

Aldea Explores Series

If you deliberately plan to be less than you are capable of being, then I warn you that you'll be deeply unhappy for the rest of your life. You will be evading your own capacities, your own possibilities.

A. Maslow - Beyond the Farther Reach of Human Nature

It is, therefore, vital to emphasize that a democratic society is rooted in a set of feelings toward other people—feelings like compassion and respect.

A. Maslow Building a New Politics Based on Human Psychology

The great lesson from the true mystics—from the Zen monks, and now also from the Humanistic and Transpersonal psychologists—is that the sacred is in the ordinary, that it is to be found in one's daily life, in one's neighbors, friends, and family, in one's back yard.

A Maslow, Religions, Values, and Peak-Experiences

Ponder the Brilliance of Abraham Maslow

Go Beyond: What Does It Mean to Live a Transcendent Life?

Think of situations you've faced in the last 48 hours. Do any of them contain "less than actions?" A "less than action" happens when I allow fear to dictate how I will react. In one sense, "less than action" means that I take the easy way out. I settle for a reaction that may temporarily satisfy but it falls short of what "I could have been."

Being a transcender means going beyond the petty or small actions of *fearful ego*. Instead, we walk directly into the space where I act in line with higher values and those around me are better for it.

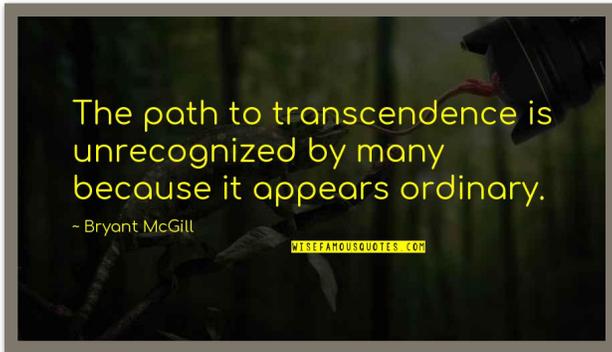
Be a Transcender: A Process

- **Observe the moment of temptation to be "less than"** (I see the petty way opening)
- **Insert a pause to reflect** (I contemplate and imagine what I want)
- **Draw upon a higher value** (I access a higher value)
- **Act in line with the higher value** (I align my action to the higher value)

Consider what it means to "go beyond" the small and the petty, in any moment. Can you see your own moments of temptation to give in to the easy road? Reflect on the "transcender process." What would you need to change to more consistently live that process?

Maslow's B-Values

Later in Abraham Maslow's life, he began work on a theory of transcendence he called theory Z. As part of that theory he developed a list of B-Values (Being Values).



These are values humans exhibit when they are living a deep but practical spirituality - they can be situational or for highly transcendent humans, the values become the consistent way they express action in the world.

Wholeness

unity; integration; tendency to oneness; interconnectedness; simplicity; organization; structure; dichotomy-transcendence; order

Perfection

necessity; just-right-ness; just-so-ness; inevitability; suitability; justice; completeness; "doughtiness"

Completion

ending; finality; justice; "it's finished"; fulfillment; finish and telos; destiny; fate

Justice

fairness; orderliness; lawfulness; "oughtness."

Aliveness

process; non-deadness; spontaneity; self-regulation; full-functioning

Richness

differentiation, complexity; intricacy

Simplicity

honesty; nakedness; essentiality; abstract, essential, skeletal structure

Beauty

rightness; form; aliveness; simplicity; richness; wholeness; perfection; completion; uniqueness; honesty

Goodness

rightness; desirability; "oughtness"; justice; benevolence; honesty

Uniqueness

idiosyncrasy; individuality; non-comparability; novelty

Effortlessness

ease; lack of strain, striving or difficulty; grace; perfect, beautiful functioning

Playfulness

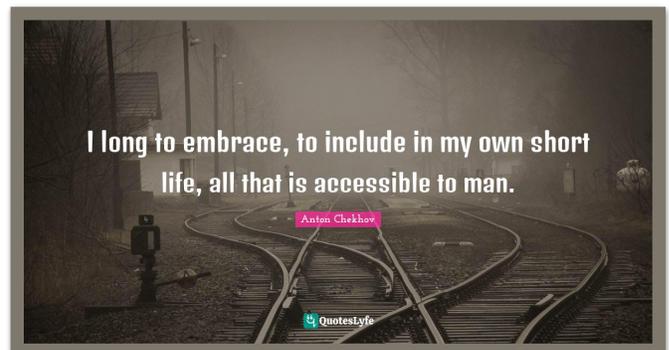
fun; joy; amusement; gaiety; humor; exuberance; effortlessness

Truth

honesty; reality; nakedness; simplicity; richness; "oughtness"; beauty; pure, clean and unadulterated; completeness; essentiality

Self-Sufficiency

autonomy; independence; not-needing-other-than-itself-in-order-to-be-itself; self-determining; environment-transcendence; separateness; living by its laws



Spend time contemplating the B-Values. Can you see moments where you express them? When you do exhibit them, what's happening in that moment - both in you and around you? How might certain B-values help you live a more transcendent life? Look over the list and consider how you could practice your way to transformation and transcendence.

Going Deeper: What Humans Could Be



Scott Barry Kauffman, Ph.D. has spent his lifework exploring the work of Abraham Maslow – and taking that work to a new level. The link below is a Scientific American article by Kauffman about Maslow, self transcendence, and a deeper way to live.

Click [**HERE**](#) to read Kauffman's article.