

**Abstract:**

This work handles the development of ideas about psychology of experiencing. These phenomena are monitored on a platform of cognitive and humanistic psychology since their formation to present status including indicators of future progression. To a large extent also benefits from the contributions of phenomenology for understanding the experience. The work combined findings from the literature with data from introspection including my own. Experience and experiencing is viewed in the context of life events and personality development.

This part is followed by the concept of self-actualization. As the transition between the two parts is used outline of humanistic psychology and self-actualization as a psychological phenomenon. Attention is directed to the ideas of main representants of humanistic psychology. The work focuses on the various developmental stages of the individual and his experiencing dependent on satisfying the needs from the perspective of selected psychological theories, it includes the phenomena of flow and sensation seeking.

In the last part is outlined psychological research. It consists of two parts - both qualitative and quantitative. The qualitative part is made by examining a smaller number of respondents (5-7) and is focused on deeper examination of specific individuals in terms of their experiencing in the context of self-actualization. The quantitative part is targeted on selected aspects of the variables with a wider range of respondents.