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## Neurotechnology as a Tool for Inducing and Measuring Altered States of Consciousness in Transpersonal Psychotherapy

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### Abstract

Transpersonal psychotherapy is based on transpersonal psychology and considers multidimensional and that there are several “levels of consciousness” and each has characteristics and is governed by different laws. Transpersonal psychology is the study of the nature and proceeds on the assumption that human beings possess potentials that transcend their ego and integrate the spiritual experience within a broader understanding of the psyche and consciousness. Altered states of consciousness have been used as part of transpersonal psychology for decades. Although there are very well known techniques to induce an altered state of consciousness as holotropic breathwork, neurotechnology offers an alternative not only to induce these states for transpersonal therapy but also to measure the level of consciousness. The objective of this article is to provide a review of the main concepts of neurotechnology and the main technologies that can be used to induce and measure altered states of consciousness for transpersonal psychotherapy.

### Keywords

transpersonal psychology; neurotechnology; quantum biofeedback; altered state of

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