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Michael H. Murphy, "Education for Transcendence," pp. 21-32
p. 30: quoting A. Lowen, The Betrayal of the Body, NY Macmillan 1967
"As long as the ego dominates the individual, he cannot have the oceanic or transcendental experiences that make life meaningful. Since the ego recognizes only direct cause, it cannot admit the existence of forces beyond its comprehension. Thus, not until the ego bows down to a higher power (as in prayer, for instance) can the individual have a truly religious experience. Not until the ego surrenders to the body in sex can a person have an orgasmic experience. And only when the ego abdicates before the mystery of nature will a person have a mystical experience."

Abraham H. Maslow, "Various meanings of Transcendence" pp. 56-66
p. 66: A Condensed Statement: Transcendence refers to the very highest and most inclusive or holistic levels of human consciousness, behaving and relating, as ends rather than as means, to oneself, to significant others, to human beings in general, to other species, to nature, and to the cosmos. (Holism in the sense of hierarchical integration is assumed, as also is cognitive and value isomorphism.)

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Daniel Goleman, "Meditation as Meta-therapy: Hypotheses toward a proposed fifth state of consciousness, pp. 1-25.

Unstressing: In meditation the same process (cf gestalt, bioenergetic, psychomotor therapy) of liberating the nervous system from past stresses is undergone without effort, volition, or intention. As the meditator reaches a level of profound relaxation and pure awareness with no thoughts, a wide range of kinesthetic sensations, vague feelings, or any of an array of psychic events can be triggered at random. Autokinesthesia may be accompanied by thoughts or may occur alone; or one may notice only thoughts but no movement... If attention is turned to scanning the body when thoughts alone are experienced, underlying proprioceptive kinesthetic sensations invariably will be noticed. p. 11

p. 16: A fifth state of consciousness exists which is a fusion of the fourth state (alpha production) with the waking, sleeping and dreaming states but has properties distinct from the first four states.