

## **Altered States of Consciousness and Global Healing**

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**Abstract:** In an effort to further the field of transpersonal psychology, we have built a research program to explore transpersonal experiences through the use of the psychomantium, a sensory deprivation procedure that focuses on grief and transformation. In total, 103 participants were recruited for the study. 92 participants completed the pre and post measures and it was this data set that was used for the final comparative analysis. In hypothesis 1, grief was held as a dependent variable with absorption held as constant. Results show that absorption explains 5.9% of the variance in grief change scores and is significant at the .019 level. In hypothesis 2, an independent t-test showed no difference in the physical psychomantium chamber and the VR condition. In fact, results moved in opposite directions for grief and absorption and none are significant. There was no impact for grief while absorption rose significantly. This suggests that absorption is an important variable and is worthy of further investigation. The reports from both the chamber and the VR ranged from a very neutral experience to a very profound and moving experience. This use of an altered state is an innovative approach to managing global mental health. A follow up study will examine talent (absorption) and training (repeated exposure to the VR experience) is now underway.