

Are You a Self-Transcender?

Here are some key characteristics that differentiate self-transcenders from others—even those self-actualizers who have achieved a certain fulfillment of their personal potential.

Do these behaviors describe you?

- Are peak experiences very important** or even the most important thing your life?
- Do you naturally speak the language of Being**—spoken by poets, mystics, seers, or profoundly religious people?
- Do you perceive the sacred within the secular?** Or do you see the sacredness in all things at the same time that you also see them at the practical, everyday level?
- Are you consciously and deliberately meta-motivated?** That is, are the values of Being (for example: perfection, truth, beauty, goodness, unity, etc.) your main or most important motivations?
- Do you recognize others with the same meta-motivations?** And do you come to almost instant intimacy and mutual understanding with them—even upon first meeting?
- Are you highly responsive to beauty?** For example, do you have a tendency to beautify all things—or to have aesthetic responses more easily than other people do?
- Are you more holistic about the world** than even your self-actualizer friends so that such concepts as the “national interest” or “the religion of my fathers” or “different types of people or intelligence” either cease to exist for you or are easily transcended?
- Do you seek synergy**—interpersonally, intra-culturally, and internationally—so that **you tend to transcend competitiveness** or zero-sum/win-lose gamesmanship?
- Do you willingly engage practices such as "shadow work"** that support transcendence of the conditioned mind—automatic responses of the false self?
- Are you apt to be an innovator** or discoverer of something new?
- Do your transcendent experiences and illuminations bring clearer vision of intrinsic values**—of the ideal, of what ought to be, what actually could be, and therefore of what might be brought to pass?
- Do you want more from life** and are not content until you find that mysterious "something"?

Total check marks: _____

Conversely, do you ever find yourself experiencing these symptoms or states of mind?

Psychologist [Abraham Maslow](#) identified these states as "metapathologies"—spiritual/existential ailments that can afflict self-transcenders who experience life more transcendently than their peers or environment are likely to support.

Often one or more of these symptoms may arise as a signal that it's time to learn and grow, that a breakthrough is needed, that a new level of transcendence is just over the horizon.

- Apathy
- Boredom
- Cynicism
- Despair - discontent – disillusionment
- Frustrated idealism
- Hopelessness
- Loss of zest for life
- Nihilism
- Sense of powerlessness
- Wondering why you can't find your peers

Total check marks: _____

Disclaimer: The information and suggestions contained in this survey and on the CherylEckl.com website are solely the opinion of the website owner and author and should not be considered as a form of therapy, advice, direction, diagnosis and/or treatment of any kind. This information is not a substitute for medical, psychological or other professional advice, counseling or care. All matters pertaining to your individual health should be supervised by a physician or appropriate healthcare practitioner. Neither the site owner and author nor the publisher assumes any responsibility whatsoever on behalf of any site visitor or reader.