

## CHARACTERISTICS OF SELF-TRANSCENDENCE

Psychologist Abraham Maslow described the following "B-values" (being-values) of people at their highest levels of well-being.

- **WHOLENESS** (unity; integration; tendency to one-ness; interconnectedness; simplicity; organization; structure; dichotomy-transcendence; order);
- **PERFECTION** (necessity; just-right-ness; just-so-ness; inevitability; suitability; justice; completeness; "oughtness");
- **COMPLETION** (ending; finality; justice; "it's finished"; fulfillment; finis 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 own laws).