

# Review of: "Experiencing B-Values on the Camino de Santiago: A Journey Toward Self-Actualization"

Berenika Seryczyńska<sup>1</sup>

<sup>1</sup> University of Warsaw

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An article 'Experiencing B-Values on the Camino de Santiago: A Journey Towards Self-Realisation' appears to be an important contribution to research on the experience of pilgrimage on the Camino de Santiago. The author not only explores Maslow's concept of peak-experience in depth, but also conducts both qualitative and quantitative research, which in combination provides a rich understanding of this extraordinary experience. This approach can be considered to have significant research potential, and the choice of the Camino de Santiago as a research site of the most authentic examples of the search for spiritual enlightenment. The adaptation of Maslow's theory of peak-experience concepts to the context of pilgrimage seems novel, providing valuable insights into how the Camino journey can affect self-realisation.

One of the most important aspects of this article is the qualitative research, the analysis of the 32 narratives allows us to understand the deep emotions, experiences and reflections of the participants. The analysis conducted in the context of Maslow's theory is extremely interesting and brings new insights into the process of self-realisation. In addition, the quantitative research with 501 survey participants provides solid data to support the conclusions based on the qualitative research. The combination of both research methods in one article is a unique approach and demonstrates that the author has a full understanding of research techniques.

The article not only provides insightful analyses and research findings, but also goes beyond this by presenting innovative findings. The 'B-Values' approach - spiritual values that play a key role in the process of self-realisation during a pilgrimage on the Camino de Santiago - can inspire future research on personal and spiritual development. It also seems innovative to show the spirituality of pilgrimage without an explicit religious indication. This makes the pilgrimage to Santiago, which, on the one hand, has deeply Christian roots, nowadays can be analysed without this reference and shown as a kind of universal spirituality not linked to a specific culture or religion.

The article is an interesting research work combining Maslow's peak-experience concept with qualitative and quantitative research, leading to valuable conclusions and findings. This article opens new perspectives in the field of research on spiritual experience and self-realisation. It is a work that will certainly be appreciated by the research community and those interested in the Camino de Santiago.