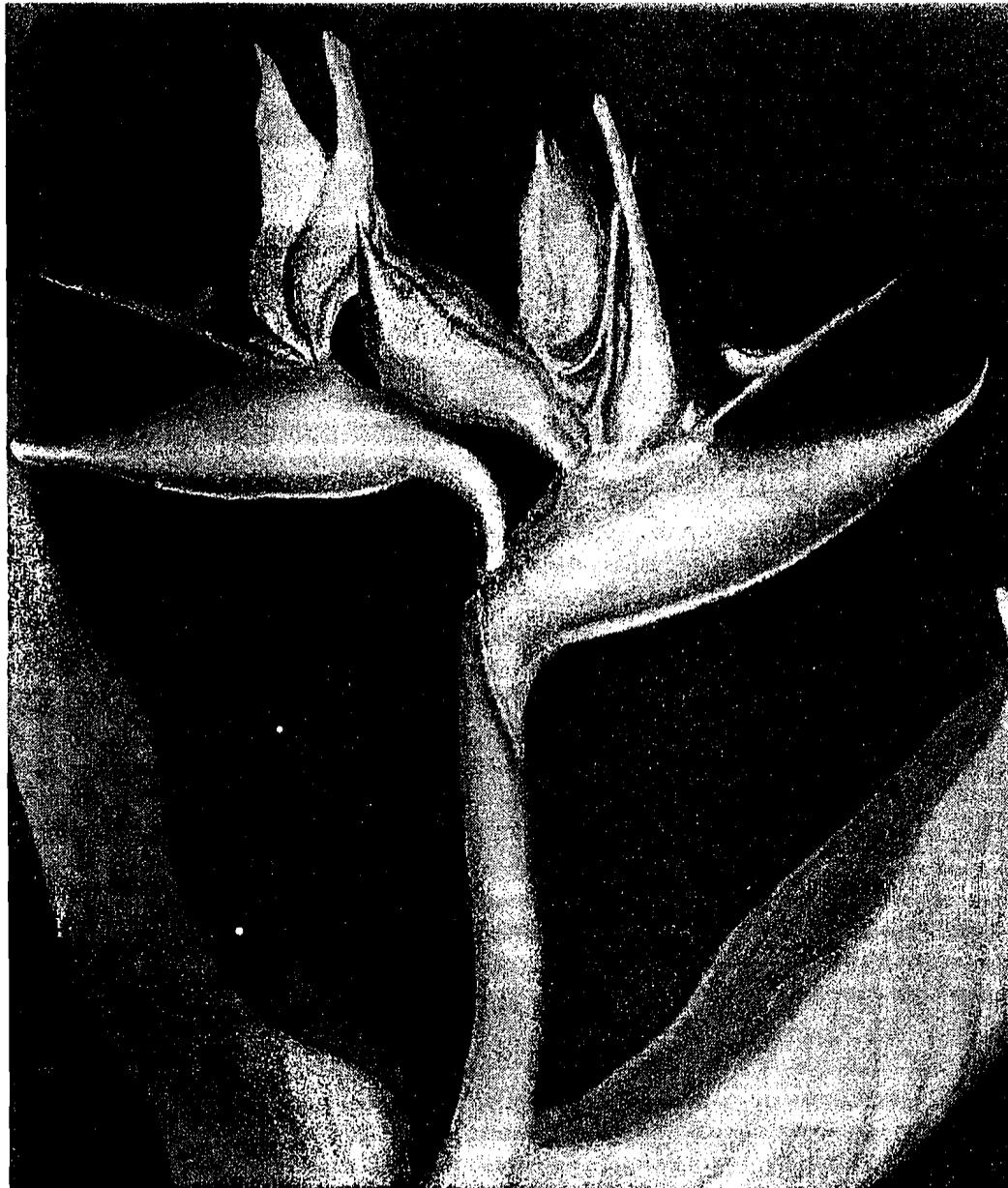


AHP Perspective

Association for Humanistic Psychology

May 1988



Growing Wise Hearts, Bodies and Minds
Transpersonal and Humanistic Psychology

VOTE — Ballot Inside

Growing Wise Hearts, Bodies and Minds ©

by Charles T. Tart

Back in the '60s, some of us discovered that, in addition to clever heads, we had hearts and bodies. It is lonely to live only in your intellect, and it's also stupid. Real intelligence is a matter not of just cognitive intellectual processes: there is an "intelligence" of the heart and of the body that must be discovered, accepted, developed. Humanistic psychology is the social manifestation of our attempts to grow wise hearts, bodies and minds. Becoming more balanced humans in this way is not easy, but we're learning more and more about both the science and the art of how to develop our selves and to apply this development in creating a more peaceful and fulfilling society.

We got very excited by these discoveries, rightfully so, but in our involvement some of us overlooked another aspect of human development, our fourth part, the spirit. Not "spirit" as just the sense of vitality or authenticity, but as something *real* behind the peak and mystical experiences, behind the religions and before they ossified into social control mechanisms. Transpersonal psychology was the social manifestation of our efforts to develop this fourth part.

Like developing the heart and body, it's not easy. Mixed in with the most profound transpersonal experiences and realities are fantasy, dreaming and psychopathology. Is the mystical experience of oneness, for example, a genuine transcendence of the limits of body and matter, or is it just an intoxicating dream of a creature actually locked into a separate body which will ultimately die, taking the mind, heart and personality with it? Parapsychology contributes to questions about ultimate possibilities; applied transpersonal practices contribute to making these ultimately fulfilling experiences available to us.

It is, unfortunately, easy for some to see transpersonal psychology as bypassing humanistic psychology or making it obsolete; but this view can lead to pathological versions of the spiritual life. For one thing, both psychologies are based on the same impulse: we will examine and live *all* of human reality, not just a small part of it that is socially fashionable. Perhaps even more important, transpersonal experiences can be intoxicating and lead to an intellectual or emotional "drunk," of ideas or feelings built up after transpersonal experiences that are not well grounded in reality or are mixed with personal pathology. It is exactly here that humanistic psychology provides the essential grounding and balance that the transpersonal needs. For example, suppose I feel one with the Ultimate Ground of the Universe! But can I hear and feel the feedback others are giving me that I'm now treating most people badly? Funny way to manifest Oneness.

The continuing development and interaction of the humanistic and the transpersonal is the most exciting event of our age!

Biographies of Forum Authors

Frances Vaughan is a psychologist in private practice in Mill Valley, California, President-Elect of AHP and on the clinical faculty of the University of California Medical School at Irvine. She is author of *Awakening Intuition* and *the Inward Arc*.

Roger Walsh is Professor of Psychiatry and Behavioral Science at the University of California Medical School at Irvine, author of *Staying Alive* and co-editor of *Beyond Health and Normality*; *Meditation: Classic and Contemporary Perspectives*; and *Beyond Ego: Transpersonal Dimensions in Psychology*.

Stanislav Grof was formerly Chief of Psychiatric Research at the Maryland Psychiatric Research Center and Assistant Professor of Psychiatry at Johns Hopkins University. He is author of many books, including *Beyond the Brain* and *Adventures of Self Discovery*.

Christina Grof is the founder of the *Spiritual Emergencies Network* and a pioneer, together with Stanislav Grof, of *holotropic therapy*. She is a co-author of *Beyond Death*.

Charles Tart is Professor of Psychology at the University of California at Davis and author of many books, including *Transpersonal Psychologies* and *Waking Up*. He is a candidate for President of AHP.



Bowl, 1936

Glen Lukens