

The future of Transpersonal Psychology and Spiritual Direction

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Abstract

From 1973 to 2021 there has been a growing population of the “spiritual but not religious”. This group is now referred to as “religious nones” and comprises 30% of the United States population. These individuals lack the structure and support offered by traditional religious organizations. Spiritual struggle is strongly connected with high levels of distress. The “religious nones” foundational belief systems align with legacy transpersonal research. They seek the liberation and freedom espoused by Participatory Theory and value the Perennial Philosophy. “Religious nones” seek out altered states of consciousness such as psychedelic experiences and spiritual quests. They seek their truth from a transcendent metaphysical reality. Modern science and technology are providing new innovations for spiritual experience. These include neuromodulation, advances in neurofeedback, transpersonal experience through virtual reality and a growing interest in psychedelic exploration. Transpersonal psychologists’ education focuses on “religious nones” spiritual beliefs and values. Future spiritual direction will include clinics to experience deep levels of meditation through neuromodulation and neurofeedback. The clinics may include monitored psychedelic experiences and virtual reality immersion opportunities. Spiritual Direction is becoming increasingly important for this growing population of spiritual aspirants. Future Transpersonal programs may include spiritual direction options for students who seek to meet the needs of “religious nones”. These programs may include an exploration of the most modern forms of transpersonal experience in technology and science.

Keywords: spiritual but not religious, religious nones, spirit tech, neuromodulation, spiritual direction, psychedelic experience, virtual reality

References

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