



*Spiritual Awakenings
for Soulful Living*

A Transpersonal Perspective of Our Universe

Look, and it can't be seen.
Listen, and it can't be heard.
Reach, and it can't be grasped.
Above, it isn't bright.
Below, it isn't dark.
Seamless, unnamable,
It returns to the realm of nothing.
Form that includes all forms,
Images without an image,
Subtle, beyond all conception.
Approach it and there is no beginning;
Follow it and there is no end.
You can't know it, but you can be it,
At ease in your own life.
Just realized where you come from:
This is the essence of wisdom.
Lao Tzu

This article shares a transpersonal view of our universe, providing a general overview of the transpersonal landscape. The most appropriate place to begin is to define the word “transpersonal.” This however, is no easy task, in that the word encompasses a world of possibility. “Trans” literally means **beyond**, and “personal” means, *personality or ego*. Therefore, “transpersonal” means venturing out beyond our personal nature or personality.

Transpersonal teachings call for us to allow for the possibility of other dimensions, including the **spiritual and soulful realms** of existence. They invite us to release the limiting view of ourselves as five-sensory human beings and awaken to the reality that we are multi-dimensional beings brimming with undiscovered potential. They encourage us to trust that there is more to this universe than we originally were taught or have possibly ever known in our lives & that we exist in an interconnected universe of unlimited potential. Transpersonal work explores the **deeper side** of our being, our Soul, by taking us into the realm of our subconscious and at the same time connects us to the vast energies of **spiritual awareness**.

According to transpersonal writers Roger Walsh and Frances Vaughan in their book *Paths Beyond Ego*, transpersonal researchers study a realm of existence, which includes “consciousness and altered states, mythology, meditation, yoga, mysticism, lucid dreaming, psychedelics, values, ethics, relationships, exceptional capacities and psychological well-being, transconventional development, transpersonal emotions such as love and compassion, motives such as altruism, and transpersonal psychologies and therapies.”

Our Unique Path

The transpersonal view assures us that our lives have **meaning**. Each one of us is walking this human path for a reason, and it is only through accessing the deepest core of our being that we can discover that reason. It is important to remember that our paths are uniquely our own. Many masters representing various spiritual traditions have come to earth to share their universal wisdom; therefore, what path is right for one may not feel right for another. As we **explore possibilities**, we need to listen to our hearts for guidance.

As we walk our paths, one mindful step at a time, we discover the importance of paying attention to our intuitive natures and following our heart's light, embodying the compassion Christ came to teach us, all the while tempering our minds with the wisdom of the Buddha. As a result of our spiritual practices our lives inevitably take on deeper meaning. Personally, I recognize the beauty in all traditions and do not subscribe to any one specific religion or spiritual practice. I rather enjoy the **spectrum of light** radiated by the multitude of paths.

It is often thought that the goal of spiritual seekers is the attainment of enlightenment or to live in a blissful state. To my understanding, however, the **journey itself is the destination**. Walking the earth with spiritual awareness, acceptance, and love is the ultimate reward. Learning to accept our life upon earth in all its complexity is the key to our growth and understanding. It is the wise man who comes to the realization that everything that happens to us along the way is a gift, an opportunity to learn and to grow.

What we view as “tragedies” or “mistakes” are often the keys that open us to new beginnings. **To live out each moment of our lives in conscious awareness and acceptance is a gift to ourselves and to the universe**. This is the goal of transpersonal teachings.

Our Energetic Universe

As we practice the transformative techniques shared in this article we will inevitably begin to experience unusual patterns of energy. Because these energies are enigmatic and can not always be reproduced in a laboratory environment, the science of the West has long ignored them. We can be grateful to the Eastern cultures, however, for incorporating the reality of our energetic universe into their worldview. Eastern cultures have provided us with many time-honored tools for energetic healing including: acupuncture, acupressure, reiki, herbal medicine, and yoga, to name but a few.

Now in the West, we are beginning to see the circle complete itself as the science of quantum physics is proving what many mystics, shamans and yogis have always known: that we live in, and interact within, a universe of energy. We can look to the **ancient wisdom of the Eastern cultures** to recognize that health occurs when energies flow. The more we block this flow, which happens to be a natural human, unconscious response to life, the less connected we feel with the universe, with ourselves and with others. Blockages often occur on every level of our being as mental habits, emotional disturbances, physical disease, spiritual insignificance, and a disconnection with our soul.

Soul Connection

The word psychology derives from the Greek word “psyche” and means “study of the soul.” Many current therapies don't go deep enough into that space of soul where the truth of your spirit lives. Holistic practitioner, Joan Borysenko, in her book *Guilt is the Teacher, Love is the Lesson*, states that there is: "an entity that is generally left out of both medical and psychological treatment. That entity is *soul*, our personal reflection of the Spirit or Lifeforce

that is the energy from which mind and body arise. Without considering soul and Spirit, our healing from guilt and the stress, anxiety, helplessness, depression, and physical symptoms it creates cannot be complete."

As we honor the beauty of our souls our beings inevitably lighten and brighten, with our actions flowing from that sacred space within which I refer to as our "Soul-Self." It is this **Soul-Self** that is both our home and our destination. It is the essence of our being and our connection to the Divine. It is the flame within our center that ignites our minds, bodies, and spirits, enabling us to access universal consciousness. As we listen to our inner being, we discover that divine guidance is abundant and available to help us along our journey. Identifying with our inner core of light helps us move through our lives from a centered point of awareness. As we explore and experience activities such as meditation, yoga, creativity, and inner work, it is natural for our lives to be enhanced, **our minds to be calmed and our hearts to open.**

Inner Work

Transpersonal therapists work by **shining light upon the shadows**, transforming the blocks and encouraging the energies to flow once again. Looking within involves experiencing all that is going on within our souls, our minds, our hearts and our physical beings. The alchemical journey of transformation begins by opening the inner door of our hearts and connecting with the light of our soul. Therapists encourage asking more questions, and accept that perhaps there are no answers. Living in the questions helps us to grow and to accept life as it is offered to us. Transpersonal therapy offers heart-centered awareness in conjunction with in-depth therapy to **assist each individual to a greater understanding of him or her self within the framework of a spiritual universe.**

The destination to be sought in working with this journal is "where your heart is." Your heart is your home, the truth of your being and the door to the your Soul-Self. It is the bridge to the higher realms of consciousness. It is my belief that you will have arrived home when you come to a place where you choose to respond to everything that occurs in your life, not from your ego with habitual reactions, but instead from your heart, choosing actions which embody the fruits of the spirit. As the Bible, in Galatians 5:22, tells us these are: "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, [and] self-control." For our greatest gift is that of choice. Ultimately, the only two motivations for our choices are fear or love. **If we choose fear, we will be stuck in illusion forever.** As we choose love as a response to whatever life offers, we eventually come to the realization that we are truly one with the all. This is the transformative moment, one which is available to each of us.

Moving Beyond

Oftentimes, however, in our quest for truth and growth, we must venture out of the safety net we have created for ourselves. This involves stepping away from our personality-driven ego-mind and opening ourselves to the expression of our hearts and spirits. In many ways, this conscious journey requires a leap of faith, a venturing into the shadows of the forest. We move into the unknown trusting we are being **guided by the light.** As we continue on our journey, in our ego's effort to keep us safe, fear may tighten its grip, and our minds may warn us to go back. Yet with each step we take, the radiance of the sunlight beckons us to continue walking the path, revealing itself in magnificent glory as we walk through the doorway to the other side.

I invite you to embark on this transpersonal journey with me. As we move through the lessons you will discover both strengths and weaknesses in yourself. Yet as you move

forward with non-judgmental awareness, you will experience once again the bright light within, the seat of your soul, your spiritual heritage.

Dancing Lesson for Your Soul ~ Affirmation Meditation

This meditation is adapted from a Buddhist meditation practice I discovered in the book *Essential Spirituality* by Roger Walsh. It is an **easy practice to do anywhere, anytime and is particularly helpful in times of stress**. You can change the words to anything you choose. Set aside a certain time each morning to do the following meditation practice. Set a time limit for this meditation, such as 10 or 20 minutes. You can set a timer if that helps you let go.

- ⑥ Sit comfortably with your back straight. Your eyes can be open or closed.
- ⑥ Allow your body to relax.
- ⑥ Breathe in deeply a few times to ease into the meditation.
- ⑥ Over and over to yourself, repeat the phrase, “May I be joyful, kind, loving, and peaceful.”
- ⑥ After a few minutes, offer this prayer to all beings: “May all beings be joyful, kind,
- ⑥ loving and peaceful.”
- ⑥ Whenever your mind strays, and it will, gently bring your attention back to repeating these
- ⑥ Phrases.
- ⑥ After your time is up, congratulate yourself for having taken these moments to connect
- ⑥ with the sacred.
- ⑥ Practice this daily for a week and journal your experiences.
- ⑥ Developing this simple practice is easy and rewarding. It will center you for the day ahead and you can use a different mantra each day, week or month. Using affirmations is a positive first step in working with the old tapes playing in your mind.

Take charge now and begin by filling your mind with the positive thoughts you value in your life. Eventually, negativity will fade away and in its place will grow a more positive attitude which leads us to the inner peace we all seek.

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