

Pain, Awakening, and Transcendence: Explorations and Applications from the Transpersonal Psychology Perspective

Digests: Pain is both a crisis and an opportunity, concealing life's gifts. Can these sufferings provide opportunities for our growth and transformation? This thematic forum will delve into this issue from the perspective of transpersonal psychology. The forum includes three presentations.

The first presentation, "Hope for Healing Pain and Opportunities for Consciousness Transformation: A Transpersonal Psychological Perspective," looks into the origins of human suffering through the theories of Jung, Washburn, Steve Taylor, and others. By examining various types of awakenings and their triggering events, it aims to inspire individuals to undergo psychological transformation, leading to mental awakenings and finding healing and hope amid pain.

The second presentation, "Reforging Life: A Phenomenological Interview Study on the Role of Conscious Awakening in Emotion Regulation and Life Reconstruction Among Cancer Patients," emphasizes the significant role of conscious awakening in emotion regulation and improving the quality of life for cancer patients. It reveals the positive impact of conscious energy activation on emotional regulation and offers a vivid example of how to utilize the ideas and tools of transpersonal psychology to guide individuals in reshaping and elevating their lives.

Lastly, "Exploration of Trauma and Transpersonal Healing in Secular

Practices" conducts empirical research into visitors' psychological traumas and how therapists assist them in emerging from their suffering using various strategies. These strategies include but are not limited to Gestalt therapy, Traditional Chinese Medicine Emotion Theory, Acceptance Commitment Therapy, Neurolinguistic Programming, and the Wisdom of Compassion. This research takes a bodily sensation as its starting point and comprehensively explores the practical application of transpersonal healing from multiple angles.

Key words: Transpersonal psychology, qualitative research, psychological trauma, cancer patients, awakening consciousness, emotion, transformation

Target audience: Getting started

Subject area: Transpersonal psychotherapy and healing

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痛苦、觉醒与超越：超个人心理学视角的探索与应用

摘要: 痛苦是危机也是转机，隐藏着生命的礼物。这些痛苦是否可以为我們提供成长和转化的契机？本专题论坛将以超个人心理学的视角对该问题展开讨论。本专题共包含三个报告。第一个报告《痛苦疗愈的希望与意识转化的契机——超个人心理学视角》透过 Jung, Washburn, Steve Taylor 等的理论洞察人类痛苦的起源，借由调查各种觉醒类型及触发事件，以期激发个体经历心理转化，从而导致心理的觉醒，从痛苦中寻找治愈与希望。第二个报告《重铸生命：强烈心理动荡造成的意识觉醒促成癌症患者情绪调控与生命重建的现象学访谈研究》强调了意识觉醒在癌症患者情绪调控和生命质量改善中的重要作用。它不仅揭示了意识能量唤醒对情绪调控产生的积极影响，而且为我们提供了一个生动的实例，展示了如何借助超个人心理学的理念和工具，引导个体重新塑造和升华生命。最后，《创伤与超个人疗愈世俗实践探索》则通过实证方法研究了来访者的心理创伤以及治疗师如何通过各种策略（包括但不限于格式塔、中医情志学、接纳承诺疗法、神经语言程序学和慈悲的智慧）助力他们从痛苦中走出，实现自我疗愈和成长。该研究从躯体的感觉入手，全方位、多角度探索了超个人疗愈的实践应用。本专题论坛旨在开启一场思维的革新，希望通过探索痛苦、觉醒与超越的关系，进一步推动超个人心理学的发展与应用，帮助我们理解并接纳生活中的挑战，激发心灵的觉醒，从而实现自我和生命的超越。

关键词: 超个人心理学，质性研究，心理创伤，癌症患者，意识唤醒，

情绪，转化

目标受众：入门

主题范围：超个人心理治疗与疗愈

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