



CHROMATIC CORRELATES OF THERAPEUTIC CHANGE PROCESSES IN AMPLIFIED STATES OF CONSCIOUSNESS

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Abstract

The study investigates changes in the chromatic values of the human auric field following a psychotherapeutic intervention based on amplified states of consciousness. A total of 45 paired cases were assessed before and after the intervention by means of standardized measurements on a 0-100 colorimetric scale covering five major auric zones: head, heart, center, right (Yang), and left (Yin). Paired-samples inferential analyses and effect-size estimates showed statistically significant increases in all evaluated zones, with large to very large effects. The results support the existence of a coherent post-intervention reorganization of the chromatic spectrum, marked by transitions from tones associated with cognitive activation and tension toward tones associated with affective balance, receptivity, and intuitive functioning. Overall, the findings suggest that colorimetric analysis can function as a complementary tool for assessing the effectiveness of psychotherapeutic interventions that employ amplified states of consciousness.

Keywords: *colorimetric analysis, amplified states of consciousness, psychotherapy, AuraVision, psycho-emotional coherence.*

1. INTRODUCTION

Contemporary psychology, especially in its applied and experiential branches, is undergoing a process of epistemological expansion beyond strictly cognitive-behavioral models, increasingly moving toward the integration of deeper levels of consciousness and human experience (Wilber, 2000; Grof, 1988; Maslow, 1971). From this perspective, therapeutic change is no longer reduced to symptom correction, but is understood as a reorganization of affective, cognitive, somatic, and symbolic functioning.

Amplified states of consciousness (ASC), induced through methods such as the Reverse technique, holotropic breathwork, intensive meditation, or hypnotic trance, are described in the transpersonal literature as functional mechanisms of self-regulation and psychic transformation, not merely as unusual or deviant experiences (Cortright, 1997; Grof, 2000; Phelps, 2017). By temporarily suspending the strictly ego-logical filter, these states

facilitate access to deep emotional contents, archetypal dynamics, and integrative processes that go beyond exclusively cognitive insight.

Within postconventional psychology, the inclusion of ASC in research opens the possibility of correlating the experiential dimension with observable indicators of psychophysiological reorganization. In this framework, the AuraVision system is used as a complementary instrument for quantifying the bioelectrical and colorimetric transformations associated with the intervention, and the present study examines whether these modifications can be described coherently in statistical, psychological, and energetic terms (Hunt, 1995; McCraty et al., 2009; Manolea, 2022).

2. OBJECTIVE AND HYPOTHESES

2.1. OBJECTIVE

The general objective of the study was to evaluate changes in the chromatic and energetic values of the human aura following a psychotherapeutic intervention based on amplified states of consciousness, with the aim of determining the statistical, colorimetric, and psychological significance of the observed transformations.

Specific Objectives

1. Determining changes in mean chromatic values, on the 0-100 scale, across the five auric zones (Head, Heart, Center, Right, Left) before and after the psychotherapeutic intervention based on amplified states of consciousness.
2. Identifying tendencies of spectral reorganization through analysis of colorimetric distribution and the shift of dominant colors from yellow-orange toward green-blue-violet.
3. Evaluating statistically significant differences between pre- and post-intervention measurements using the paired-samples t test.
4. Determining effect size (Cohen's d) in order to evaluate the substantive magnitude of change beyond statistical significance.
5. Correlating chromatic changes with psychological and energetic interpretations to verify whether color shifts correspond to movement toward affective balance, inner coherence, and harmonious psycho-emotional functioning.
6. Constructing a global descriptive model of chromatic evolution of the aura under the influence of experiential interventions, integrable into transpersonal psychology research.

2.2. HYPOTHESES

H1. The application of a psychotherapeutic intervention based on amplified states of consciousness produces a significant increase in auric chromatic values across all analyzed zones.

H2a. The mean chromatic value in the Heart zone will increase significantly post-intervention, indicating affective-relational activation.

H2b. Values in the Left (Yin) zone will increase significantly, reflecting increased receptivity and energetic balance.

H2c. Values in the Head zone will show a moderate increase, but one below that of the affective-relational zones, suggesting reduced cognitive overcontrol.

H2d. Global values, calculated as the mean of the five zones, will show a significant increase with a large effect size (Cohen's $d > 0.80$).

H2e. Post-intervention colorimetric distribution will indicate a coherent shift from lower or intermediate colors toward colors associated with higher frequencies, reflecting a positive energetic transition.

3. METHOD

3.1. Participants

The study included 45 adult participants, 29 men and 16 women, with a mean age of 46 years. Participants were selected on the basis of their availability to take part in an intervention oriented toward amplified states of consciousness and to complete pre- and post-intervention colorimetric assessments. All records were paired, with each participant having one pre-intervention and one post-intervention measurement, with no missing data.

3.2. Procedure

Participants underwent a specific psychotherapeutic intervention aimed at accessing and processing deep emotional contents through the controlled induction of amplified states of consciousness (Grof, 2000; Phelps, 2017). Auric measurements were performed 24-48 hours before and after the main working session so that the comparison captured the pre-post change associated with the therapeutic process.

3.3. Apparatus and Theoretical Foundations

The system used, AuraVision, also known as Aura Video Station or Biofeedback Aura Imaging System, is a complex psychophysiological and colorimetric analysis device. It combines the capture of galvanic skin response (GSR), variations in electrical impedance, peripheral electromagnetic microvariations, and local skin temperature with computerized modeling of chromatic fields to generate a visual and numerical representation of the individual's energetic and emotional state (Hunt, 1995; Lowen, 1994).

The device sensor is a sensitive metal surface made of conductive alloy on which the participant places the palm. The processing interface transforms analog signals into a digital data stream interpreted through a chromatic mapping algorithm based on empirical and psychophysiological correlations, generating dynamic aura images, numerical diagrams, comparative tables, and zonal means.

At an interpretive level, GSR is correlated with activation of the sympathetic nervous system and emotional reactions, impedance variability with hydration and sweat gland activity, and electromagnetic microvariations with peripheral neuromuscular and bioenergetic dynamics. Accordingly, the device can be used as an observational medium for the way physiological and affective transformations are projected into a colorimetric register.

Table 1. Standardized colorimetric scale used in the interpretation of AuraVision values

Color	Value range	Energetic and psychological meaning
Black/Gray	0-9	Very low energy level, blockage, or very low tone
Red	20-29	Vital force, impulsivity, action
Orange	30-39	Emotion, creativity, expression
Yellow	40-49	Active mind, analysis, control
Green	50-59	Heart, balance, empathy
Blue	60-69	Communication, calm, basic spirituality
Indigo/Violet	70-89	Intuition, mental clarity, transcendence, inspiration
White	90-100	Coherence, high spirituality, global balance

Table 2. Analyzed auric zones and associated psychological indicators

Zone	Symbolic correspondence	Main indicator
Head	Cognitive / conscious	Mental activity, clarity
Heart	Affective / relational	Emotions, empathy, openness
Center (plexus)	Identity / vital energy	Inner balance
Right (Yang)	Expression / action	Externalization, strength, will
Left (Yin)	Receptivity / intuition	Openness, intuition, empathy

In applied terms, the system is suitable for research on amplified states of consciousness, monitoring the effects of psychotherapeutic interventions, analyzing psycho-emotional balance, and conducting biofeedback studies. Its methodological advantages include measurement repeatability, the convertibility of results into quantifiable indicators, and the possibility of providing immediate visual feedback to both participant and therapist.

Colorimetric analysis does not replace standard psychological assessment; it complements it. The correlations between colors and lived states are treated as semiotic and operational relationships, useful insofar as they are supported by statistical models and convergence with other clinical data.

3.4. Measurements and Statistical Analysis

For each participant, pre- and post-intervention chromatic values were extracted for five auric zones: center, head, heart, right (Yang), and left (Yin). Values were expressed on the 0-100 scale described above, and an overall subject-level mean was calculated to obtain a general indicator of energetic functioning. For each zone, a paired-samples t test was applied, reporting pre and post means, the mean difference, the t value, p level, the 95% confidence interval, and Cohen's d effect size. Analyses were performed on a synthetic data file converted into Excel tabular format and statistically processed.

4. RESULTS

Differential analysis across auric zones indicated significant increases in all evaluated areas. The largest mean differences appeared in the Heart zone ($\Delta = 13.22$; $d = 2.00$) and the Left (Yin) zone ($\Delta = 13.36$; $d = 1.81$), followed by Head ($\Delta = 11.27$; $d = 1.27$), Right ($\Delta = 10.58$; $d = 1.28$), and Center ($\Delta = 10.38$; $d = 1.43$). All comparisons were statistically

significant at $p < .001$, supporting the hypothesis of a consistent reorganization of the auric field after the intervention.

Table 3. Pre-post differential analysis by auric zone.

Zone	M_pre	M_post	Mean delta	t (44)	p	d	95% CI Δ
Center	60.62	71.00	10.38	9.60	<.001	1.43	[8,20; 12,56]
Head	64.53	75.80	11.27	8.54	<.001	1.27	[8,61; 13,92]
Heart	62.47	75.69	13.22	13.41	<.001	2.00	[11,23; 15,21]
Right	61.38	71.96	10.58	8.61	<.001	1.28	[8,10; 13,05]
Left	60.29	73.64	13.36	12.11	<.001	1.81	[11,13; 15,58]

The global score, calculated as the mean of the five auric zones, increased from $M_{pre} = 61.86$ to $M_{post} = 73.62$, with a mean difference of 11.76 points, $t(44) = 11.10$, $p < .001$, and $d = 1.66$. All participants showed increases in the Heart and Left zones, and more than 95% showed increases in the other zones as well, supporting hypothesis H2d concerning a robust global change.

4.1. Discussion of Results

The overall pattern of the data indicates that the intervention does not merely produce an undifferentiated intensification of values, but rather a coherent reorganization of the chromatic spectrum. The robustness of the increases in the Heart zone supports the hypothesis that deep emotional processing is associated with affective openness, relational coherence, and emotional integration, in line with the transpersonal literature on the effects of amplified states of consciousness (Grof, 2000; Phelps, 2017).

Consistent increases in the Left (Yin) zone suggest intensified receptivity, flexibility, and intuitive connectedness, while developments in the Head and Right zones indicate a cognitive-volitional harmonization that reduces overcontrol and supports a more balanced mode of action. From a colorimetric perspective, the shift from yellow-orange hues toward green, blue, indigo, or white-violet may be read as a sign of transition from tension and control toward inner coherence, acceptance, and expansion of consciousness (Brennan, 1987; Metzner, 2018).

The results support hypotheses H1, H2a, H2b, H2d, and, in a more nuanced form, H2c and H2e. Their interpretation must nonetheless be related to the methodological limits of the study: the sample is one of convenience, the clinical protocol is not described exhaustively, and colorimetric analysis remains a complementary measure rather than a substitute for standard psychological assessment. For this reason, the main relevance of these effects is heuristic and exploratory, even if their statistical magnitude is clear.

4.2. Illustrative Examples

The six cases selected below illustrate distinct types of chromatic reorganization: refinement of vital expression, movement toward affective balance, transpersonal expansion, or homogenization within a highly coherent register. In each example, the images from the two time points, the graphs, and the tables are integrated into the interpretive text to show how individual transformations translate statistically and psychologically.

Case 1. From Orange to Orange-Yellow

The first example captures a shift in hue rather than a radical change in register. At Time Point 1, the auric field is dominated by orange, with secondary areas of red and yellow, corresponding to a profile centered on expression, spontaneity, and affective activation. At Time Point 2, the same visual structure remains, but the orange is refined toward orange-yellow and the overall image becomes clearer and more ordered.

This shift can be interpreted as a maturation of creative expression: the raw energy of orange does not disappear, but is better supported by lucidity, mental clarity, and self-control. In other words, spontaneity is integrated into a more stable and better directed form.

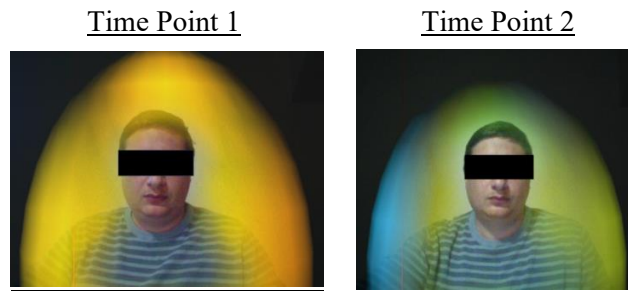


Figure 2. Case 1. From Orange to Orange-Yellow: separate crops for the graphs

The graphs confirm this reading. Values increase in all five zones, from 74 to 84 in the Head, from 80 to 86 in the Heart, from 78 to 82 in the Center, from 76 to 84 on the Right, and from 72 to 80 on the Left, bringing the overall mean from 76.0 to 83.2, with a difference of +7.2 points and a very large effect, $d = 3.09$. Spectral distribution shifts the emphasis from a strong orange of 55% and red of 15% toward orange at 40% and yellow at 35%, supporting the idea of a movement from impulsivity toward more reflective and better contained creativity.

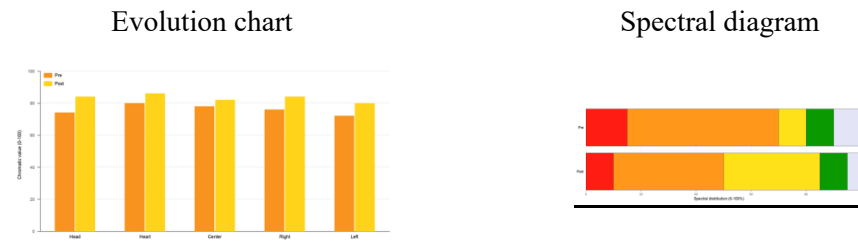


Table 4. The zonal table summarizes the main values of the case and supports the narrative reading of the transformation

Zone	Time Point 1	Time Point 2	$\Delta (2-1)$
Head (mental)	74	84	+10
Heart (emotional)	80	86	+6
Center (vitality)	78	82	+4
Right (Yang)	76	84	+8
Left (Yin)	72	80	+8

Table 5. The summary table brings together the global indicators and interpretive landmarks of the case

Indicator	Time Point 1	Time Point 2
Overall mean	76.0	83.2
Overall difference		+7.2

Effect size d		3.09
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Table 6. The spectral table explicitly presents the chromatic distribution relevant to this case

Spectrum / color	Time Point 1	Time Point 2
Red	15%	10%
Orange	55%	40%
Yellow	10%	35%
Green	10%	10%
White / Lavender	10%	5%

Case 2. From Orange-Yellow to Yellow-Green

The second example shows a clear shift from the analytical zone toward the relational zone. In the initial record, the dominant color is orange-yellow, with an overall value range of 30-49 and a tone explicitly described as mental-analytical. After the intervention, the dominant combination becomes yellow-green, the range rises to 45-55, and the general tone is redefined as balanced-empathic.

Visually, this shift produces a calmer and more centered aura, in which the cognitive component remains active but is accompanied by a more pronounced affective openness. The change may be read as an expansion of consciousness from analytical control toward psycho-emotional integration.

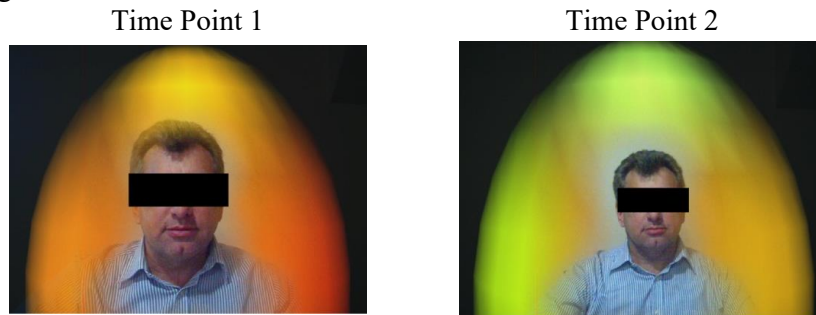


Figure 3. Case 2. From Orange-Yellow to Yellow-Green: separate crops for the two time points

The graphical data show increases from 42 to 50 in the Center, from 35 to 45 in the Head, from 45 to 55 in the Heart, from 40 to 46 on the Right, and from 33 to 50 on the Left. The overall mean rises from 39.0 to 55.8, and the mean chromatic value increases from approximately 39.6 to 49.5, together with an increase in energetic intensity from the 75-80 range to 80-85. Spectrally, the emphasis shifts from orange 45% and yellow 40% toward yellow 45% and green 45%, moving the field from analysis and processing toward balance and empathy.

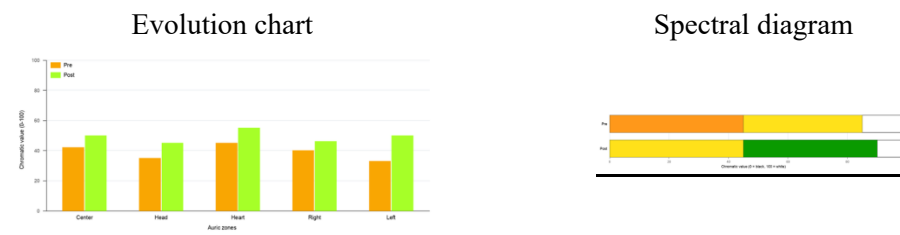


Figure 4. Case 2. From Orange-Yellow to Yellow-Green: separate crops for the graphs

Table 7. The zonal table summarizes the main values of the case and supports the narrative reading of the transformation

Zone	Time Point 1	Time Point 2	Δ (2-1)
Center (vitality)	42	50	+8
Head (mental)	35	45	+10
Heart (emotional)	45	55	+10
Right (Yang)	40	46	+6
Left (Yin)	33	50	+17

Table 8. The summary table brings together the global indicators and interpretive landmarks of the case

Indicator	Time Point 1	Time Point 2
Dominant color	Orange-Yellow	Yellow-Green
Overall value range	30-49	45-55
Mean chromatic value	≈ 39.6	≈ 49.5
Energetic intensity	75-80	80-85
General tone	Mental-analytical	Balanced-empathic
Reported overall mean	39.0	55.8
Overall difference		+16.8

Table 9. The spectral table explicitly presents the chromatic distribution relevant to this case.

Spectrum / color	Time Point 1	Time Point 2
Orange	45%	
Yellow	40%	45%
Green		45%

Case 3. From Yellow-Green to White-Violet

In the third case, the chromatic shift already enters the transpersonal register. The initial image is dominated by yellow-green, that is, by a profile of processing, adaptation, and self-regulation. After the intervention, the same aura opens toward white-violet, signifying higher clarity, acceptance, and reduced internal tension.

The difference between the two moments is one of the most recognizable in the whole set: Time Point 1 retains traces of a dynamic of effort and inner control, whereas Time Point 2 appears brighter, more uniform, and less fragmented. This shift marks the passage from effortful self-regulation to inner coherence.

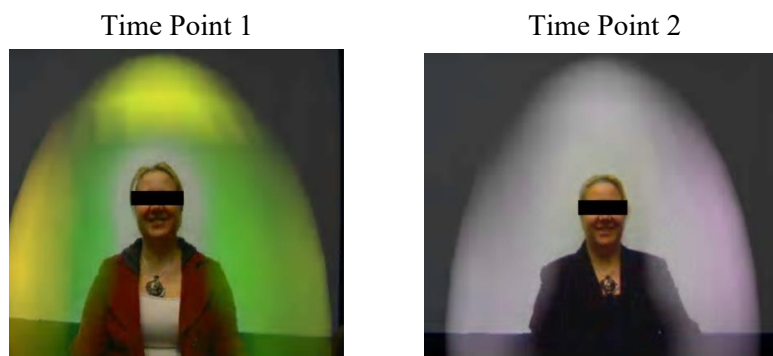


Figure 5. Case 3. From Yellow-Green to White-Violet: separate crops for the two time points.

Numerically, the Head increases from 52 to 78, the Heart from 56 to 72, the Center from 48 to 70, the Right from 54 to 74, and the Left from 50 to 76. The overall mean rises from 52.0 to 74.0, with a difference of +22 and an extremely large effect size, $d = 5.10$. Spectral distribution shows the complete disappearance of orange and yellow, a decrease in green from 40% to 10%, and an increase in white-lavender to 55% and violet to 30%, indicating a movement from processing and balancing toward clarity, calm, and transcendence.

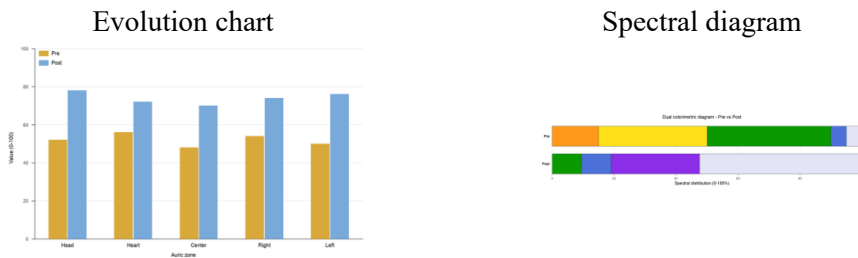


Figure 6. Case 3. From Yellow-Green to White-Violet: separate crops for the graphs

Table 9. The zonal table summarizes the main values of the case and supports the narrative reading of the transformation

Zone	Time Point 1	Time Point 2	$\Delta (2-1)$
Head (mental)	52	78	+26
Heart (emotional)	56	72	+16
Center (vitality)	48	70	+22
Right (Yang)	54	74	+20
Left (Yin)	50	76	+26

Table 10. The summary table brings together the global indicators and interpretive landmarks of the case

Indicator	Time Point 1	Time Point 2
Overall mean	52.0	74.0
Overall difference		+22
Effect size d		5.10

Table 11. The spectral table explicitly presents the chromatic distribution relevant to this case

Spectrum / color	Time Point 1	Time Point 2
Orange	15%	0%
Yellow	35%	0%
Green	40%	10%
Blue	5%	10%
White / Lavender	5%	55%
Violet	0%	30%

Case 4. From Yellow to Intense Green

The fourth example is important precisely because it does not follow the classical route toward white-violet. What is observed here is a shift from yellow to intense green, that is, from mental, creative, and individual energy toward relational, healing, and social energy. Visually, the field moves from dominant yellow to a much greener and calmer structure.

This evolution shows that the effect of the intervention should not be read only as a vertical ascent toward higher frequencies, but also as a horizontal reorganization toward contact, empathy, and communication.

Values increase in all zones: the Head from 72 to 80, the Heart from 70 to 82, the Center from 68 to 76, the Right from 69 to 78, and the Left from 67 to 79. The overall mean rises from 69.2 to 79.0, with +9.8 points, and the effect is extremely large, $d = 5.47$. Spectral analysis shows that the initial profile is dominated by yellow, supported by orange and green at 20%, whereas after the intervention green rises to 50%, with yellow at 20% and blue at 15%, shifting the center of gravity of the field into the affective-communicative zone.

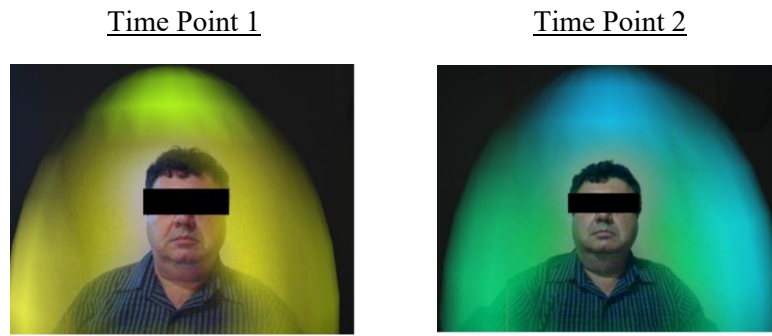


Figure 7. Case 4. From Yellow to Intense Green: separate crops for the two time points



Figure 8. Case 4. From Yellow to Intense Green: separate crops for the graphs

Table 12. The zonal table summarizes the main values of the case and supports the narrative reading of the transformation

Zone	Time Point 1	Time Point 2	Δ (2-1)
Head (mental)	72	80	+8
Heart (emotional)	70	82	+12
Center (vitality)	68	76	+8
Right (Yang)	69	78	+9
Left (Yin)	67	79	+12

Table 13. The summary table brings together the global indicators and interpretive landmarks of the case

Indicator	Time Point 1	Time Point 2
Overall mean	69.2	79.0
Overall difference		+9.8
Effect size d		5.47
Initial dominant profile	Dominant yellow; supporting orange; green 20%	
Final dominant profile		Green 50%; Yellow 20%; Blue 15%

Table 14. The spectral table explicitly presents the chromatic distribution relevant to this case

Spectrum / color	Time Point 1	Time Point 2
Yellow	dominant	20%
Orange	present as support	
Green	20%	50%
Blue		15%

Case 5. From Green-Yellow to White-Violet

The fifth case is probably the most spectacular in the entire set, because the change is both numerically massive and visually very clear. In the initial image, the field is green-yellow, with an active self-regulatory component and ongoing mental activity. After the intervention, the aura becomes more homogeneous within a white-violet register and internal contrast decreases radically.

This transformation signifies a passage from emotional load and cognitive overstimulation to clarity, inner reflection, and stable balance. It is not merely a matter of increase, but of a reorganization of the entire spectrum.

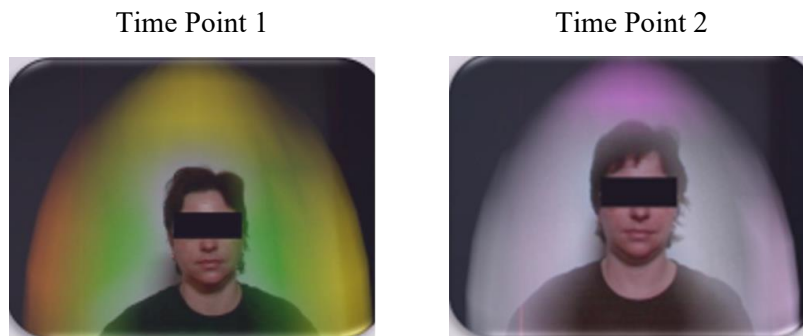


Figure 9. Case 5. From Green-Yellow to White-Violet: separate crops for the two time points

Zone data show an explosion of values: the Head rises from 48 to 92, the Heart from 55 to 88, the Center from 52 to 85, the Right from 50 to 90, and the Left from 56 to 94. The overall mean moves from 52.2 to 89.8, which means a difference of +37.6 points and a very large effect, $d = 4.15$. Before the intervention, green accounts for 45%, yellow for 20%, orange for 10%, violet for 10%, and white for only 5%; after the intervention, white accounts

for 55%, violet for 30%, and yellow and orange disappear, indicating a movement out of active, tension-laden regulation toward a more unified and stable field.

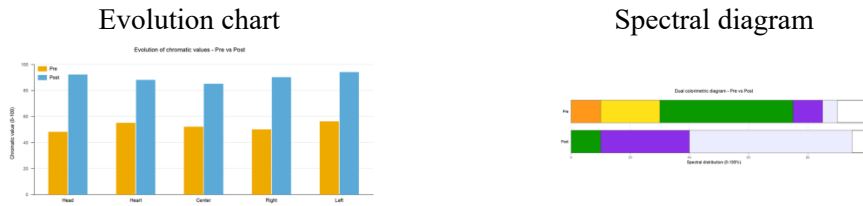


Figure 10. Case 5. From Green-Yellow to White-Violet: separate crops for the graphs.

Table 15. The zonal table summarizes the main values of the case and supports the narrative reading of the transformation

Zone	Time Point 1	Time Point 2	Δ (2-1)
Head (mental)	48	92	+44
Heart (emotional)	55	88	+33
Center (vitality)	52	85	+33
Right (Yang)	50	90	+40
Left (Yin)	56	94	+38

Table 16. The summary table brings together the global indicators and interpretive landmarks of the case

Indicator	Time Point 1	Time Point 2
Overall mean	52.2	89.8
Overall difference		+37.6
Effect size d		4.15

Table 17. The spectral table explicitly presents the chromatic distribution relevant to this case

Spectrum / color	Time Point 1	Time Point 2
Green	45%	10%
Yellow	20%	0%
Orange	10%	0%
Violet	10%	30%
White	5%	55%

Case 6. From Violet to White-Lavender

The last example already begins from a high register. Before the intervention, the dominant color is violet, at 60%, accompanied by indigo at 20% and blue at 10%, indicating a visionary, intuitive, mystical, and artistic profile. After the intervention, the dominance shifts toward white-lavender, with white at 50%, lavender at 40%, and indigo at 10%.

Visually, the difference is subtle but highly relevant: Time Point 1 shows a field still intensely polarized around violet, whereas Time Point 2 becomes brighter, more uniform, and more encompassing. This transformation may be regarded as one of the highest chromatic transitions on the Aura Video Station scale.

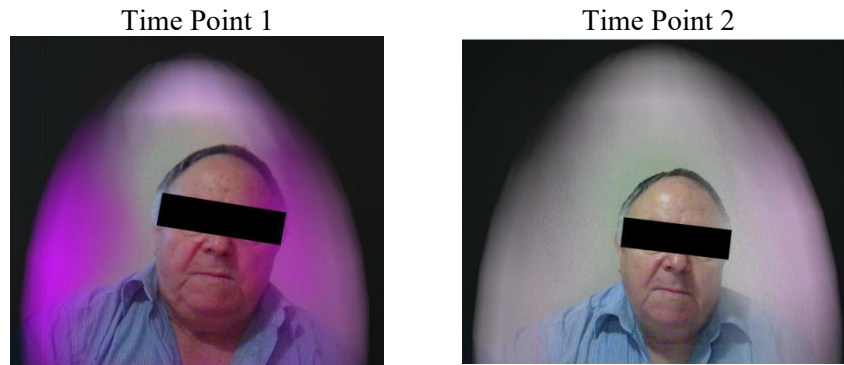


Figure 11. Case 6. From Violet to White-Lavender: separate crops for the two time points

Here too the numbers support the interpretation. The Head increases from 85 to 95, the Heart from 70 to 88, the Center from 68 to 80, the Right from 72 to 86, and the Left from 74 to 90. The overall mean rises from 73.8 to 87.8, with a difference of +14.0 and an extremely large effect, $d = 4.95$.

The main emphasis falls on the increase in the Heart zone and Yin receptivity, and the transition from violet to white-lavender is interpreted as a sign of higher coherence among mind, heart, and spirit.



Figure 12. Case 6. From Violet to White-Lavender: separate crops for the graphs

Table 18. The zonal table summarizes the main values of the case and supports the narrative reading of the transformation

Zone	Time Point 1	Time Point 2	$\Delta (2-1)$
Head (mental)	85	95	+10
Heart (emotional)	70	88	+18
Center (vitality)	68	80	+12
Right (Yang)	72	86	+14
Left (Yin)	74	90	+16

Table 19. The summary table brings together the global indicators and interpretive landmarks of the case

Indicator	Time Point 1	Time Point 2
Overall mean	73.8	87.8
Overall difference		+14.0
Effect size d		4.95

Pre spectral dominance	Violet 60%; Indigo 20%; Blue 10%	
Post spectral dominance		White 50%; Lavender 40%; Indigo 10%

Table 20. The spectral table explicitly presents the chromatic distribution relevant to this case

Spectrum / color	Time Point 1	Time Point 2
Blue	10%	0%
Indigo	20%	10%
Violet	60%	0%
White		50%
Lavender	10%	40%

5. CONCLUSIONS

Data analysis supports the idea that the psychotherapeutic intervention based on amplified states of consciousness is associated with a coherent increase in chromatic values across all investigated auric zones and with a spectral reorganization oriented toward affective balance, receptivity, and inner clarity. At the group level, effects are large to very large, whereas at the case level they take different forms, from cognitive refinement to white-violet or white-lavender transitions.

Within a psychology journal framework, the main contribution lies in integrating theoretical foundations, methodological description, inferential results, and case examples into a unified format.

At the same time, the article retains the necessary caution: colorimetric analysis should be understood as a complementary instrument with exploratory value, most useful when interpreted in relation to broader clinical, experiential, and psychophysiological processes.

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