



Peak Experience: The Phenomenon of Spirituality in Religions and Psychological Problems (Islam, Buddhism, Catholicism)

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Abstract. Every religion has guidelines for overcoming psychological problems, including by reaching the peak of spirituality (peak experience). Islam, Buddhism and Catholicism have different guidelines for achieving "peak experience", Islam with the path of Sufism, Buddhism with Hasta Ariya Magha or the eight noble paths, and Catholicism with the "Ekakristi" (human union with God). Every religion is actually rich in discourse about psychological intervention which lies in the achievement of spirituality. This discourse can be explored more deeply using empirical research to prove the significance of these religious traditions. The science of psychology has now opened itself to the discourse of spirituality, this is an opportunity for scientists to develop religion-based psychology. Especially for Islam, as a universal religion, of course its knowledge covers all policies that exist in this universe. A golden opportunity for Muslim scientists to develop their knowledge while strengthening their belief in their religion.

Keywords: Peak Experience, Islam, Buddha, Catholic.

1 Introduction

Psychological problems appear in every society, tribe, religion, state and nation. All experience problem psychological although type and character different. There is one problem common that appears anywhere, i.e. disappearance meaning alive, so man his life adrift like kite separated the rope. Mubarak call it as cage modern humans adapt term used by Rollo May, psychologist humanist, which describes one suffering modern humans are living human like in cage. According to Mubarak, p the caused helplessness man in adapt self with modern civilization.

Modern humans like Already lost meaning, being man empty, The Hollow Man. Man restless every time you have to take decision Because No have objective a life of certainty and loss direction. Symptom alienation This caused a number of things, including: a) changes social that takes place very quickly, b) relationships warm between man Already become arid relations, c) institutions traditional Already changed become institution rational, d) a homogeneous society already changed become heterogeneous, and e) stability social changed become mobility social (Mubarak, 2000).

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Change is something sure thing in human life in every zama Certain will is at in change. Many influencing factors changes, including social, demographic, legal, economic, political and technological etc., all of which need adjustment self from living human in public That. Adjustment self That sometimes bring impact positive for humans, however often bring impact negative for, that is adjustment self-humans tend to fulfil demands external so that modern humans like restrained by demands social them.

Adjustment to change often No accompanied with understand religious truths, so There is errors and distortions in look at the world in its entirety. Like a person walking without purpose, without human religion become is lost direction and experience crisis health soul, including: anxiety, loneliness, behavior deviant, psychosomatic, and form disturbance soul other.

Hamdani Baran Adz-Dzakiey highlighting reality critical where human stranded in a network of spiritual viruses possessed by evil devils and devils. He pays close attention its rare the presence of ulama, intellectuals, as well upstanding leader tall values prophetic, looked at him as signs potential destruction of the world and nature universe This. Adz-Dzakiey explain various reinforcing phenomenon view This (HB Adz-Dzakiey, 2008).

First, the emergence of the Dajjal, the figure who brings it lies in the middle people, create troubling doubts. Then came the slander that stirred things up confusion among people, poison sense health and courage for do Good. There are also phenomena deliver affairs to those who are not expert, a clear action mentioned by the Prophet Muhammad as one sign big will coming apocalypse.

Not only that, but also emergence story not common: servant gives birth master, no one shod, even shepherd racing goats build buildings magnificent. All This reflected as manifestation from mental, spiritual and moral destruction of the people humans on the surface earth This.

Rasulullah SAW predicted that at the end of time it will appear disasters like *Khasaf* (vanished swallowed earth), *qadzaf* (accusations and slander), as well as *Masakh* (change form). All This happen along with spread music, behavior woman entertainment, and consumption wine. Phenomenon This No only simply events, but also as reflection from circumstances social decline, destruction morality, and marking fragility people humans in the last days This.

Psychological problems increasingly human complex in the center an increasing phenomenon in the world old This need guide that makes man have more life meaningful with the indicator is life in calm, tranquility, having a sense of security and freedom from fear and sadness.

Shocks - shocks life This for some people give rise to longing for totality life religion and search spirituality. That matter Can see from need humans, both in the eastern world as well as in the western world, in the approaches that tend to be transcendental, like in knowledge psychology moment this is the medium one popular is psychology positive and transpersonal psychology. Therefore, it's in the paper This writer try explain phenomenon spirituality of religions - deep religions facing psychological problems and developing concepts for enrich soul especially from view transpersonal psychology.

2 Literature Review

2.1 Transpersonal Psychology

Abraham Maslow shared Genre psychology and describing history his presence in four Genre big. First is psychoanalysis, second behavioral, third humanistic, and fourth transpersonal psychology. So far This development knowledge psychology refers to the principles of " scientifically fully minded", but in the middle century 20th, development knowledge psychology colored with thinking philosophical iye existentialism and phenomenology, even start get influence from resurrection spiritualism style new, here it is beginning presence Genre fourth transpersonal psychology (Wilber, 2000).

In the beginning 1960s and 1970s trends tradition culture exotic east start get attention of the western world. Westerners who have frustration look for source's spirituality with dig tradition east, start from Vedanta, Yoga, Buddhism, and Taoism. Resurrection spiritualism new or often called The New Age in the West inspired people to dig tradition tribal other like tribalism (Indian tradition), so they do movement counter culturally and a flower generation was born that tended to be against opinion psychology about psychosis. Transpersonal psychology emerged respond trend spirituality new This with shift interest study psychology to spirituality (Wilber, 2000).

Idea base transpersonal psychology is with see man from corner look religious ie as beings who have spiritual potential. Difference with other flows is, if psychoanalysis see man as figure negative stuffed with experience traumatic childhood, behaviorism see man like animal, humanistic stand on view healthy human mentally, then transpersonal psychology views all spiritual aspect, which is divinity.

2.2 Critics to Transpersonal Psychology

On review about transpersonal psychology (Ryandi, 2016), based on assumptions about essence spiritual experience, bearer's transpersonal psychology claims that approach they are an integration model between science and religion, which can accept by all religions. Criticism done with analysis critical from perspective Sufism. From the results search the found that assumptions Transpersonal Psychology about essence spiritual experiences turn out to be very problematic, either in a way epistemological nor in a way theological. By epistemological, assumptions they nature a priori, in the sense of not generated from intense and pure research to spiritual experience, but rather stand on recognizing understanding exists unity transcendence of religions. By theological, assumptions them in the end tend deny internal religious doctrines and teachings spiritual experience. As a result, practices spirituality tends more nature contemplative than operate religious guidance.

Result of practices - practices contemplative the is resulting spiritual knowledge more nature subjective, based on self - ego, which leads to spiritual narcissism. This matter naturally compare backwards with assumption Sufi emphasizes that religion is foundation main in spiritual experience, so experienced subjectivity Then affirmed to

Sharia. By psychological, an experienced Sufi spirituality his soul always is at in awareness existential on a level far, namely a sense of dependence and indebtedness to Allah. Condition This give rise to totality servitude to Allah, no narcissism.

2.3 Comparison Spiritual Health Concept in Islam with Transpersonal Psychology

Transpersonal psychology has attention to studies potential highest people human and with recognition, understanding and realization circumstances a unifying, spiritual and transcendent consciousness.

Transformation awareness is review principal from transpersonal psychology, that is studies about deep experiences, feelings connectedness with center awareness universe, and unification with nature. There's a deal general from the characters branch psychology This is for No identify sect This with religious formally. No ideology, not even metaphysics, and not even New Age (like aura practices, crystals, aromatherapy, UFO studies, etc.) although There is A little slice with him.

The definition put forward No always covers individual claiming as follower transpersonal school, so appear four branches in sect This according to Wilber (2000).

First, group mystical-magical see transpersonal consciousness goes hand in hand with views of shamans and shamans of the past. Understanding This Lots embraced by New Age activists who were steeped in it spiritual and metaphysical dimensions.

Then, there is group level awareness likely alternative rejects the idea of progression and stages awareness. They more interested in studies psycho-physiological about transpersonal states, incl subgroup championing eco -primitivism use psychotropic in reach transpersonal consciousness.

Temporary group postmodern trans personalist view transpersonal consciousness is not as circumstances normal, but as something outside normal. They accept stories from shamans, shamanism, and mystics with Spirit relativism pluralistic.

Lastly, the integral group receives almost all phenomenon consciousness is investigated by the third group previously. The difference is, groups This combine concepts from premodern and postmodern for understand whole spectrum phenomenon awareness. This show diversity approach and views in transpersonal school. (Wilber, 2000)

Base transpersonal psychotherapy is How looking client as creatures that have potency spiritual awareness, and is the part that doesn't inseparable from whole semester. In level practically, the process of mental disorders, more caused internal factors in himself who doesn't Can put self in part whole them. In a number of methods, type therapy given There is a number of similarities with psychotherapy humanistic.

Islamic view places individual as *khalifatullah fil ardh*, holding not quite enough replied the great as heir God on earth. For reach optimal life, there is standard specifically a must filled, with health spiritual become indicator mainly.

First, reaction trembling heart moment mention His name, Allah, signifies deep spiritual power. Then, read His verses are encouraging faith, belief, as well devotion to Him, strengthens close relationship with His truth.

Next, implementation from faith and piety reflected in attitudes and actions always miss and follow His truth. Worship practices such as perform prayers, pay zakat, give alms and donate become an integral part of life This.

No only it's alive full with joy and loss of fear, except in Him, is another characteristic of health spiritual. This matter Because draw near to Him and follow traces of His saints and apostles. All This form criteria important for holding individual role glorious as *khalifatullah fil ardh* in Islamic teachings.

Following This is God's Word says indicator health soul, among other things: Meaning: " Indeed, those who believe That is those who when has called Allah, heart they vibrate, and if has read to they His verses, increase faith they; and to Lord them, them always put your trust in it. Namely people - people who always perform prayers and spend part from What - what We have provided to they. Those are the people who believe with actually. They will obtain degrees - degrees on the side God and forgiveness as well as noble sustenance. " (QS Al – Anfal/ 8: 2 – 4)

Meaning: " Those are people who if called Allah, heart they shiver; patient people to what - what has been override they; people who offer prayers and people who always pray spend part from whatever we have provided to they." (QS Al – Hajj / 22: 35)

Meaning: " Know, truly guardians Allah That No there is a feeling of worry / fear to them, and neither be sad heart. Namely people who have believers and them always God-fearing. They own news happy inside life in this world and in the Hereafter. No There is change for God 's words. Thereby That is big win. " (QS Yunus / 10: 62 – 64)

Furthermore, trustworthy humans in that world No must covered man without mix hand God, actually man must grow hope in God beside effort dynamic carried out by humans. That hope as guarantee from Lord that objective Good Certain will achieved. Meaning deep spirituality This has effect on self yourself, to others and to the universe nature. Hope must own man throughout his life, he must still grow along with a sense of optimism (taffrail) within face life. Hope must still grow though in difficult conditions, because without exists hope man will adrift in despair in face torrential wave life. Allah SWT give hope for human, that difficulty is door enter convenience. The Word of Allah SWT: Meaning: " Did not We? expand for you your chest, and We have removed than you your burden, which is burdensome your back. Because really after difficulty That There is convenience, indeed after difficulty That There is convenience. So, if You has finished from something business, do it truly other matters, and that's all to your God should You hope." (QS al- Insyirah / 94: 1 – 8)

This verse also suggests that man must Keep going move, done something affairs so He must prepare self for other business. God's promise is if in something affairs man get trouble, sure afterwards There is convenience so that that's its affairs That with Good. Then followed by other matters and so on. Therefore, that man No can stop when find difficulty Because He must finish work the before do matter other.

For people who always have hope and piety to Allah, then Allah will give to her road out and ease in all his business. With thus, concept hope in Islam always linked with confidence to grace of Allah SWT. The Word of Allah SWT: Meaning: "O you who believe, if You God-fearing to Allah, surely He will give to you Furqan and abolish all your mistakes and forgive your sins. And Allah has great gift. " (QS al – Anfal/ 8: 29)

Meaning: "Who only those who are devout to Allah, surely He will give to her road go out." (QS Attala / 65: 2)

Meaning: "And who only those who are devout to Allah, surely He will give convenience in his business." (QS at – Thalaq / 65: 4)

Based on description the one can conclude that there is a difference between spirituality based on consciousness self (transcendence) with basic spirituality yourself to religion. The most basic difference that exists role God is clear in religious spirituality. No one is amazed if criticism that emerged about transpersonal psychology is inclined spirituality leave rules and procedures in religion.

Furthermore, paper This will elaborate about the achievement process peak spirituality is practiced in religions, including Islam, Buddhism and Catholic Christianity.

3 Method

Research "Peak Experience: Phenomenon Spirituality of Religions and Psychological Problems (Islam, Buddhism, Catholicism)" is an in-depth study to experience inner spiritual peak context three major religions: Islam, Buddhism, and Catholicism. Method study References will become foundation main in study This.

Stage beginning study This will involve identification topic in a way specific, i.e., experience frequent spiritual peaks become the main pillar in practice religious. After topic identified, search literature from credible sources will be done. This involves texts holy, holy book, literature scientific, as well the works of scholars, spiritual experts, and psychologists.

Literature review will focus on analysis comprehensive from various perspective religious and psychological. In context Islamic spirituality, research will dig concepts key like experience peak (peak experience) in worship, meditation and devotion. Temporary it is, in Buddhism, focus will come to understanding will enlightenment (enlightenment) and the spiritual journey towards awareness full. On the other hand, spirituality Catholic will be analyzed from experience mystical, appreciative to sacraments, and relationships with Lord.

Literature review This will serve comprehensive understanding about similarities, differences, and essence experience peak in three major religions This. Analysis deep will be done to phenomenon spirituality in connection with problematic psychology, incl aspects related psychology with experience peak and its implications to human mental well-being.

Result of study This expected give more insight deep about experience spiritual peak of perspectives of different religions, as well How phenomenon the interact with problematic psychology. With Thus, research This will give more understanding wide about contribution spirituality to well-being psychological individual from various religious beliefs.

4 Discussion

4.1 Islamic Spirituality

Draft spirituality in Islam you can explained through term Nafs (soul ; self), where the Qur'an is used for mention man as totality , fine man as creature live in the world, as well as humans living in nature the afterlife (QS Al Maidah /5:32, Yaasin /36:54, Al Baqarah /2: 61 and 123, Yusuf /12:54, al Dzariyat /51:21, and an Nahl /16: 111) Basically nafs That created Lord in circumstances perfect (QS al- Shams /91: 7-8), but He can polluted and dirty if No guarded (QS al – Shams /91: 9-10), thus God's Word :

Meaning: "for the sake of the soul as well as perfection (creation), then he inspiring to him (the path of) evil and his piety, indeed lucky is the one who purifies it (soul it), and really the loss of the person who pollutes it." (QS al- Shams / 91: 7 – 10).

Islam categorizes spirituality man No in form separated between healthy souls and sick souls, however in draft nafs The Qur'an explicitly mentions three types of nafs, where the three types of nafs are levels of spirituality, from the lowest to the highest (Mubarak, 2000), namely:

Al-nafs al-muthma'innah (Quiet soul). Al Maraghi interprets that al- nafs al- muthma'innah i.e., nafs which are already reach level Certain to the truth, that is No shaken again by lust and pleasure. Allah says:

“O peaceful soul. Come back to your God with satisfied heart Again blessed him. So come in to in congregation of My servants, and come in to in My heaven.” (QS. Al Fajr /89: 27 – 28)

The Qur'an describes that calm soul own characteristic features specifically reflected in a number of things mentioned in His verses. First, in QS Al- Nahl (16:106), it is explained that calm soul is possessing soul firm belief to truth. This has experienced by the followers of the Prophet Isa as, who had watched evidence solidifying truth his belief.

Then, in QS Al- Nisa (4:103), it is explained that calm soul is soul that feels peace and freedom from the fear and sadness in the world. Even, far away in the afterlife, like mentioned in QS Fushshilat (41:30), a calm soul will feel eternal peace and security.

In QS Al- Ra'd (13:28), Allah explains that calm soul is eternal soul peaceful Because always remember Him. His presence is deep mind and heart give calmness that is not shaken.

From this explanation of the Qur'an, it is illustrated that calm soul is strong soul in belief, feeling peace and freedom from fear and sadness in the world, as well always in the memory and presence of God. This is peak from calm soul described in the Koran.

Al- nafs al- lawwamaah (The very nafs regret himself) Nafs lawwamah including group nafs dignity high, because of what the nafs reproaches This is himself Alone. Only believers can regret and blame himself. Allah says: "I swear with day doomsday, and I swear with very soul regret (himself Alone). "(QS. Al Qiyamah /75: 1 – 2). Every nafs later in the day apocalypse will reproach himself, fine devoted mind to

Lord nor nafs sinner. Obedient nafs to Lord reproach himself Because regret No do it deed piety. So characteristic nafs al-lawwamah is always complaining, disappointed, and blaming himself. In surah al- Zumar /39: 56 and al- Ma'arij /70: 19-21 are mentioned that nafs regret himself on disappearance opportunity for do charity Good. Nafs al-lawwamah including noble nafs, because only believers can regret and blame himself.

Al-nafs al-ammarah bi al-su'. Nafs This often called in Indonesian as lust angry. By lughawi, nafs It means soul, anger it means a lot order, and su ' means badness or crime. So, Al-nafs al-ammarah bi al-su' or nafs angry is possessing soul trend to badness. Allah says:

"And I No freeing myself (from error), because actually lust That always ordered to crime, except given passion mercy by my God. Truly My God Maha Forgiving Again Maha Caring." (QS. Yusuf /12: 53)

In concept explained in meaning su ' (Mubarok, 2000), character bad the identified as against from hasan or kind. Su ' is also symbolized as " disease striped " which describes something that doesn't only bad when happens, but it's also bad in the consequences.

By general, nafs anger, or inclined soul to vice, having trend going to things negative. Al-Qur'an in detail detailed mention types trend bad this is like hasad (envy), inclination do sin, action unjust, attitude deceitful, behavior bawdy, arrogance, and nature miserly.

Tier's quality soul this is the end is choice for every individual. Man, own freedom for choose the way Alone. God, deep His justice, the Most Just, provides the same capital to all humans, that is clean soul and healthy spiritual. However, in the end, what? man use freedom this and at what point they are put quality soul they are results from choices and actions they Alone.

Adz- Dzakiey (HB Adz- Dzakiey, 2008) designed an intervention model for development spirituality that goes through a number of different levels However own content the same learning, just at a different level.

First, the education and training process at the level growth. In level This is the focus is on understanding about knowledge base practical around Islam, faith and worship. Content learning covers practices, prayers, and weirds that are read daily. Objective from phase This is for clean memory negative, overcome disturbing childhood experiences, and getting used to it consistency in religious. Through habituation this, individual introduced to the experience more religious in and become perpetrator direct in religious practice, directing they to room scope taufik, guidance and protection of Allah.

After through phase growth, individual can continue to level development. Important For understand that every level This is foundation for level next. If individual No pass phases before, they will difficulty in adapt self with the education and training process furthermore.

Peak level from the education and training process is level transformation. Here, the focus is development intelligence prophetic with adapt tradition Sufism consisting of

from three phase: Takhli (cleaning self), tahalli (preparation self), and tajalli (appearance or manifestation). This level is peak from development spirituality makes it possible individual for experience profound transformation in their spiritual life.

Sufism is one of the between treasure tradition and heritage science Islam is very valuable. Sufism is conception emphasizing knowledge spirituality as method achieved happiness and perfection in life man. Following This explanation about phases Sufism:

1. Takhalli or withdrawal self. The servant who wants himself near with Allah it must be interesting self from all something diverting his attention from Allah. Takhalli means empty or clean self from traits despicable and of dirt disease destructive heart. This matter will can achieve with road distance self from disobedience with all form and try release encouragement weather lust wicked.
2. Tahalli means decorated. It means is get used to self with nature and attitude as well as good deed. Tahalli is facet fractionally carried out a Sufi after go through the cleaning process a heart stained with lust worldly. So, from That There is a number of methods for decorate self We Forget closer self to Allah include: asceticism, qona'ah, shabar, tawakkal his heart, mujahadah, blessing, gratitude, entered in category criteria soul or mentally healthy.
3. After somebody through two stages previously so stage third i.e., tajalli, someone his heart liberated from the veil (hijab) i.e., traits humanity or obtain nur who lasted This hidden (Ghibi) or mortal all besides Allah when visible (tajalli) His face.

In conclusion, Islam divides spirituality man in three type the nafs that represents three level spirituality. A calm soul, as peak spirituality, marked with firm faith, peace in this world and the hereafter, as well God's consistent presence in mind and heart. Very nafs regret himself reflect awareness will failure self, nature commendable in regret mistakes, and regrets on missed opportunity. On the other hand, the nafs has trend to ugliness, signifying inclined soul to traits negative and bad.

Adz- Dzakiy designing an intervention model for development spirituality that goes through a number of levels. Stage growth discuss knowledge base practical and practical daily in religion for clean memory negative and introducing experience deep religion. Phase development need individual for pass stages beforehand so you can enter level next. Transformation level is peak of this model, which involves development intelligence prophetic through tradition Sufism in three phases: cleaning yourself, prepare self, and appearance or manifestation, enabling individual for experience transformation deep in their spiritual life.

Sufism, heritage scientific in Islam, emphasizes spirituality as road reach happiness and perfection. Phases Sufism, like withdrawal self (Takhli), adornment (tahalli), and appearance (tajalli), help individual clean soul from characteristic bad, instill traits well, and finally freeing self from veil for get closer yourself to God. This matter show that achievement peak spirituality need understanding depth, internal journey, and transformation soul in a way holistic.

4.2 Buddhist Spirituality

Buddhism as one of the religions that have adherent Enough big in this world own teachings main thing that can be done deliver its adherents to peak spirituality, there is necessary steps taken by the people Buddha in frame reach his spirituality.

Hasta Ariya Magha as the Basis of Spirituality

Hasta Ariya Magha or eight road nobles, discussing problem deed good and bad, right and wrong occupy very important position Because is the essence of all over teachings of Buddhism. The goal for freeing man from duka and achieve nirvana (Muslimin, 2013; Renard, 2000)

Eighth road glorious That stated by the Buddha in his words read:

“... eighth road glorious namely, right belief, right decision, right word, right action, right livelihood, right effort, right Samadhi, and silence correct creation .28 Between all road eight road the main thing is the best between all truth four Ariya's truth is the best between all virtue humanity (among all creatures with legs two) people who have viewed the light is the best.” (v Dhammapada 273).

“This is it the way, no way anything road others are heading toward purification view bright. You follow it road this. Way This For pass self from Mara.” (v Dhammapada 274).

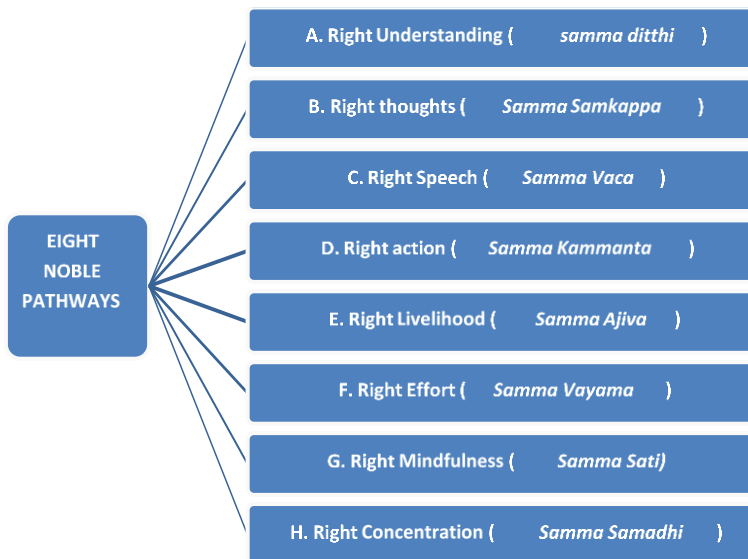


Fig. 1. Eight Noble Pathways

Understanding Correct. The Buddha said: "Right understanding is like the sun rises in Upon east radiate good karma. This matter means that correct understanding is One pusher for creating good karma. Which are called correct understanding is understand about essence from life This depicted inside Four Emptiness Glorious that is understand

about dukkha, the cause of dukkha, its cessation sorrow and road for eliminate dukkha
 Note: Dukkha: seeing no eternity in all something in the world.

Thought Correct famous Buddhist teachings, "Sacitto Pariodapanam," teaches importance clean thought from lobha, sin, and moha, as well fill in thought with Love, mercy pity, and sympathy. Right thoughts, according to Buddhism, has three component main thing that forms good mental state.

First, there is deep attention to all creature with full mind with Love love. This means own awareness wide world connectedness with all life around us and bring sincere affection to every creature.

Second, it's important distance self from actions that hurt and grow compassion darling to fellow creature. Awareness will consequence from action We towards others to be point focus here. Appreciate and show concern for the happiness and well-being of others constitutes part important from correct thinking.

Lastly, develop mind can release self from worldliness, realizing that pleasure worldly often bring suffering and sadness. This No means avoid fun, but adopt no mental attitude tied to excessive desires to things worldly.

At the heart of Buddhist teachings, there are understanding deep about importance clean mind and enrich life inner with more attitudes wise and full love.

Saying Correct. The Buddha gave deep teachings about importance correct speech. For Him, the words spoken with appropriate time, truth, giving beneficial, soft, and full with Love love is very important thing.

Draft saying true (*samma vaca*) in Buddhism involves a number of essential aspects: First, stay away lying (*musavada*) is an integral part of correct speech. These covers avoid error in convey fact or spread information that is not Correct with on purpose.

Second, the Buddha emphasized importance stay away behavior slanderous (*Paunovic*). Avoid spread information false or damage other people's reputation with accusation without base is part from operate correct speech.

Next, the Buddha taught For No using harsh words or verbal abuse (*pbesaravaca*). Speak with polite, full appreciation, and avoid hurtful words is part important from correct speech.

Lastly, teachings it also suggests for stay away conversations that don't beneficial or gossip (*samphappalapa*). This matter emphasizes importance avoid useless, empty, and no talk give benefit like gossip that is not useful or the conversation is not constructive.

The Buddha's teachings about correct speech No only highlighting truth factual, but also ethical, good, and effect emotional that brings benefit for self yourself and others. This is base for full communication appreciative, thoughtful, and giving inspiration in life daily.

Actions Correct. Actions Correct is No kill, no stealing or not commit adultery. Third deed wicked That caused by lust desire and anger, driven by ignorance. With reduce

causes That step by step from thoughts, inclinations low that appears from there No will can realize self.

Livelihood Correct. The Buddha taught importance clean eye livelihood with avoid five types trade that doesn't allowed. This is steps for undergo eye correct and appropriate livelihood with his teachings.

First, avoid trading weapon (sathavanijja), which means No involved in business or trading weapon whatever. Then, no involved in trading creature life (sattavanijja), meaning No do involving business sale creature life.

Then, avoid trading meat (mamsavanijja), which includes raising for objective slaughtered or for sale the meat. Next, no involved in trading intoxicating drink (maj-javanijja), involving sale drink hard or who can intoxicate.

Lastly, the Buddha advised For No involved in trading poison (visavanijja), meaning No sell or trade poison that can endanger others.

Right livelihood, according to Buddha's teachings are life from eye halal livelihood and not cause suffering to other people. This is guide important for undergo appropriate life with principal ethics, avoidance possible actions harm others in look for living.

Right Effort. Right effort, according to Buddha's teachings, divided become four forming part footing important in undergo an ethical and meaningful life.

First, effort for destroy crimes already There is become base main. This covers business active in overcome and eliminate crimes that have been happening around us, okay

That in self Alone nor in surrounding environment.

Second, principles prevent appearance crime new become part important from right effort. This matter emphasizes necessity action prevention for prevent appearance behavior that is not Good or crime new is possible arise in the future.

Then, the Buddha taught about importance develop goodness that hasn't arise. This means undergo action and effort for cultivate and expand kind in self Alone nor around, which is possible Not yet develop completely.

Lastly, effort for advance goodness that has been There is become an integral part of right effort. This means give support, continue, and expand goodness that has been in the world, okay That in self Alone nor in public.

Whole draft This highlighting importance undergo a life focused on effort reduce crime, prevent crime new, and active in develop as well as advance kind in yourself and around you We.

Attention Correct. Correct attention, according to Buddhism, involving awareness continuously to four aspects main from self and experience man. First is attention to body physical (kayanupassana), which means awareness to physique and condition body in a way comprehensive. This involve understanding and observation will all something happened in body, start from movements, sensations, and physical processes that occur.

Then, pay attention to feeling (*vedananupassana*) is observation to sensation or feelings that arise in self. This involve awareness to response emotional to the experience that happened, was good That joy, sadness, or hatred.

Furthermore, is attention to mind (*cittanupassana*), which is observation of mental processes and patterns thought that emerged in thought. This involves awareness to pattern thoughts, emotions, and mental activities that occur in a way inner.

Lastly, attention to object the mind (*dhammanupassana*) is awareness to mental objects, e.g law nature, moral principles, and conditions influencing mind experience man.

Teachings This highlighting importance deep awareness to aspects essential from self-man. The Buddha describes those thoughts that don't trained tend to be wild and restless, as in wild horse. Therefore, that's necessary tame and train mind to get it become more thoughts useful and directed.

Concentration Correct. The Buddha equalize thought normal with six type animals, snakes, crocodiles, birds, dogs, jackals and monkeys bound simultaneously and always interesting to different direction. Meditation is method tie thought only to One object fixed mind, without allow it drawn by six object senses. Slowly thought will centered to object meditation. This is it road the only one for tame and control thought.

Whole The Eight Noble Paths in Buddhism created foundation holistic for achievement peak spirituality. When all aspect — start from correct understanding, correct thinking, up to concentration and deep understanding — integrated harmonious in self-someone, top spirituality can achieve. Unity and development together from whole These Eight Paths become key for reach harmony the mind that carries peace, wisdom, and understanding deep about reality true.

4.3 Catholic Christian Spirituality

People Catholic often hear the expression “Eucharist as Peak and Source Life Church.” However often an expression That only No understood real meaning and less made as pattern life daily. (Renard, 2000).

Eucharist = Unity man with Lord

Mystery unity between God and man is a mystery that is not incomprehensible, where is human put together with God without man be God, or dissolved / dissolved in God.

According to teachings faith Christianity, unity between God and humans possible Because man created according to the image and likeness of God, and receive life divine through Baptism, and the sacraments others, and the peak is sacrament Eucharist.

Eucharist meaningful Christ give himself for people, and make people take inside life His divine, without eliminate its nature as humans, that is the nature that He wears is also moment He incarnate become man.

Meditation in Christian different with what is taught in Buddhism.

A number of a must thing noticed in meditation Christian according to CDF document (Congregation for The Doctrine of The Faith: Letter to The Bishops of The Catholic Church On Some Aspects of Christian Meditation, 1989)

Meditation Christian one form prayer which is communication between man with Lord. Mature This known Lots method meditation, especially one that brings to the fore ways non- Christian Eastern meditation. Then it appeared question, can ways the enrich meditation Christian. The Essence of Meditation Christian is Prayer, because prayer involve attitude repentance, that is, renouncement self with method long life for going to Lord in new life. With understanding This so all technique that is not involve connection personal with God, but who concentrates to self Alone no in accordance with teachings faith Christian.

Scripture teach How method pray. Church refers to the Old Testament books as well Agreement New them in his prayers, as There is in liturgy and worship daily. That's why Church recommend reading The Word of God as source prayer Christian, and always have been throughout the ages pushing everyone for find meaning of Scripture in a way deeper through prayer

Prayer must do in unity in the life of the Triune God. The perfect prayer taught in Gospel is prayer Our Father, who declared unity between people with Christ and others, because within Christ We can greet Allah as Father, and within He We can greet God the Father as "Our Father" together with fellow believers Christ.

Beware to two deviation prayer: Pseudognosticism and Messalianism. Pseudognosticism which emphasizes ' knowledge level height / gnosis '. View This consider body / anything related with material as something unclean / evil, so prayer considered must release man from all something related with material. For combat matter these are the Fathers Church confirmed that material created by God and because That No wicked. God's grace perfects materai (Grace perfects nature) and sanctify it. So highest knowledge No from effort release self from materai, however from produce fruits prayer, that is love Christian.

Emphasizing Messalianism to ' experience '. As perfection love not can be measured from knowledge / gnosis as Basically, don't you love me? can be measured from experience psychological. The Fathers Church teach that unity soul with Lord in prayer happen in a way confidential and confidential special in sacraments Church, even in a way special in experience desolation, moment somebody take inside circumstances miserable Christ, who became example in prayer.

Alert to stage of "leaving self / empty self". There are those who place the Divine without picture, which is equalized with God revealed by Christ. According to understand this, unity with the Divine obtained through leave self / emptying total self, and fusion self to in the Divine.

If this done so without realize it, come in principle non- Christian meditation that is not in accordance with principal meditation Christian. This is what must be done people are wary of Catholics do it prayer meditation, as said in the CDF document.

Not Possible there is “melting man to in the Divine”. Need remembered that “humans by nature is creature creation and will still thereby until eternity, so a “melting pot man to in the Divine” no Once Possible happens, not even inside level supreme grace ”

Eucharist: Unity man with Lord. Mystery unity between God and man is a mystery that is not incomprehensible, where is human put together with God without man be God, or dissolved / dissolved in God.

Unity between God and humans obtained Because grace God, and not just on efforts / techniques carried out by humans. Unity mystical with this God can give by God according to His wisdom, and ours No can force it. Gift that, which is special given to the saints / saints.

Beware to symbolism psycho-physical. Eastern meditation attaches importance symbolism psychophysical that is breathing or beat heart. Exercise “Prayer Jesus” who adapted rhythm breathing, perhaps of course can give rise to real calm help for many people. However, symbolism This No can made as everything, because if thereby can become barrier for soul We to go up to Lord. Also, awareness will body as symbol No can equalized with prayer, cause matter This can result cult the body that interprets whatever feelings experienced body [feeling calm /relaxed, warm, bright] as spiritual experiences (cf. OF 27.28), and of course should no thereby. Consider feelings the as gift The Holy Spirit, is wrong understanding about life spiritual.

However so, isn't it? means that all practice meditation taken from method Eastern meditation The same very No useful. Ways the can helpful, however must remembered that unity with Lord requires always heart be careful not to fall in sin, and a heart that always plead help divine, the so-called as “praying that doesn't visit stop” even in the middle work service to fellow. So, life prayer Authentic Christianity is life accompanying prayer with deed love in cooperation with mission Church For serve each other for glory Name Lord.

Fruit contemplation Christianity humility fruitful heart love. It has been stated above that God's love becomes the only one object contemplation Christian is something reality that is not can controlled by method or technique whatever. The more near somebody to God, more and more big reverence before the Triune God. St. Augustine said, " You (God) called me best friend, [but] me realize myself as a waiter." Or We know words spoken by Our Lady, as someone who is gifted level ultimate intimacy with God, “Because He [God] has notice humility of His servant”

In conclude results study about meditation Christians, some points important can found. First, meditation in context Christian is form prayer that emphasizes connection personal between man with Lord. This matter highlighting importance focus on a personal relationship with the Creator, which is not always found in technique more Eastern meditation focused on self Alone.

Next, the scriptures are guidelines main in method pray for people Christian. Use of Scripture become important foundation in pray, as well give guide for practice spirituality in life daily.

Besides that's important guard unity in the life of the Triune God seen in prayer Christian. Prayer Our Father became representation from unity between people with Christ and others, showing no relationship inseparable in confidence Christian.

In stages certain, there are risk two deviation in practice prayer. Pseudognosticism emphasizes knowledge level inclined height direct thought to self alone, temporarily Messalianism put forward experience subjective that can be deviate from the core of faith Christian.

Next, the importance be careful to stage " emptying self " in Eastern meditation is necessary emphasized. There are emerging risks If focus to experience oriented without clear connection with faith Christian.

Study This emphasize that " melting man to in the Divine " no Possible. Human, as creature creation, no can melted down or become part from Allah. However, unity man with Lord in Eucharist become One from Lots the mystery that is not understandable.

Lastly, awareness will symbolism psycho-physical in Eastern meditation is necessary considered. Although symbolism like breathing can help create calm, however awareness will body as symbol No can equalized with prayer true Christian.

Study This conclude that meditation in context Christian need clear focus on relationships personal with God, unity in the life of the Triune God, and consistency with teachings of the Holy Bible. Awareness will risk deviation and importance guard base faith is element main in practice meditation Authentic Christianity.

5 Conclusion

Approach transpersonal psychology and religious teachings indeed own base different philosophies, which reflect difference in method they implement the achievement process spirituality. In spiritual studies, every religion offers helpful concepts individual reach experience peak, known as a "peak experience". Process towards highest spiritual state This involve series different steps and practices, based on the principles given by these religions.

However, there are similarity in view about importance clean soul from diseases inner as step beginning going to peak spirituality. Get rid of psychological problems is important prerequisite in effort reach peace inner and more connection deep with spiritual reality. This No only become focus in transpersonal psychology, but also deep Lots emphasized religious teachings importance cleanliness soul as foundation in spiritual journey.

Remember difference philosophical and framework conceptually different between transpersonal psychology and religious teachings, implementation practice spirituality often varies. Transpersonal psychology tends combine method science and spirituality for help individual overcome problematic psychological and achieving more spiritual awareness tall. Meanwhile, religions in general offer entrenched practices in tradition

religious them, like prayer, meditation, or rite religious, as method for reach peak spirituality. Although approach This different, they are still hold core principle that elimination diseases soul is step important start in spiritual journey.

Every religion saves diverse discourse intervention psychology which is the essence of achievement his spirituality. Deep discourse This through study empirical can disclose significance tradition rich religion wisdom psychological. Moment this is science psychology the more open to realm spirituality, opening opportunity for scientists for develop psychology based on religious values. Especially in Islam, as a universal religion, science This summarize all aspect in natural universe. This is it opportunity special for Muslim scientists to deepen knowledge they while strengthen confidence to their religious teachings.

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