

The Rapid Enlightenment Process: Letting go of the survival mind to experience sustained peace, joy and well-being

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Abstract

This article describes the Rapid Enlightenment Process (REP). The REP framework is designed to increase psychological resources so that entrepreneurs and business executives are able to cope with modern life, and the hardship and stress of competitive environments. This paper describes the theories, concepts and a logic model that supports REP's claims: a way to achieve sustained peace of mind, joy, happiness and well-being. The REP treatment has four components: (1) The understanding of the survival mind; 2) Acceptance; (3) Recontextualization: how to intentionally create a new context to transform disruptive negative emotions into positive emotions; and 4) the adoption of the "Enlightened Perspectives," helpful hermeneutics and heuristics to create a context to sustain the experience of peace until it becomes a habit and a psychological resource. The paper builds on arguments and ideas presented in a theoretical model with the primary objective of formulating a set of propositions detailing factors affecting the Rapid Enlightenment Process and the effectiveness at each of its phases. Since REP is an innovation lacking empirical evidence, its claims are supported by referencing theories and research in the field of positive psychology, neuroscience, and an integrated framework of emotional theories. This paper can help social researchers, human development practitioners, psychologists, coaches, and business leaders to understand a novel framework, the theoretical literature behind it, and its implications. This paper aims to contribute to the well-being intervention literature to guide empirical research, and ultimately to evaluate REP.

Keywords: emotions, human flourishing, relaxation response, self-awareness, stress