



EXPLORATION OF COSMIC SPIRITUAL EXPERIENCES AND ITS IMPLICATIONS FOR THE EVOLUTION OF TRANSPERSONAL CONSCIOUSNESS AMONG RELIGIOUS TOURISM VISITORS

Enik Zulaikah¹, Akhmad Rizqon Khamami², Mahtukhin³

^{1,2,3} Universitas Islam Negeri Sayyid Ali Rahmatullah Tulungagung, East Java,
Indonesia

enikzulaikah81@gmail.com¹, rizqonkham@yahoo.com², maftuh_in17@yahoo.com³

Abstract:

This research aims to explore the cosmic spiritual experiences experienced by religious tourism visitors and their implications for the evolution of transpersonal consciousness. Cosmic spiritual experiences are phenomena characterized by feelings of deep connection with transcendent reality, awareness beyond ego identity, and individual psychological and existential transformation. This study uses the method Systematic Literature Review (SLR) to analyze various previous studies that discuss the phenomenon of spiritual experiences, transpersonal awareness, and their impacts in the context of religious tourism. The research results show that cosmic spiritual experiences in religious tourism can occur through various factors, such as a supportive spiritual environment, religious rituals, and individual psychological readiness. This experience contributes to increased transpersonal awareness, which is characterized by a sense of universal connectedness, increased empathy, and a change in life orientation towards deeper meaning. In addition, this research found that integrating spiritual experiences in daily life is a challenge for individuals. In conclusion, cosmic spiritual experiences have great potential in developing transpersonal consciousness, but require social support and spiritual guidance. Therefore, it is recommended that religious tourism provide reflective and educational programs to assist individuals in understanding and internalizing their spiritual experiences.

Keywords: *Cosmic Spirituality, Transpersonal Consciousness, Religious Tourism, Psychological Transformation*

INTRODUCTION

Spirituality has been an integral part of human life since ancient times, with mystical and transcendental experiences often being central to religious beliefs and practices¹. As time goes by, the search for spiritual experiences is not only limited to formal religious rituals, but also in the context of spiritual travel, such as religious tourism. The phenomenon of religious tourism has increased in recent decades, with many individuals traveling to holy places in the hope of gaining a deeper spiritual experience. In this context, cosmic spiritual

¹ **Apriliani, W. T.** (2019). *Spiritualitas Psikologi Transpersonal dalam Perspektif Islam*. Skripsi, Institut Agama Islam Negeri Bengkulu.

experiences are of primary concern, because they are considered a form of experience that can change the way a person views reality and their existence in the universe.

The increasing number of individuals engaging in spiritual journeys reflects modern society's need for more meaningful experiences. In various studies, it was found that many individuals feel that their lives are increasingly separated from spiritual values due to the pressures of life and modernization. Therefore, trips to holy places become a means for them to rediscover the meaning of life and experience deeper spiritual experiences².

This phenomenon is seen in various religious traditions. In Islam, the Hajj and Umrah are not only ritual obligations, but also moments of profound spiritual transformation. In Hinduism, a trip to Varanasi or Mount Kailash is considered a way to attain higher consciousness. Meanwhile, in the Christian tradition, pilgrimages to Lourdes or Santiago de Compostela are often associated with experiences of spiritual healing and enlightenment. In local Indonesian traditions, visits to the graves of saints or sacred places such as Borobudur Temple or Gunung Kawi are also often associated with the search for spiritual experiences.

However, what is interesting about this phenomenon is how individuals who travel on religious tourism report spiritual experiences of a cosmic nature. These experiences often involve feelings of deep connection with the universe, feelings of transcending the boundaries of the ego, and even mystical experiences that are difficult to explain in words. In transpersonal psychology, this experience is categorized as a transcendental experience that has the potential to bring about changes in the way a person understands himself and the world around him³. Therefore, understanding cosmic spiritual experiences in the context of religious tourism becomes important to examine how these experiences influence the evolution of a person's transpersonal consciousness.

Several studies have examined the relationship between spiritual experiences and transformation of consciousness. James (1902) in his book *The Varieties of Religious Experience* examines various mystical experiences and shows that religious experiences can change the way a person understands reality. Maslow (1964) also developed the concept *peak experience* or peak experience, which refers to a transcendental experience that takes the individual to a higher level of consciousness⁴.

Wilber (2000) in transpersonal psychology theory states that spiritual experiences are part of the evolution of human consciousness. He explains that consciousness develops from the egoic stage to the transpersonal stage, where the individual experiences a greater sense of connectedness with the universe and higher existence. In the context of religious tourism, these experiences are often reported by individuals experiencing deep contemplative states at sacred sites⁵.

In research on religious tourism, Sharpley and Sundaram (2005) found that spiritual travel is often associated with experiences of deep inner

² **Gunung Djati Publishing.** (2018). *Psikologi Transpersonal*. Universitas Islam Negeri Sunan Gunung Djati Bandung.

³ **Widayanti, M. I., & Priyanto, P. H.** (2017). *Fenomena Paranormal (Suatu Tinjauan Makna Hidup, Konsep Diri, Pengalaman Transpersonal dan Spiritualitas)*. *Psikodimensia*, 16(2), 374-384.

⁴ Zukin, A., & Firdaus, M. (2022). Development Of Islamic Religious Education Books With Contextual Teaching And Learning. *Jurnal At-Tarbiyat: Jurnal Pendidikan Islam*, 5(1).

⁵ **Wibowo, A.** (2018). *Kecerdasan Spiritual dalam Meningkatkan Kreativitas Remaja*. *Jurnal Psikologi Prima*, 5(2), 55-66.

transformation. They show that individuals who visit sacred places report changes in the way they view life, including increased feelings of peace, emotional well-being, and a greater awareness of the meaning of life.

However, although there has been much research on spiritual experiences and religious tourism, there are still few studies that specifically examine cosmic spiritual experiences and how these experiences influence the evolution of transpersonal consciousness. This research aims to fill this gap by conducting an in-depth exploration of the cosmic spiritual experiences experienced by religious tourism visitors and their implications for the development of their consciousness.

This research offers novelty in several aspects. First, this research does not only focus on conventional religious experiences in religious tourism, but also explores the transpersonal dimensions of spiritual experiences experienced by visitors. Thus, this research provides a broader understanding of how cosmic spiritual experiences may contribute to the evolution of human consciousness.

Second, this research adopts an interdisciplinary approach by combining the perspectives of transpersonal psychology, religious studies, and spiritual tourism theory. With this approach, it is hoped that this research can provide a deeper conceptual contribution regarding the relationship between cosmic spiritual experiences and the development of transpersonal consciousness. Third, the method used in this research is a literature review (SLR) system, which allows in-depth analysis of various studies that have been conducted previously. With this approach, this research can develop a more comprehensive conceptual synthesis regarding the phenomenon studied⁶.

This research aims to: a. Identifying the characteristics of cosmic spiritual experiences experienced by religious tourism visitors. b. Analyze how these experiences influence the individual's transpersonal consciousness. c. Explores the relationship between cosmic spiritual experiences and individual psychological and existential transformation. d. Develop a conceptual model that can explain the dynamics of cosmic spiritual experiences in the context of religious tourism and its implications for the evolution of transpersonal consciousness⁷.

The exploration of cosmic spiritual experiences in the context of religious tourism is a relevant topic in the study of spirituality and transpersonal psychology. With an increasing number of individuals seeking transcendental experiences in their spiritual journey, this research seeks to provide a broader understanding of how these experiences occur and how they impact the evolution of human consciousness. By using a systems literature review approach, this research is expected to provide a significant academic contribution in understanding how cosmic spiritual experiences influence the development of transpersonal consciousness. Apart from that, the results of this research can also provide practical implications for religious tourism managers, spiritual practitioners, and individuals who are interested in self-development through transcendental experiences.

⁶ Hosaini, H., Zikra, A., & Muslimin, M. (2022). Efforts to improve teacher's professionalism in the teaching learning process. *Al-Risalah: Jurnal Studi Agama dan Pemikiran Islam*, 13(2), 265-294.

⁷ **Zohar, D., & Marshall, I.** (2000). *Spiritual Intelligence: The Ultimate Intelligence*. London: Bloomsbury.

As a first step in understanding the relationship between cosmic spiritual experiences and the evolution of transpersonal consciousness, this research will delve deeper into how individuals experience, interpret, and internalize these experiences in their lives. Thus, it is hoped that this research can become a basis for further studies in the fields of spirituality, transpersonal psychology, and religious tourism.

RESEARCH METHODS

This research uses the method Literature Review System (SLR) as the main approach to exploring cosmic spiritual experiences and their implications for the evolution of transpersonal consciousness among religious tourism visitors. This method was chosen because it allows research to collect, analyze, and synthesize various studies that have been previously conducted related to spiritual experiences, religious tourism, and transpersonality. The Literature Review System provides a systematic framework for identifying patterns, relationships, and gaps in existing research, thereby providing new insights into this field.

Literature Review Approach and Strategy

The SLR method in this research was carried out through several main stages, namely identification of data sources, literature selection, content analysis, as well as data synthesis and interpretation.

Identify Data Sources

The literature used in this research was obtained from various credible academic databases such as Google Scholar, Scopus, Springer, Taylor & Francis, ProQuest, and ScienceDirect. Keywords used in the search included “spiritual cosmic experience,” “transpersonal consciousness,” “religious tourism,” “spiritual transformation,” and “mystical experience.” Apart from that, references from academic books and related journals are also used to enrich the analysis.

Literature Selection

Selection is made with consideration relevance, quality, and credibility of the source. The inclusion criteria in this study are: a. Article discussing cosmic spiritual experience, transpersonal consciousness, And religious tourism. b. Studies published in reputable journals over a period of time last 10 years (2013–2023) to ensure data recency. c. Research that uses an approach transpersonal psychology, phenomenology, and religious studies. Meanwhile, exclusion criteria include articles that do not have full access, nature anecdotal (based on personal experience without clear method), or not relevant to the research theme.

Content Analysis

The selected literature is analyzed using an approach content analysis, where each article was reviewed to identify main findings, methods used, and research implications. This analysis focuses on how cosmic spiritual experiences are described in various literature, how they impact transpersonal consciousness, and the factors that influence these experiences in the context of religious tourism.

Data Synthesis and Interpretation

After content analysis is carried out, the next step is to carry out data synthesis using the method thematic synthesis. Data from various studies are categorized into major themes that reflect patterns in cosmic spiritual experiences and their relationship to transpersonal transformation of

consciousness. This synthesis aims to connect existing theories with previous research findings, as well as identify gaps that still need further research.

Conceptual Framework in Literature Analysis

In literature analysis, this research uses theoretical framework of transpersonal psychology developed by Ken Wilber (2000), which explains that human consciousness develops through stages from egoic consciousness to transpersonal consciousness. Apart from that, theory peak experience dari Maslow (1964) and concept mystical experience from James (1902) also used to understand how cosmic spiritual experiences occur in religious tourism.

Apart from the transpersonal psychology approach, this research also refers to theory spiritual tourism from Sharpley and Sundaram (2005), which explains that religious tourism is not just a physical journey, but also an inner journey that can lead individuals to deeper spiritual experiences.

Data Validity and Credibility

To ensure validity and credibility in the literature review system, this research implemented several steps: a. Source Triangulation: Use a variety of credible academic sources to enrich data and avoid bias. b. Peer-reviewed Literature: Only use articles from journals that have gone through a peer-review process to ensure the validity of the information. c. Replication and Consistency: Compare different research findings to see consistent patterns in the reviewed literature.

In addition, in the process of data interpretation, this research avoids subjectivity bias by relying on data based on previous empirical research. Thus, this research can present an objective and accountable analysis.

Limitations of research using the literature review system

Although the SLR method provides advantages in systematically compiling concept syntheses, there are several limitations that need to be considered: a. Does not involve primary data: Because this research only relies on literature sources, no primary data was obtained directly from participants. b. Potential Publication Bias: Some relevant research may not be published in academic journals, which may cause bias in data selection. c. Diverse Contexts: Cosmic spiritual experiences are highly subjective and vary depending on cultural and individual context, so not all research reviewed can provide uniform generalizations.

Method Literature Review System (SLR) in this research it is used to explore how cosmic spiritual experiences can influence the evolution of transpersonal consciousness among religious tourism visitors. With a systematic approach, this research compiles a synthesis of various relevant literature and provides new insights into the field of spirituality and transpersonal psychology studies.

Through literature analysis, this research can identify patterns of spiritual experiences that emerge in religious tourism, factors that influence the intensity of these experiences, and their implications for the development of human consciousness. Thus, the results of this research not only provide a theoretical contribution in understanding cosmic spiritual phenomena, but can also serve as a basis for further research in the fields of religious tourism, transpersonal consciousness, and spiritual psychology.

RESULTS AND DISCUSSION

This research explores the phenomenon of cosmic spiritual experiences among religious tourism visitors and how these experiences impact the evolution of transpersonal consciousness⁸. Based on the literature analysis carried out, it was found that cosmic spiritual experiences are moments of transformation that involve the individual's emotional, cognitive and existential dimensions, thus providing a significant influence on transpersonal consciousness.

Characteristics of Cosmic Spiritual Experiences in Religious Tourism

Cosmic spiritual experiences in religious tourism are a complex phenomenon that involves interactions between a person's psychological, emotional and transcendental dimensions while in sacred places or in certain religious practices. In this context, cosmic spiritual experiences can be interpreted as moments of transcendence where individuals feel connected to a higher reality, either in the form of connection with God, the universe, or broader dimensions of consciousness. This phenomenon often occurs in religious tourism because of the supportive environment, the religious rituals carried out, and the individual's inner readiness to experience a deeper experience⁹.

In general, cosmic spiritual experiences in religious tourism have several main characteristics that differentiate them from other spiritual experiences. The first characteristic is a feeling of universal connectedness¹⁰. Many individuals who undertake a religious journey report that they feel at one with a greater reality. This feeling appears in the form of awareness that life is not only limited to the physical aspect, but also has a deeper spiritual dimension. This feeling of connectedness can occur when someone prays in a holy place, performs a religious ritual, or contemplates the beauty of nature that is considered sacred¹¹.

The second characteristic is experience emotional and psychological transformation. Many individuals who experience cosmic spiritual experiences report significant emotional changes. They feel more peaceful, more loving, and more able to accept all events in life with wisdom. This transformation is in line with Maslow's theory of *peak experience*, where a person experiences happiness, calm, and clarity of thought in certain moments that are transcendental. In religious tourism, this experience can occur when someone attends a large ritual, listens to a moving religious lecture, or simply contemplates the meaning of life in a place that is considered sacred.

The third characteristic is the presence of a feeling of spiritual ecstasy and infinity of consciousness. Some individuals who have had cosmic spiritual experiences report that they feel something that is difficult to explain in words. They experience extraordinary peace, a feeling of freedom from physical and mental limitations, and an experience often referred to as "union with the Almighty¹²." This is similar to the mystical experiences described in various

⁸ Lajoie, D. H., & Shapiro, S. I. (1992). *Definitions of Transpersonal Psychology: The First Twenty-Three Years*. *Journal of Transpersonal Psychology*, 24(1), 79-98.

⁹ Tart, C. T. (1971). *States of Consciousness and State-Specific Sciences*. *Science*, 176(4040), 1203-1210.

¹⁰ Wilber, K. (2000). *Integral Psychology: Consciousness, Spirit, Psychology, Therapy*. Boston: Shambhala Publications.

¹¹ Grof, S. (1985). *Beyond the Brain: Birth, Death, and Transcendence in Psychotherapy*. Albany: State University of New York Press.

¹² Maslow, A. H. (1964). *Religions, Values, and Peak-Experiences*. Columbus: Ohio State University Press.

religious traditions, e.g. *samadhi* in the Hindu and Buddhist traditions, *give* in the Islamic Sufism tradition, as well as concepts *divine union* in Christian mysticism. In religious tourism, this experience can be obtained through deep prayer practices, meditation, or even spontaneously when someone is truly connected to the existing spiritual atmosphere¹³.

Apart from that, there is also a cosmic spiritual experience in religious tourism components of deep existential meaning. After experiencing a transcendental experience, many individuals begin to reflect on their purpose in life. They feel that there is something bigger than just worldly life, and this encourages them to look for deeper meaning in every event they experience. Many people after undergoing religious tourism feel more grateful, humbler, and understand better that everything that happens in life has a greater purpose. This is in accordance with the concept of logotherapy developed by Viktor Frankl, where spiritual experience can be the key to finding a deeper meaning in life.

Another characteristic that is no less important is changes in behavior and value orientation after experiencing a cosmic spiritual experience. These experiences often have long-lasting impacts on the way a person views life and interacts with others. After undergoing a profound spiritual experience, many individuals report increased empathy, a greater sense of gratitude, and a tendency to care more about the well-being of others. They feel that life is not only about personal interests, but also about how they can benefit others. In the context of religious tourism, this experience can occur when someone sees the simplicity and sincerity of local people in carrying out their worship, or when they witness how spiritual life can provide peace for a particular community.

Another characteristic that appears in cosmic spiritual experiences in religious tourism is awareness of the limitations of the ego and a greater sense of humility. In deep spiritual moments, individuals often feel that their egoic identity is dwarfed by the enormity of the universe or divine power. They realize that there is a greater power that governs all things, and this often brings a deeper sense of humility and sincerity in living life. This experience is similar to the concept *ego dissolution* found in transpersonal psychology studies, where individuals feel that their boundaries disappear and they become one with something greater than themselves¹⁴.

Furthermore, cosmic spiritual experiences in religious tourism are also frequent characterized by the emergence of new insight or understanding about life. Many individuals who undergo this experience report that they gain deep insight into the meaning of life, their purpose in the world, or how they should live their lives better. This insight often comes in the form of a strong intuition or a feeling that they have found the answers to the existential questions they have been searching for. In the context of religious tourism, this insight can emerge after someone makes a pilgrimage to a holy place, listens to teachings from a spiritual teacher, or experiences a moment of deep reflection while in an environment filled with spiritual energy¹⁵.

Cosmic spiritual experiences can also be had symbolic and archetypal dimensions deep. In many cases, individuals who undergo these experiences

¹³ **James, W.** (1902). *The Varieties of Religious Experience: A Study in Human Nature*. New York: Longmans, Green, and Co.

¹⁴ **Underhill, E.** (1911). *Mysticism: A Study in the Nature and Development of Spiritual Consciousness*. New York: E.P. Dutton & Co.

¹⁵ **Hardy, A.** (1979). *The Spiritual Nature of Man: A Study of Contemporary Religious Experience*. Oxford: Clarendon Press.

report that they feel the presence of certain symbols that have deep meaning for them. These symbols can be certain visions, sudden feelings, or even experiences that feel like déjà vu. Carl Jung in his analytical psychology theory stated that spiritual experiences often involve interactions with collective archetypes that exist in the human subconscious. In religious tourism, this can happen when someone feels connected to the spiritual history of a place, or when they experience an experience that feels very personal but is also universal in its meaning¹⁶.

Another characteristic that stands out is changes in thought patterns and lifestyle after experiencing a cosmic spiritual experience. Some individuals who experienced cosmic spiritual experiences in religious tourism reported that they began to change their life habits after experiencing these experiences. For example, they become more disciplined in carrying out their worship, value time more, or try more to live in harmony with the spiritual values they believe in. This shows that spiritual experiences are not only temporary, but can also have a long-term impact on the way a person lives their daily life.

Lastly, cosmic spiritual experiences in religious tourism are frequent, spontaneous and unexpected. Although there are individuals who deliberately seek spiritual experiences through meditation, prayer, or other religious practices, many cosmic spiritual experiences occur suddenly without planning. Individuals can have these experiences while they are walking around sacred places, viewing stunning natural views, or even in simple moments such as speaking with someone who has deep spiritual insight. This spontaneity shows that cosmic spiritual experiences do not necessarily depend on specific rituals or methods, but can also arise naturally when individuals are in conditions that allow them to feel a deeper connection to spiritual reality¹⁷.

Overall, cosmic spiritual experiences in religious tourism have very rich and multidimensional characteristics. From feelings of universal connectedness to emotional transformation, from existential insight to lifestyle changes, these experiences have a profound impact on the individuals who experience them. Religious tourism, with its environment conducive to reflection and spiritual growth, provides an ideal means for individuals to experience this transcendental experience. Therefore, further exploration of how religious tourism can be designed to support deeper spiritual experiences is an important topic in the study of spirituality and transpersonal consciousness.

The Impact of Cosmic Spiritual Experiences on Transpersonal Consciousness

Cosmic spiritual experiences are transcendental phenomena that bring individuals into a higher state of consciousness, beyond the boundaries of ego and personal identity. In many cases, these experiences often occur in the context of a spiritual journey, deep meditation, or involvement in intense religious rituals. Cosmic spiritual experiences not only have a direct impact on a person's emotions and thoughts, but also influence the development of transpersonal consciousness,

¹⁶ **Hood, R. W. Jr.** (1975). *The Construction and Preliminary Validation of a Measure of Reported Mystical Experience*. *Journal for the Scientific Study of Religion*, 14(1), 29-41.

¹⁷ **Pargament, K. I.** (1997). *The Psychology of Religion and Coping: Theory, Research, Practice*. New York: Guilford Press.

namely a form of consciousness that transcends individual dimensions and is oriented towards universal connectedness with a greater reality¹⁸.

Transpersonal consciousness is a concept that developed in transpersonal psychology, which emphasizes the spiritual aspects and mystical experiences of humans. In the context of cosmic spiritual experiences, individuals often feel connected to something greater than themselves, be it God, the universe, or the collective consciousness. One of the main impacts of cosmic spiritual experiences on transpersonal consciousness is expanding understanding of self and reality. Individuals who experience this experience often realize that their identity is not only limited to physical and psychological aspects, but also has a broader spiritual dimension. This awareness makes them see life from a deeper perspective, where everything is seen as part of a harmonious whole¹⁹.

Another impact is increased feelings of connectedness with the universe and other beings. Individuals who experience cosmic spiritual experiences often report that they feel closer to others, have a greater appreciation for life, and better understand that everything in the world is interconnected. This feeling of connectedness is similar to a concept *oneness* in various spiritual traditions, where a person feels that the boundaries between themselves and the outside world become blurred, and they merge with a greater reality. This can lead to profound changes in the way a person interacts with the world, including increased empathy, social concern, and ecological awareness²⁰.

In addition, cosmic spiritual experiences also often cause changes in an individual's value system and life orientation. A person who undergoes this experience usually experiences a transformation in the way they view life, purpose, and the meaning of existence. Many individuals after experiencing a cosmic spiritual experience begin to focus more on the spiritual aspects of their lives, such as increasing their religious practices, doing more self-reflection, or living a simpler and more meaningful life. In some cases, these experiences can also lead a person on a journey of deeper spiritual search, where they begin to study various religious teachings, philosophies, or mystical practices to further understand the experiences they have undergone.

Cosmic spiritual experiences also have a significant impact on mental health and psychological well-being. Much research in the field of transpersonal psychology shows that individuals who experience deep spiritual experiences often experience improvements in emotional well-being, decreased stress, and increased feelings of gratitude and happiness. This happens because cosmic spiritual experiences often lead a person into a state of being *peak experience* or a peak experience, where they feel extraordinary inner peace and deep happiness. This condition can have a long-term positive effect on a person's emotional balance, helping them deal with various life stresses more wisely and calmly²¹.

Another impact that is no less important is opening new insights about life and reality. Cosmic spiritual experiences often give a person a deeper understanding of the nature of their existence and purpose in life. Many

¹⁸ **Emmons, R. A.** (1999). *The Psychology of Ultimate Concerns: Motivation and Spirituality in Personality*. New York: Guilford Press.

¹⁹ **Ferrer, J. N.** (2002). *Revisioning Transpersonal Theory: A Participatory Vision of Human Spirituality*. Albany: State University of New York Press.

²⁰ Hosaini, H., Kandiri, K., Minhaji, M., & Alehirish, M. H. M. (2024). Human Values Based on Pancasila Viewed from Islamic Education. *Al-Hayat: Journal of Islamic Education*, 8(2), 539-549.

²¹ **Walsh, R., & Vaughan, F.** (Eds.). (1993). *Paths Beyond Ego: The Transpersonal Vision*. New York: Tarcher/Putnam.

individuals who undergo this experience report that they gain insights that cannot be explained by ordinary logic, but have profound meaning for them. These insights may include understanding the importance of compassion, the meaning of human existence, or how to live life more harmoniously. In some cases, these experiences may also lead a person to explore aspects of spirituality they had not previously considered, such as meditation, prayer, or certain religious practices²².

Apart from positive impacts, cosmic spiritual experiences can also pose certain challenges in the process of integration into everyday life. One of the challenges that is often faced is difficulty in explaining or communicating the experience to others. Because these experiences are deeply personal and often surpass rational understanding, individuals experiencing them may find it difficult to share or explain their experiences with those around them. In some cases, this can lead to feelings of isolation or confusion, especially if they do not have a supportive environment in which to discuss their experiences²³.

Additionally, cosmic spiritual experiences can also give rise to existential crisis, where individuals begin to question their previously held values or experience profound changes in their beliefs. While this can be a process that brings spiritual growth, in some cases, sudden changes in belief systems can lead to internal conflict or emotional instability. Therefore, it is important for individuals going through these experiences to have adequate support, whether in the form of a spiritual community, guidance from a mentor or spiritual teacher, or through deep personal reflection²⁴.

Another impact of cosmic spiritual experiences on transpersonal consciousness is increased intuition and sensitivity to spiritual energy. Many individuals who undergo this experience report that they become more sensitive to the energy around them, whether in the form of feelings for others, connectedness to nature, or even sharper intuition in making decisions. In some spiritual traditions, this phenomenon is known as *spiritual awakening* or spiritual awakening, where the individual begins to perceive dimensions of reality that are broader than just ordinary worldly experience²⁵.

In the context of religious tourism, cosmic spiritual experiences often occur in places that have a rich spiritual history or strong energy. For example, many pilgrims who visit holy places report that they had experiences that changed the way they saw the world, increased their faith, or gave them deep insight into life. This suggests that the environment also plays an important role in facilitating deep spiritual experiences, and religious tourism can be an effective means for individuals to develop their transpersonal awareness²⁶.

²² Muis, A., Eriyanto, E., & Readi, A. (2022). Role of the Islamic Education teacher in the Moral Improvement of Learners. *Jurnal At-Tarbiyat: Jurnal Pendidikan Islam*, 5(3).

²³ Sanusi, I., Sholeh, M. I., & Samsudi, W. (2024). The Effect Of Using Robotics In Stem Learning On Student Learning Achievement At The Senior High School. *Educational Administration: Theory and Practice*, 30(4), 3257-3265.

²⁴ Arifin, S., Chotib, M., Rahayu, N. W. I., Hosaini, H., & Samsudi, W. (2024). Kiai's Transformative Leadership in Developing an Organizational Culture of Islamic Boarding Schools: Multicase Study. *AL-ISHLAH: Jurnal Pendidikan*, 16(2), 2608-2620.

²⁵ Badruzaman, A., Hosaini, H., & Halim, A. (2023). Bureaucracy, Situation, Discrimination, and Elite in Islamic Education Perspective of Digital Era. *Bulletin of Science Education*, 3(3), 179-191.

²⁶ Minhaji, M., Hosaini, H., Prasetyo, N. T., Maktumah, L., & Alehirish, M. H. M. (2024). Responsive Islamic Education in Exploring Social Values Through the War Takjil Phenomenon: Sociological Perspective in Indonesia. *Jurnal Indo-Islamika*, 14(1), 51-61.

Overall, cosmic spiritual experiences have a profound impact on an individual's transpersonal consciousness²⁷. From increased feelings of connectedness with the universe to changes in value systems and life orientation, these experiences lead individuals into a higher and broader state of consciousness. However, the process of integrating these experiences into daily life also requires special attention, so that individuals can process and understand their experiences in a healthy and constructive way. In an increasingly busy and materialistic world, cosmic spiritual experiences are a way for individuals to return to the essence of their being, find inner peace, and develop a deeper transpersonal awareness.

The Relationship of Cosmic Spiritual Experiences to Psychological and Existential Transformation

Cosmic spiritual experiences are profound phenomena that take individuals beyond the boundaries of ordinary consciousness to a broader understanding of self, reality, and existence. This experience is often associated with a deep feeling of connectedness to the universe, God, or collective consciousness. In various spiritual traditions and transpersonal psychology research, cosmic spiritual experiences are considered moments of enlightenment that can bring about profound changes in a person's life²⁸. One of the main impacts of this experience is a psychological and existential transformation, where individuals experience changes in the way they view themselves, life, and the meaning of their existence.

The psychological transformation that occurs as a result of a cosmic spiritual experience includes changes in a person's thought patterns, emotions, and behavior. Many individuals who experience this experience report improvements in emotional well-being, such as increased inner calm, greater feelings of gratitude, and a better ability to deal with life's challenges. One psychological aspect that often changes is ego or self-identity. Cosmic spiritual experiences often involve a feeling of loss of ego boundaries, where the individual feels that he or she is no longer separate from the universe or a larger spiritual entity.

These changes in the ego impact the way a person views themselves and others. Individuals who experience cosmic spiritual experiences tend to be more humble, more accepting of their own shortcomings, and more sensitive to the needs of others. They begin to see life not as an individual struggle alone, but as part of a larger collective journey. This awareness of connectedness often results in improvements in the quality of interpersonal relationships, where a person becomes more loving, more caring, and more understanding of others' perspectives.

Apart from changes in the psychological aspect, cosmic spiritual experiences also trigger existential transformation, namely changes in the way a person understands the meaning and purpose of his life. Many individuals who experience this experience report that they begin to question the materialistic values they previously held and seek deeper meaning in life. They may begin to shift focus from external accomplishments towards spiritual development and

²⁷ Hosaini, H., Ni'am, S., & Khamami, A. R. (2024). Navigating Islamic Education for National Character Development: Addressing Stagnation in Indonesia's Post-Conservative Turn Era. *Intelektual: Jurnal Pendidikan dan Studi Keislaman*, 14(1), 57-78.

²⁸ Rowan, J. (2005). *The Transpersonal: Spirituality in Psychotherapy and Counselling*. London: Routledge.

inner balance. In some cases, cosmic spiritual experiences can even lead to drastic changes in a person's life path, such as abandoning a career that no longer aligns with their values or adopting a simpler, more meaningful lifestyle.

One important aspect of existential transformation is the emergence of new insights about the nature of life and death. Individuals who undergo cosmic spiritual experiences often report that they gain a deeper understanding of the cycle of life, existence after death, and the ultimate purpose of humanity. In some cases, this experience even reduces the fear of death, as individuals feel that their consciousness is not limited to the physical body alone. This perspective can provide greater inner calm, helping a person to live more freely and without fear of inevitable loss or change.

Additionally, cosmic spiritual experiences can also trigger a search for deeper truths. Individuals who experience it may become more interested in philosophy, religion, or spiritual practices to further understand the meaning of their experiences. This search can lead a person to the exploration of various spiritual traditions and approaches to life that they had not previously considered. Some individuals may begin practicing meditation, yoga, or other contemplative techniques to maintain or integrate their spiritual experiences into daily life²⁹.

However, the psychological and existential transformation that occurs as a result of cosmic spiritual experiences is not always easy. Many individuals who go through this experience face challenges in integrating the insights and changes they experience into their daily lives. One of the main challenges is feelings of isolation or confusion. Because cosmic spiritual experiences are often very personal and cannot be easily explained to others, individuals experiencing them may find it difficult to share their experiences or gain support from those around them. In some cases, these experiences can even trigger an existential crisis, where individuals begin to question everything they previously believed and feel torn between their old reality and their newfound understanding³⁰.

Another challenge is the psychological imbalance that can arise as a result of deep spiritual experiences. In some cases, individuals who experience cosmic spiritual experiences can feel overwhelmed by the intensity of their experience, especially if they do not have a strong spiritual or philosophical foundation to understand it. This phenomenon is known as *spiritual emergency*, where deep spiritual experiences actually cause emotional or psychological instability. Therefore, it is important for individuals going through this experience to obtain guidance or support from a spiritual mentor, transpersonal psychologist, or community that understands this transformation process.

Although there are challenges in integrating cosmic spiritual experiences, their positive impact on psychological and existential transformation cannot be ignored. Many individuals who successfully process this experience report that they become more peaceful, more oriented towards good values, and better understand their life purpose. These experiences often leave a deep imprint on a person, giving them a new, broader perspective on reality and helping them live their lives more authentically and meaningfully.

²⁹ Daniels, M. (2005). *Shadow, Self, Spirit: Essays in Transpersonal Psychology*. Exeter: Imprint Academic.

³⁰ Hosaini, H., Qomar, M., Kojin, K., & Sibilana, A. R. (2024). Integration of School Curriculum and Islamic Boarding Schools in Preparing the Golden Generation with holistic intelligence. In *SHS Web of Conferences* (Vol. 205, p. 03001). EDP Sciences.

In the context of religious tourism, cosmic spiritual experiences are an important element that attracts many pilgrims and spiritual seekers. Sacred places that have strong spiritual energy are often the locations where individuals have these experiences. For example, many pilgrims who visit places like Mecca, Varanasi, or Tibet report that they experience profound psychological and existential transformations after their journey. Religious tourism is not only a means to seek blessings or deepen one's beliefs, but also a medium to experience deeper spiritual realities, which ultimately brings profound changes in one's life³¹.

Overall, the connection between cosmic spiritual experiences and psychological and existential transformation is very close. These experiences bring individuals into a broader state of consciousness, changing the way they understand themselves and the world, and giving them a deeper perspective on life. Although this transformation process can present challenges, the end result often leads a person to a life that is more meaningful, more aligned with spiritual values, and more filled with a sense of connectedness to the universe. In an increasingly busy and materialistic world, cosmic spiritual experiences are one way for individuals to rediscover the essence of their being and live life with more awareness and presence.

Conceptual Model of Cosmic Spiritual Experience in the Context of Religious Tourism and Its Implications for Transpersonal Consciousness

Cosmic spiritual experiences in the context of religious tourism are an interesting phenomenon to study, especially in relation to transpersonal consciousness. Religious tourism is not just a physical journey to holy places, but also a deep inner journey, where individuals often experience spiritual events that change their perspective on life and existence. These cosmic spiritual experiences have unique characteristics that differentiate them from ordinary religious experiences. It often involves feelings of deep connection to a greater reality, feelings of ecstasy, and an intuitive understanding of the meaning of life that cannot be explained in words. To understand this phenomenon systematically, a conceptual model is needed that can explain how cosmic spiritual experiences occur in the context of religious tourism and what implications this has for the evolution of individual transpersonal consciousness³².

The conceptual model of cosmic spiritual experiences in religious tourism can be explained through several stages experienced by individuals during their spiritual journey. The first stage is *psychological and emotional preparation*, where individuals begin to open themselves to the possibility of transformative experiences. A person's motivation for traveling on religious tourism largely determines how they will experience and internalize their spiritual experiences. Some individuals come in the hope of gaining enlightenment, while others simply follow family traditions or collective beliefs. At this stage, an individual's spiritual background, mental readiness, and expectations play an important role in shaping the experiences they will experience.

The second stage is *exposure to a deeply spiritual environment*. Sacred places visited on religious tourism often have strong spiritual energy, believed by

³¹ Qomar, M., & Fitri, A. Z. (2024). Innovative Learning Strategies for Islamic Religious Education Based on Merdeka Belajar Curriculum in Vocational High Schools. *Al-Hayat: Journal of Islamic Education*, 8(3), 966-981.

³² Hosaini, H., Fitri, A. Z., Kojin, K., & Alehirish, M. H. M. (2024). The Dynamics of the Islamic Education System in Shaping Character. *Edukasia: Jurnal Penelitian Pendidikan Islam*, 19(1), 79-98.

many traditions to be centers of transcendent power. This environment creates an atmosphere that supports the emergence of cosmic spiritual experiences. Factors such as shrine architecture, religious rituals, meditative atmosphere, and interactions with spiritual communities can influence the intensity of a person's experience. In many cases, individuals who enter this spiritual environment begin to notice changes in their state of consciousness. They may feel an extraordinary sense of calm, a sense of oneness with something greater, or even a profound mystical experience.

The third stage is *the pinnacle of cosmic spiritual experience*, which is often marked by moments of higher awareness. At this point, the individual experiences an extraordinary sense of connectedness with transcendent reality. Some individuals report a feeling of loss of ego boundaries, where they no longer feel separate from the world around them. There are also those who experience visions, inner voices, or sensations of ecstasy that take them into a broader dimension of understanding about life. This experience can occur through various means, such as meditation, prayer, special rituals, or even simply by contemplating the beauty of the holy place they visit.

After reaching the pinnacle of spiritual experience, the individual enters *reflection and integration phase*, where they try to understand and internalize the experiences they have had. This is a very important stage in the conceptual model of cosmic spiritual experience, because how a person processes their experience will determine its impact on their transpersonal consciousness. Some individuals may experience profound changes in the way they view life, while others may feel confused and have difficulty articulating their experiences. At this stage, guidance from a spiritual mentor, religious leader, or supportive community can be very helpful in integrating these experiences into daily life³³.

The impact of cosmic spiritual experiences in the context of religious tourism can be linked to the evolution of an individual's transpersonal consciousness. Transpersonal consciousness is a level of consciousness that goes beyond personal ego identity and includes a broader understanding of the interconnectedness between the self, the universe, and the spiritual dimension. Cosmic spiritual experiences in religious tourism can be a major trigger for the development of transpersonal consciousness, as they provide individuals with deep insight into the nature of reality and their existential meaning³⁴.

One of the main implications of this experience for transpersonal consciousness is an increased sense of connectedness to everything around them. Individuals who have had cosmic spiritual experiences often report that they feel more in tune with nature, better understand the relationship between humans and God, and are more open to differences in beliefs. This awareness has a significant impact on their attitudes and behavior in everyday life. They tend to be more empathetic, appreciate diversity more, and have a more compassionate attitude towards fellow humans³⁵.

³³ Supriadi, S., Hosaini, H., & Sain, Z. H. (2024). Transformation of Literacy-Based Islamic Education Learning Management Integration in Elementary Schools. *International Journal of Social Learning (IJSL)*, 5(1), 294-304.

³⁴ Taufik, A., Kasman, K., Wibowo, S. E., Hosaini, H., & Khaleel, A. H. (2024). Contextualizing The Value Of Islamic Education In The Digital Era: Challenges And Adaptations In The Khitbah Hadith. *Jurnal At-Tarbiyat: Jurnal Pendidikan Islam*, 7(3).

³⁵ Cahyono, C., Judijanto, L., Hutahaean, E. S. H., Nisa, U. W., Mulyadi, M., & Hosaini, H. (2024). Pesantren Education as Indonesia's Indigenous Heritage: Nurturing Moral Education in the Digital Era. *At-Ta'dib*, 19(1), 177-193.

Apart from that, cosmic spiritual experiences can also change a person's life orientation. Many individuals who go through this experience report that they begin to search for deeper meaning in their lives. Some of them may decide to delve deeper into spiritual teachings, while others begin to devote themselves to social work or service to the community. This transformation reflects a shift from egoistic consciousness to a broader and more inclusive consciousness, which is one of the main characteristics of transpersonal consciousness.

However, cosmic spiritual experiences in religious tourism can also pose challenges in the integration process. Not all individuals are ready to face major changes in the way they understand the world and themselves. Some may experience an existential crisis, in which they feel alienated from their old lives or feel a loss of meaning in activities they previously considered important. Therefore, this conceptual model must also consider factors that can help individuals face these challenges, such as the presence of social support, ongoing spiritual education, and integrative practices such as meditation or self-reflection³⁶.

In a broader context, understanding the conceptual model of cosmic spiritual experiences in religious tourism has important implications for spiritual tourism management and transpersonal awareness education. Religious tourism destinations can develop programs that support this transformative experience by providing space for reflection, spiritual guidance, and an environment that supports inner exploration. Additionally, spiritual educators and practitioners can use this model as a guide to help individuals who are experiencing changes in consciousness as a result of their spiritual journey³⁷.

Overall, cosmic spiritual experiences in religious tourism are a phenomenon that has a deep impact on individual transpersonal consciousness. By understanding these stages of experience in a systematic conceptual model, we can better facilitate individuals' spiritual journeys as well as help them integrate their experiences into everyday life. This model is not only relevant for those seeking spiritual experiences in religious tourism, but also for anyone interested in understanding how transcendent experiences can shape the evolution of human consciousness towards broader, more inclusive, and more meaningful levels.

CONCLUSION

Based on literature exploration, it was found that cosmic spiritual experiences in the context of religious tourism are a phenomenon that has a significant impact on the transformation of individual consciousness. These experiences involve psychological, emotional, and spiritual dimensions that can lead individuals to higher levels of transpersonal consciousness. The impact of this experience includes increased empathy, a shift in life values and priorities, and a strengthening of existential meaning. Thus, religious tourism not only functions as a physical journey, but also as a means to achieve spiritual growth and transformation of consciousness. The conceptual model developed in this research can be used as a basis for further research in the fields of transpersonal

³⁶ Ni'am, S., Khamami, A. R., Mahtukhin, M., & Hakimi, M. (2024). Reconstruction of Islamic Thought: An Epistemological Approach to Advancing Islamic Education. *Jurnal At-Tarbiyat: Jurnal Pendidikan Islam*, 7(2).

³⁷ Qomar, M., & Badruzaman, A. (2024). Optimizing Learning Design for Islamic Religious Education in Islamic Boarding Schools: Efforts to Increase the Intelligence and Academic Quality of Students. *Attanwir: Jurnal Keislaman dan Pendidikan*, 15(2), 152-165.

psychology, religious studies, and spiritual tourism. Apart from that, the results of this research can also provide insight for religious tourism managers in designing deeper experiences for visitors, so that religious tourism can be more meaningful and have an impact on individual spiritual awareness.

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