





















Als Sonderklasse dieser Gefühle identifizierte er jene, die sich im selbstvergessenen, konzentrierten, spielerischen Tun einstellen, deren erhebende, entgrenzende Aspekte, er in die Nähe von religiösen Offenbarungserlebnissen rückte und „peak-experiences“ (Gipfelerfahrung) nannte.

Als Charakteristika, die aber alle zusammen erlebt werden, nannte er:

- loss of judgment to time and space[7]
- the feeling of being one whole and harmonious self, free of dissociation or inner conflict[10]
- the feeling of using all capacities and capabilities at their highest potential, or being "fully functioning"[7]
- functioning effortlessly and easily without strain or struggle[7]
- feeling completely responsible for perceptions and behavior. Use of self-determination to becoming stronger, more single-minded, and fully volitional[7]
- being without inhibition, fear, doubt, and self-criticism[7]
- spontaneity, expressiveness, and naturally flowing behavior that is not constrained by conformity[7]
- a free mind that is flexible and open to creative thoughts and ideas[7]
- complete mindfulness of the present moment without influence of past or expected future experiences[7]
- a physical feeling of warmth, along with a sensation of pleasant vibrations emanating from the heart area outward into the limbs.
- the feeling of being one whole and harmonious self, free of dissociation or inner conflict[10]
- the feeling of using all capacities and capabilities at their highest potential, or being "fully functioning"[7]
- functioning effortlessly and easily without strain or struggle[7]
- feeling completely responsible for perceptions and behavior. Use of self-determination to becoming stronger, more single-minded, and fully volitional[7]
- being without inhibition, fear, doubt, and self-criticism[7]
- spontaneity, expressiveness, and naturally flowing behavior that is not constrained by conformity[7]
- a free mind that is flexible and open to creative thoughts and ideas[7]
- complete mindfulness of the present moment without influence of past or expected future experiences[7]
- a physical feeling of warmth, along with a sensation of pleasant vibrations emanating from heart area outward into the limbs.

Dieser exzeptionelle, oceanische, selbstvergessene, Welt-umarmende Zustand, der einen glücklich und stark macht, erzeugt, einmal erlebt, die Sehnsucht nach Wiederholung.

Maslow (1962):

"Think of the most wonderful experience of your life: the happiest moments, ecstatic moments, moments of rapture, perhaps from being in love, or from listening to music or suddenly 'being hit' by a book or painting, or from some creative moment."















