

MLR3066 : Transpersonal Skills Lab 2 – Psychosynthesis (Spiritual Focus)

This transpersonal skills lab will focus on Self-realization, a key concept in Psychosynthesis theory and psychotherapy theory. Self-realization can be defined as the individual discovering and actualizing their own truth in their life. In this course, there will be an emphasis on students developing their ability to access their inner wisdom/truth and their ability to recognize conditioning that pulls them away from it. In service of this aim, an assignment in the course is to spend time each week being in a relationship to whatever the student conceives Spirit to be. Additionally, the readings, video, and vignettes in the text support the student in understanding and developing this goal.

Credits 1