

Transpersonal Psychology - A path to healing, awakening and empowerment.

The intent of a Transpersonal Psychologist is to help the individual come to terms with life as a meaningful and fulfilling personal growth experience. This is done by guiding and facilitating people into a self-sustaining process of healing and awakening. Transpersonal Psychology believes that each human being has the capacity to find the source of love and fulfillment within oneself, or to put it another way, within one's own Higher Consciousness.

Through the right understanding of our potential, we can learn to make each life challenge an opportunity to develop our own conscious connection to this inner-source of love and security, which appears to be inexhaustible. From this new empowered standpoint, we are increasingly able to give and receive love without the fear and pain that comes with it, and can better deal with issues that do arise. This newfound sense of security and confidence naturally improves every facet of our lives, including our relationships, family life and work. In addition to this we gain the motivation and ability to tap into and utilize a personal potential that we may have never realized existed.

Transpersonal Psychology emerged in the later half of the twentieth century. It integrates the spiritual wisdom teachings from all traditions with modern psychology. The worth of this information is tested through lived experience as well a scientific study. Buddhism for instance has a highly effective and sophisticated system of psychology that has been developed over the last 2,500 years. The Jewish and Christian wisdom teachings that use the *Kabala* are just as highly evolved and ancient. The Hindu teachings have existed even longer and have reached the heights of experiential and scientific development. The work of Carl Jung also revealed the deep teachings of the Gnostics in the West and the alchemy of the Chinese Taoists and the Western Hermeticists (rooted in ancient Egyptian teachings). Western mainstream psychology has been in existence for little more than 100 years. It would be foolish not to fully investigate the wealth of experience of these ancient cultures. The results of these studies have proved their worth beyond doubt.

To be an effective guide, the transpersonal psychologist must be a living example of one who sincerely and effectively practises the art of inner-healing, self-realization and self-empowerment in his or her own life. The practitioner leads by example and aids the one seeking help through the wisdom of his or her own lived experience. The practitioner is like a ferryman, who guides the seeker safely through the hidden territory of his/her mind where confusion, fear and insecurity play havoc. This journey continues until these seemingly often dark and foreboding places are open to the light and healed.

If you are experiencing difficult and prolonged emotional pain and/or ongoing negative life-patterns, and you want to rise above these limitations and turn them to your advantage, then don't hesitate to call me.

Phil Golding