

AKASHICNET

FLAGSHIP FEATURE / 000

TRANSCEND

BEYOND THE FAMILIAR



Cover: AI-generated artistic metaphor

What, if anything, does transcendence reveal about reality beyond our experience?

Meditation. Creativity. Inquiry. Compassion.

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THE OPENING QUESTION

Keep the wonder. Make room for inquiry.

A framework for experience, meaning and reality.

A piece of music can seem to open a world. Meditation can change the felt boundaries of the self. An encounter with nature can leave the ordinary strangely luminous. What should we make of such moments?

TRANSCEND000 begins with curiosity about these reports. It brings together contemplative reflection, research leads, creative metaphors and first-person accounts already collected in NeuronsToNirvana. Each contributes something different to the conversation.

The central question remains open. An experience may change how someone sees the world. Whether it also reveals something independently true about the world requires another kind of investigation.

THE EDITORIAL COMPASS

Describe the experience. Name the interpretation. Ask what can be checked. Notice what changes in life afterwards.

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TWO STARTING POINTS

Inner life. A wider view.

David Lynch and James Fadiman provide inspiration for the inquiry.

DAVID LYNCH

“A human being is like a lightbulb—we radiate out what's inside.”

Quotation reproduced in the N2N post for Mindrolling 445. Original audio timestamp remains to be verified. [1]

JAMES FADIMAN

“Transpersonal psychology is a framework which allows you to get a larger view.”

Big Think interview transcript. [2]

Lynch connects meditation with creativity and the quality of everyday life. The N2N archive includes a short introduction, a tour documentary and longer interviews. These are invitations into his perspective, not interchangeable forms of scientific evidence. [1, 3]

Fadiman discusses expanded perception and a broader account of identity. His related Big Think conversation also addresses integration. TRANSCEND000 asks how insights are interpreted, checked and carried into daily life. [2, 4]

Enlightenment belongs in the inquiry as a concept with different meanings across traditions. This framework does not confer spiritual attainment on speakers or readers.

THE FRAMEWORK

Six ways into the question.

Overlapping fields of exploration, rather than a ladder of attainment.

01

SELF & IDENTITY

What changes in self-boundaries, agency and the story of “me”?

02

AWE & CHILLS

How do vastness, frisson, emotional elevation and connectedness relate?

03

MUSIC & MOVEMENT

How do sound, rhythm, dance and creative activity shape experience?

04

CONTEMPLATIVE TRADITIONS

How do distinct traditions understand awakening, liberation and practice?

05

DEATH & CONTINUITY

What do reports describe, and which interpretations remain open?

06

INTEGRATION & SERVICE

Which changes endure, and when do they become compassionate action?

Figure 1. A conceptual topic map. No proportions, rankings or measured effects are represented.

INTERPRETATION AND EVIDENCE

One experience. Several explanations.

A comparison matrix helps keep the possibilities distinguishable.

Perception & self-modelling	Changes in attention, self-boundaries and expectation.	Compare reports and appropriate measures across conditions.
Culture & relationships	Language, teaching and setting shape meaning.	Examine prior beliefs and differences across contexts.
Access to ordinarily missed reality	Some reported insights might be independently accurate.	Specify predictions; check prior knowledge and alternative explanations.
Mixed processes	More than one process may contribute.	Test distinct contributions without making the account unfalsifiable.

Figure 2. Candidate interpretations and assessment routes. Rows have equal visual space for readability, not equal probability or evidential support.

THE BQ011 CONNECTION

What happens after the moment?

A change in feeling is a starting point for studying change in life.



Figure 3. The new Big Question concerns what an experience reveals. BQ011 concerns enduring compassionate action. Arrows organise the inquiry; they do not establish causation.

Keep immediate feeling, intention, completed action and sustained contribution separate. Ask about prior values, community, time, resources and opportunity. A meaningful experience can motivate care while its metaphysical interpretation remains unresolved.

A PRACTICAL INQUIRY

From certainty to careful curiosity.

A reflection guide for readers and a starting structure for future records.

DESCRIBE

What happened, in your own words, before explaining it?

CONTEXTUALISE

What setting, expectations and prior experiences might matter?

DISTINGUISH

Which parts are feeling, interpretation or independently checkable claims?

COMPARE

What other explanation could fit the same account?

FOLLOW THROUGH

What changed later in relationships, creativity or practical care?

This guide is for reflection. It is not a diagnostic scale, an attainment score or a validated research instrument.

Future results deserve the right visual: a timeline for follow-up, a dot plot for comparable outcomes, or a forest plot for compatible estimates with uncertainty. A pie chart belongs only where verified categories form a meaningful whole.

READ, WATCH, INVESTIGATE

The living source trail.

Selected sources and the wider N2N collection. Links are clickable.

- 1 Lynch & Raghu Markus: Mindrolling 445
- 2 Fadiman: Big Think interview and transcript
- 3 Lynch: Meditation, Creativity, Peace
- 4 Big Think: Three experts on perception
- 5 PLOS: Self-transcendence accompanies aesthetic chills

The N2N reading constellation

HOMESENSE808	HOMESENSE809
Psychedelic unselfing	Entheogens and spiritual seeking
Aesthetic chills	Music and meditation
Dreamloop trajectory	Spiritual chills: N=1
Omega Point and Vipassana	Transcend death: symbolic interpretation

Editorial transparency

AkashicNET Editorial; AI-assisted research, writing and layout. Original hero artwork is AI-generated metaphor. Retrieved post descriptions and transcript excerpts were reviewed; full videos and underlying studies have not all been audited. Source inclusion is not endorsement. No measured results or invented percentages appear in this edition.

Framework v0.1. The companion Big Question remains unresolved and unnumbered pending current register reconciliation. BQ011 retains its existing identity. This feature does not change evidence, rights or scientific-admission gates.