research questions comprehensively, ensuring that the methods used are appropriate to achieve the research objectives, namely understanding the impact of transpersonal psychology on individuals' emotional, mental, and spiritual well-being.

Data analysis technique

The data collected was analyzed using the thematic analysis method with the help of NVivo software, which allows researchers to manage, explore, and discover insights from qualitative data systematically and efficiently. The first step is transcribing interviews and observation notes into text format (Silver, 2017). Transcription is done in detail to ensure that all critical information is recorded accurately; then, the transcript files are imported into NVivo for further analysis.

Once the data is imported into NVivo, the researcher reads and marks essential parts of

Table 1. Sample and Informant Information

Name	Gender	Occupation	City	Informant Type	Informant Rank
Dr. Rina Gunawan	Female	Expert in Transpersonal Psychology	Jakarta	Expert	Key Informant
Dr. Ahmad Haryanto	Male	Expert in Transpersonal Psychology	Jakarta	Expert	Key Informant
Andi	Male	Holotropic Therapy Participant	Jakarta	Therapy Participant	Supporting Informant
Budi	Male	Holotropic Therapy Participant	Bandung	Therapy Participant	Supporting Informant
Citra	Female	Holotropic Therapy Participant	Surabaya	Therapy Participant	Supporting Informant
Dian	Female	Meditation Community Participant	Yogyakarta	Meditation Participant	Supporting Informant
Edo	Male	Meditation Community Participant	Semarang	Meditation Participant	Supporting Informant
Fika	Female	Meditation Community Participant	Makassar	Meditation Participant	Supporting Informant
Gita	Female	Mindfulness Group Participant	Bali	Mindfulness Participant	Supporting Informant
Heri	Male	Mindfulness Group Participant	Medan	Mindfulness Participant	Supporting Informant
Indah	Female	Mindfulness Group Participant	Palembang	Mindfulness Participant	Supporting Informant
Joko	Male	Holotropic Therapy Participant	Jakarta	Therapy Participant	Supporting Informant
Karina	Female	Meditation Community Participant	Bandung	Meditation Participant	Supporting Informant
Lestari	Female	Mindfulness Group Participant	Surabaya	Mindfulness Participant	Supporting Informant
Miko	Male	Holotropic Therapy Participant	Yogyakarta	Therapy Participant	Supporting Informant
Nia	Female	Meditation Community Participant	Semarang	Meditation Participant	Supporting Informant
Oka	Male	Mindfulness Group Participant	Makassar	Mindfulness Participant	Supporting Informant
Putra	Male	Holotropic Therapy Participant	Bali	Therapy Participant	Supporting Informant
Rini	Female	Meditation Community Participant	Medan	Meditation Participant	Supporting Informant
Sari	Female	Mindfulness Group Participant	Palembang	Mindfulness Participant	Supporting Informant

the transcript, a process called coding. Relevant text segments are labeled (codes) that represent specific themes or concepts. NVivo facilitates this coding with features that allow researchers to tag and organize data easily. Once all the data was coded, the researcher used NVivo to group similar codes and identify the emerging main themes. NVivo helps organize emerging themes into more significant categories based on similarities and differences, such as the themes of "transpersonal consciousness," "mystical experiences," and "spiritual development." These themes were then grouped into broader categories, such as "transpersonal psychological influences." The category "transpersonal psychological influences" includes a variety of themes related to how transpersonal practices influence the psychological aspects of individuals, including awareness beyond the individual's ego, feelings of deep connectedness to the universe, transformation through mystical experiences, and spiritual journeys toward deeper self-understanding and the attainment of well-being holistic. By grouping these themes, this research can provide a more comprehensive picture of the impact of transpersonal psychology on an individual's psychological, emotional, and spiritual development.

The analysis process is carried out iteratively, where the researcher returns to the data to clarify and validate the findings. NVivo allows researchers to review and compare segment data, uncovering deeper patterns and connections between transpersonal experiences and holistic well-being. The visualization tools provided by NVivo, such as mind maps and graphs, help researchers analyze and present data more effectively.

To ensure the validity and credibility of the data, researchers used the triangulation feature in NVivo by comparing findings from interviews and observations. Member checking is also carried out by asking participants to review and provide input on their interview transcripts, which are also managed and analyzed using NVivo (Widianingsih et al., 2023). In addition, discussions with colleagues and experts in transpersonal psychology were conducted to obtain richer perspectives and interpretations. With the help of NVivo, data analysis can be carried out in a more structured and in-depth manner, allowing researchers to gain more comprehensive insight into how transpersonal psychology can improve an individual's emotional, mental, and spiritual well-being.

Data Validity

To ensure the validity and credibility of the data, researchers used triangulation techniques, namely by comparing findings from interviews and observations. Member checking is also carried out by asking participants to review and provide feedback on their interview transcripts. In addition, researchers held discussions with colleagues and experts in the field of transpersonal psychology to obtain richer perspectives and interpretations.

RESULTS AND DISCUSSION

Results

Samples and Informants

The sample for this study consisted of participants taken from various holotropic therapy centers, meditation communities, and mindfulness groups spread across various cities in Indonesia. These participants agreed to be interviewed and provided valuable insight into their experiences and views on their respective practices. Key informants include transpersonal psychology experts who provide academic and professional perspectives while supporting informants who consist of individuals directly involved in therapy, meditation, and mindfulness and who share their personal experiences. Detailed information regarding name, gender, occupation, city of origin, type of informant, and type of informant from this research sample is presented in the following table 1 (Correa Júnior & Santana, 2020).

Table 2. Coding

No	Parent Nodes	Child Nodes
1.	Depression	
2.	Holotropic	
		Benefit
		Therapeutic experience
		Changes After Therapy
3.	Awareness	
4.	Worry	
5.	Mediation	On a daily basis
		Motivation
		Therapeutic motivation
6.	Mindfulness	Mindfulness reasons
		Practicing Mindfulness
		After Mindfulness
7.	Mystical	
8.	Spiritual	

Coding

To make it easier to analyze, research into the spectrum that forms transpersonal psychology in each research is divided into eight parts, which are parent nodes, namely Depression, Holotropic, Awareness, Mediation Anxiety, Mindfulness, Mystical, and Spiritual, as well as several derivatives of the parent node, namely for Holotropic consisting of Benefits, Therapeutic Experience, Changes After Therapy, For the Mediation Node is every day, Motivation, Therapeutic Motivation and for the Mindfulness Node it has derivative Reasons for Mindfulness, Practicing Mindfulness, After Mindfulness. For more details, see Table 2.

Project Map

Interpersonal To Node Parents

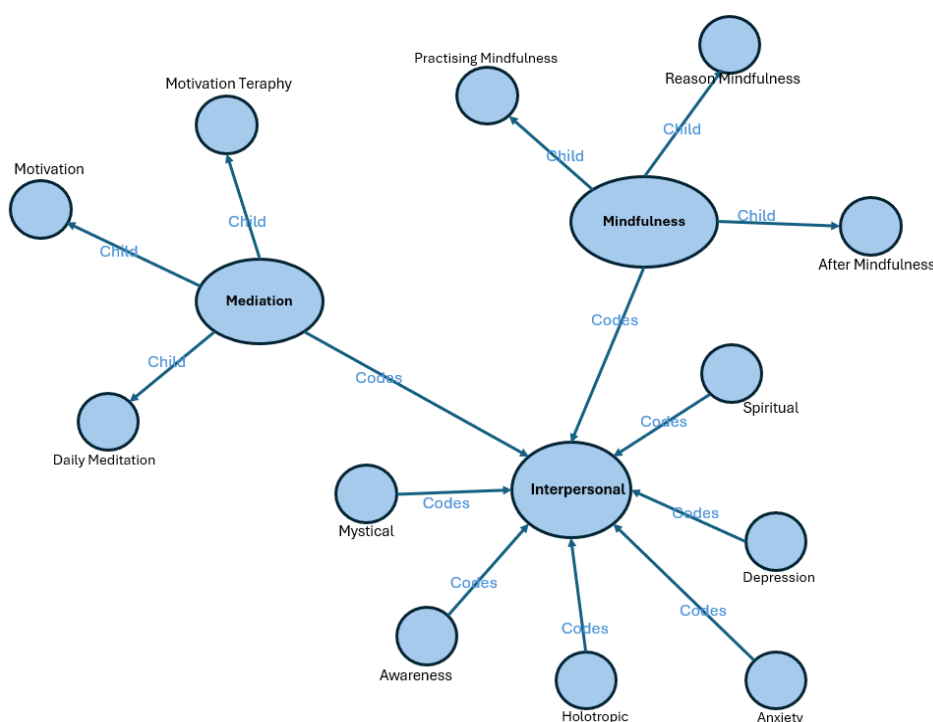


Figure 1. Main Project Map

The image above illustrates the complex and multifaceted relationship between various aspects of transpersonal psychology, especially in an interpersonal context. In the spectrum of transpersonal psychology, mediation, and interpersonal aspects have a very significant role in connecting various elements of human experience that transcend physical and mental boundaries. The diagram presented shows a complex and multifaceted relationship between essential elements such as motivation, mindfulness, and transpersonal awareness, with mediation and interpersonal aspects as the main links (Daffern, 2022).

Mediation serves as an essential tool in bridging therapeutic motivation with daily practices such as meditation. In this context, mediation helps individuals explore and understand their motivations in more depth, both for therapy and self-development purposes. Daily meditation practice, facilitated by meditation, helps individuals achieve a state of higher consciousness and inner balance, allowing for the integration of spiritual experiences into their daily lives.

Mindfulness, as one of the critical practices in transpersonal psychology, helps individuals develop full awareness of the present moment. This is especially important in interpersonal contexts, where mindfulness improves the quality of interpersonal relationships by allowing individuals to be more present and empathetic in their interactions. The relationship between mindfulness and interpersonal aspects is also seen in the reasons for and effects of practicing mindfulness, which are all connected through interpersonal codes (Soto-Rubio et al., 2020).

The spiritual and mystical aspects of transpersonal psychology enrich interpersonal relationships by bringing about profound changes in perspective and increasing the sense of inner peace. Mystical experiences are often characterized by feelings of ecstasy and inner stillness, which can deepen an individual's understanding of life and existence, as well as improve the quality of their relationships with others (Poškaitė, 2020).

In addition, higher awareness and holotropic experiences play an essential role in improving the quality of interpersonal relationships. Holotropic therapy, which uses intensive breathing techniques, helps individuals access higher states of consciousness and process profound emotional experiences. This emphasizes the importance of increasing awareness in social interactions to improve the quality of relationships through more effective and empathetic communication.

However, transpersonal psychology also pays attention to negative emotional states such as depression and anxiety. Poor-quality interpersonal relationships can increase the risk of depression and anxiety, while healthy relationships can reduce these symptoms. Thus, mediation and other transpersonal approaches are used to help individuals overcome these conditions through deeper understanding and a holistic approach (Redekop, 2023).

Overall, the mediation and interpersonal aspects of transpersonal psychology offer a comprehensive and holistic approach to understanding and integrating various aspects of human experience. This approach can be applied in a variety of contexts, including therapy, education, and self-development, to achieve greater emotional, mental, and spiritual well-being. The diagram presented highlights the complexity and breadth of the spectrum of transpersonal psychology, as well as the importance of mediation and interpersonal relationships in achieving holistic well-being and personal transformation.

Mediation Nodes and Their Derivatives

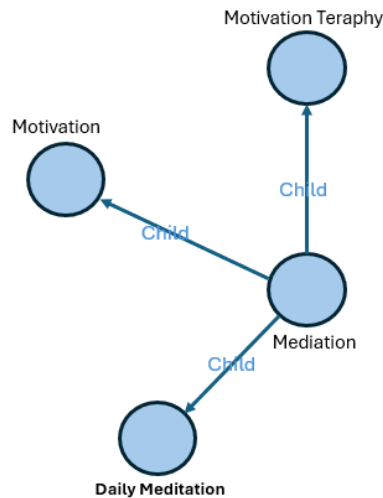


Figure 2. Mediation Nodes

Mediation in transpersonal psychology plays a central role as a link between various aspects of human experience, especially in the context of therapy, motivation, and daily practice. The mediation nodes shown in the diagram include three leading derivatives: motivation, therapeutic motivation, and everyday meditation. This analysis will explore the role of each derivative in the context of mediation.

Motivation

In transpersonal psychology, motivation often involves searching for more profound meaning and the desire to achieve one's full potential. Mediation helps individuals better recognize and understand their motivations, especially those related to spiritual and transpersonal dimensions. Through mediation, individuals can explore their life goals, overcome internal obstacles, and develop a sense of connectedness to something greater than themselves (Vidal-Gomel, 2022). This is important for leading individuals towards achieving holistic well-being and personal transformation.

For example, one participant shared,

"...Before engaging in this practice, I felt lost and disconnected from my life purpose. However, through regular meditation, I began to understand my deeper motivations, which helped me align my daily actions with my spiritual goals..."

This verbatim evidence shows how mediation has facilitated a deeper understanding and connection to life purpose, fostering personal transformation.

Therapeutic Motivation

In transpersonal psychology, therapeutic motivation includes physical, emotional, mental, and spiritual aspects. Mediation helps facilitate this process by providing a space for individuals to access and process profound transpersonal experiences. This includes healing trauma, developing higher consciousness, and integrating spiritual experiences into daily life (Butler, 2023).

One participant in the study explained,

"...Meditation sessions have become a sanctuary for me, allowing me to process unresolved trauma. I feel more motivated to continue therapy because I see how it aligns with my spiritual growth..."

It illustrates the role of mediation in strengthening therapeutic motivation by linking it to spiritual development and personal healing.

Meditation in the Everyday

Meditation is one of the main methods in transpersonal psychology for achieving higher consciousness and serenity. Mediation between meditation practice and other aspects of daily life helps individuals integrate their spiritual experiences into daily routines. This allows individuals to stay connected to their transpersonal consciousness, even when facing challenges and stress in daily life.

One participant mentioned,

"...Integrating meditation into my daily routine has been transformative. It helps me maintain a sense of peace and connectedness throughout the day, no matter what challenges arise..."

This evidence highlights how daily meditation practice, facilitated by mediation, maintains connectedness to transpersonal consciousness and promotes emotional stability.

Mindfulness Nodes and Their Derivatives

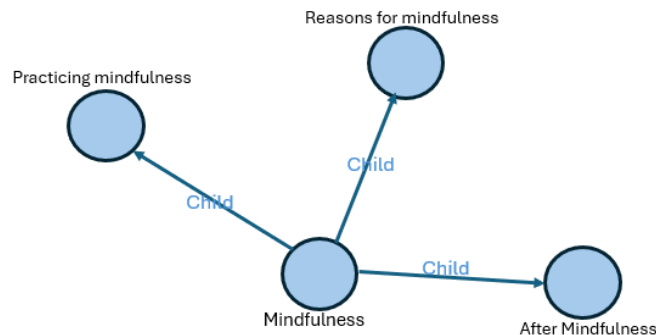


Figure 3. Mindfulness Nodes

Mindfulness in transpersonal psychology is one of the core practices that help individuals achieve complete awareness of the present moment, improve mental well-being, and deepen spiritual experience. The diagram presented shows several important derivatives of mindfulness, namely the reasons for practicing mindfulness, the practice of mindfulness itself, and changes after practicing mindfulness. This analysis will outline the role of each derivative in the context of mindfulness (Santos et al., 2021).

Reasons to Practice Mindfulness

The reasons behind mindfulness practices vary widely and reflect the needs and goals of different individuals. Many people are drawn to mindfulness because of its widely recognized benefits in reducing stress, anxiety, and depression. In transpersonal psychology, reasons for

practicing mindfulness often also include seeking inner peace, increased spiritual awareness, and the development of a sense of connectedness to oneself and the environment. Understanding these reasons helps individuals to be more motivated to practice mindfulness consistently, as they can see a direct link between this practice and their well-being (Jackson, 2022).

One study participant stated,

"...I started practicing mindfulness to deal with work stress, but over time, I discovered a deeper inner peace and a stronger sense of connectedness to the natural world around me..."

This statement shows how a person's reasons for practicing mindfulness can expand and deepen their emotional and spiritual well-being.

Practicing Mindfulness

Mindfulness practice involves directing attention to the present moment consciously and without judgment. In this practice, individuals learn to observe their thoughts, feelings, and bodily sensations with complete acceptance. Mindfulness practices can be done through various techniques, such as breathing meditation, body meditation, or daily activities with full awareness. In transpersonal psychology, this practice aims to improve mental health and open the way to transpersonal experiences and higher consciousness (Hanley et al., 2023).

One participant described her experience,

"...With mindfulness, I learned to accept myself as I am. This helped me to not only be calmer, but also more aware of the small moments that bring true happiness..."

This verbatim shows how the practice of mindfulness can deepen spiritual experiences and improve the overall quality of life.

After Practicing Mindfulness

Changes that occur after practicing mindfulness often include improved emotional, mental, and spiritual well-being. Individuals who regularly practice mindfulness typically report reduced levels of stress, anxiety, and depression, as well as improvements in focus, emotional balance, and happiness. Additionally, mindfulness practices can also bring about changes in the way individuals interact with the world around them. They tend to be more empathetic and patient and have better relationships with others (Huicho-Lozano et al., 2022). In the context of transpersonal psychology, changes after practicing mindfulness also include increased spiritual awareness and the ability to experience higher states of consciousness. This allows individuals to integrate transpersonal experiences into their daily lives, creating harmony between the spiritual and material dimensions of their existence.

Overall, mindfulness and its derivatives play an essential role in transpersonal psychology by helping individuals achieve holistic well-being. The reasons for practicing mindfulness provide strong motivation to start and maintain this practice. The practice of mindfulness itself provides tools for developing mindfulness and self-acceptance, while the changes that occur after practicing mindfulness demonstrate the real benefits of this practice (Mescher, 2023). Thus, mindfulness is a critical component in achieving higher mental, emotional, and spiritual well-being within the framework of transpersonal psychology.

"...Daily meditation helps me find deep inner peace and strengthens my sense of connectedness to nature..."

Both practices are tools for achieving inner balance and integrating transpersonal experiences.

Holotropic Therapy

Holotropic therapy, developed by Stanislav Grof, uses intensive breathing techniques to achieve expanded levels of consciousness. This therapy allows individuals to access and process profound emotional experiences, including past trauma and near-death experiences. One participant who underwent holotropic therapy explained,

"...I felt able to process my past trauma in a way I had never experienced before, and this provided a complete sense of healing..."

Through this process, individuals can achieve holistic healing, including physical, emotional, mental, and spiritual aspects. Holotropic therapy shows how transpersonal methods can be applied in a therapeutic context to address a variety of psychological problems.

Transcendental Consciousness and Mystical Experience

Transcendental consciousness and mystical experiences are essential components of transpersonal psychology. This experience involves a profound spiritual experience and a significant shift in perspective. One participant said,

"...I feel a very deep connection to something greater than myself during meditation, and this has changed how I view life..."

These mystical experiences are often characterized by a feeling of connectedness to something greater than oneself and a deep understanding of a reality different from everyday awareness. Intensive spiritual practices and meditation are often used to reach this level of awareness, which brings profound personal transformation and increased holistic well-being.

Self-Development and Transpersonal Education

Self-development in transpersonal psychology involves a journey toward higher self-realization and a deeper understanding of the meaning and purpose of life. Transpersonal education emphasizes the importance of integrating the learning process's intellectual, emotional, and spiritual aspects. A transpersonal education program participant shared,

"...This approach helped me not only in academic aspects, but also in my personal and spiritual development..."

This approach aims to help individuals develop their full potential in academic terms and in personal and spiritual aspects. Transpersonal-based educational programs often include activities such as meditation, self-reflection, and the development of social awareness (Carvalho, 2021).

Word Frequency

Based on word frequency data (table 3), it can be seen that the words "transpersonal" and "psychology" appear most frequently, with 54 and 52 occurrences respectively, indicating that the core of this discussion is centered on the concept of transpersonal psychology itself. This

confirms that research and practice in this field is strongly focused on understanding and exploring the transcendental and spiritual dimensions of human experience.

The words “participant” and “interviewer” appeared 20 and 16 times, respectively, indicating the importance of the role of participant and interviewer in transpersonal studies. This reflects a research approach that is often qualitative and focuses on in-depth interviews to explore the subjective and transcendental experiences of individuals. These studies tend to involve the active participation of individuals undergoing transpersonal therapy or practices, such as meditation and holotropic therapy (Gunawan et al., 2022).

The words “therapy” and “meditation” appeared 18 and 17 times and “holotropic” 11 times, highlighting the importance of therapeutic practices and meditation in transpersonal psychology. Holotropic therapy, for example, uses breathing techniques to achieve an expanded state of consciousness, allowing individuals to access and process profound emotional experiences. Meditation, on the other hand, is a daily practice that helps individuals achieve mindfulness and inner balance. Both methods play an essential role in helping individuals achieve holistic well-being.

The terms “spiritual” and “development” appear 13 and 12 times, respectively, indicating a focus on spiritual and personal development in transpersonal psychology. This development includes a journey towards higher self-realization and a deeper understanding of the meaning and purpose of life. Transpersonal education also emphasizes the importance of integration between intellectual, emotional, and spiritual aspects in the learning process, helping individuals develop their full potential.

Names such as "Gunawan" and "Haryanto," which appear 11 times, indicate the contributions of particular individuals to the research or practice of transpersonal psychology. It may refer to significant authors or researchers in the field whose works provide insight and guidance for further developments in transpersonal psychology (Sun & Guan, 2022).

One participant commented,

“...I feel that transpersonal practice has opened up new perspectives in my life, allowing me to better understand myself and the world around me...”

This confirms that research and practice in this field are intensely focused on understanding and exploring the metaphysical and spiritual dimensions of human experience.

Table 3. Word Frequency

Word	Length	Count	Weighted Percentage (%)
Transpersonal	13	54	005
Psychology	10	52	004
Participant	11	20	002
Old	3	18	002
Therapy	7	18	002
Years	5	18	002
Meditation	10	17	001
Interviewer	11	16	001
Spiritual	9	13	001
Development	11	12	001
Mindfulness	11	12	001
Gunawan	7	11	001
Haryanto	8	11	001
Holotropic	10	11	001
Life	4	10	001

Overall, this analysis shows that transpersonal psychology is a complex and holistic field with a strong focus on spiritual experiences, therapy, and self-development. Individuals' active participation and qualitative research approaches play important roles in exploring the depths of transpersonal experiences, while practices such as meditation and holotropic therapy become key tools in achieving holistic well-being. As such, transpersonal psychology continues to contribute to a broader understanding of human potential and personal transformation.

Discussion

In the context of transpersonal psychology, key elements such as mindfulness, meditation, and holotropic therapy play an important role in achieving holistic well-being. Discussion of these aspects shows how the transpersonal approach can significantly benefit various dimensions of human life.

As a core practice in transpersonal psychology, mindfulness helps individuals be fully present in the moment. This practice reduces stress and anxiety and improves the quality of interpersonal relationships by allowing individuals to be more empathetic and mindful in their interactions. For example, a study by [Kabat-Zinn \(2013\)](#) showed that mindfulness effectively reduced stress symptoms and improved emotional well-being. These findings align with this study's results, which show that consistent mindfulness practice can positively change mental and emotional well-being.

However, this study found that mindfulness's benefits also extended to increasing spiritual awareness, a dimension that was not always explained in depth in previous research. This suggests that transpersonal psychology offers a more holistic perspective compared to conventional approaches that often focus only on mental or emotional aspects.

Daily meditation, as a complement to mindfulness, supports individuals in achieving higher levels of awareness. Meditation allows for integrating spiritual experiences into daily routines so that individuals can maintain balance despite the stresses of daily life. Research conducted by [Lutz et al. \(2008\)](#) supports these findings by showing that meditation can improve an individual's ability to deal with stress and improve emotional well-being.

However, the results of this study suggest that daily meditation also helps individuals manage emotions and achieve inner peace, which in turn supports deeper spiritual transformation. This highlights a difference with more conventional research that may not emphasize the spiritual aspects of meditation practice.

Holotropic therapy, with its intensive breathing techniques, allows access to broader levels of consciousness. This process helps individuals process profound emotional experiences and resolve past trauma. Research by [Grof \(1994\)](#), who developed this therapy, demonstrated its effectiveness in accessing transpersonal experiences and healing unresolved trauma.

This study supports Grof's findings but also broadens understanding by showing how holotropic therapy can be used in a therapeutic context to accelerate the process of personal healing and transformation. This underscores the importance of transpersonal methods in psychotherapy, which may need to be fully recognized in conventional therapy.

This discussion also emphasizes the importance of spiritual and personal development in transpersonal psychology. This development includes intellectual and emotional aspects and spiritual aspects, helping individuals achieve a deeper understanding of the meaning and purpose of their lives. Transpersonal education, which integrates these elements, aims to develop the individual's full potential in all aspects of life. This finding is supported by research by [Wilber \(2000\)](#), which emphasizes the importance of integrating spiritual aspects into personal development.

However, this research also shows that the transpersonal approach is more comprehensive in incorporating spiritual dimensions that may be overlooked in conventional education, which often focuses on intellectual development and practical skills.

Contributions from experts such as Gunawan and Haryanto show that continued research is essential to enrich our understanding of transpersonal psychology. Their study provides valuable guidance for further practice and application, helping expand the transpersonal approach's positive impact. Several limitations need to be noted. For example, the sample used in this study may not fully represent the broader population, so the results may not be universally generalizable. Additionally, this research primarily used qualitative methods, which, while providing depth of understanding, may require a quantitative approach to validate these findings more broadly.

For future research, it is recommended that the relationship between transpersonal practices and quantitatively measurable mental health outcomes be explored more deeply. In addition, further research could focus on the practical application of transpersonal methods in various cultural contexts to see how cultural factors influence the effectiveness of this approach.

CONCLUSIONS

Transpersonal psychology emphasizes the importance of spiritual and metaphysical dimensions in understanding human experience, with a holistic approach that uses mindfulness, meditation, and holotropic therapy to improve an individual's mental, emotional, and spiritual well-being. Word frequency data indicates a primary focus on exploring transcendental aspects in psychology, with individuals' active participation in transpersonal therapies or practices providing valuable insight into their effects. These practices, including holotropic therapy, use breathing techniques to achieve higher consciousness and meditation that supports stability, personal transformation, and holistic well-being. Spiritual and personal development and transpersonal education that integrates intellectual, emotional, and spiritual aspects help individuals reach their full potential. This research successfully shows how a transpersonal approach can have a significant positive impact, with recommendations for future research that include further exploration of cultural adaptation and quantitative measurement of these practices to strengthen the validity of the findings.

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