

Transpersonal imagery and bereavement: The psychomanteum and virtual reality

ABSTRACT:

In an effort to further the field of transpersonal psychology, research was undertaken to explore transpersonal experiences through the use of the psychomantium, a sensory deprivation procedure that focuses on grief and transformation. Two aims were addressed: (1) the level of absorption in the psychomantium would impact grief; (2) there would be a difference in the outcomes of grief for a physical psychomantium chamber and a Virtual Reality psychomantium experience. A significant correlation between absorption and grief was found while the differences in the chamber/VR were not significant. While some participants reported a relaxing effect from the psychomantium experiences, others reported a range of sensory experiences, including visual, auditory, kinesthetic, and emotional. For those in the high absorption category, the impact of the experience revealed transpersonal insights that appeared to transform fear of death to a realization of grief and a release of emotions. Transformations were also reported by the experimenters.

Keywords

Bereavement, Psychomantium, Virtual reality, Absorption, Transpersonal

Published Work:

Schlitz, M., Lucci, D., Thompson, J., Tarrant, J., Guem, S., Patel, A., & Zvan, P. (in press). From grief to growth: Bereavement and absorption in the psychomanteum. *Journal of Management, Spirituality & Religion*.

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