

Emotional Vulnerability and Induced Transpersonal Experiences

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Abstract:

Transpersonal experiences have been considered incidental events within facets of daily life. This paper will address the potential of creating transpersonal experiences through induction and the challenge faced in attempting to do so by reviewing emotional vulnerability, as well as its impact in the transpersonal process. Organized for future studies, we will discuss the theories of Jung, Kant, Maslow, Csíkszentmihályi, Palmer, Groff, Davis and the correlation to transpersonal emotions. High emotional capacity has a greater likelihood for transpersonal experience and will be utilized as a lens for the application of transpersonal work. We will be using emotional valance to clarify the feelings surrounding transcendence for participants regarding emotional vulnerability. Additional subjects will include the steps for induction of transpersonal experiences and offer guidance for practitioners in the field, both for client induction as well as for individual practice. Evaluation methods and future study potential will also be discussed.