



## A SELECTED SPIRITUAL PSYCHOLOGY BIBLIOGRAPHY (1995)

### INTRODUCTION

Spiritual Psychology is a field of inquiry devoted to recognizing, exploring and understanding the interplay of the personal, psychical, and spiritual dimensions of human experience in the lives of individuals, groups, and the planet as a whole. The practice of Spiritual Psychology facilitates the full development and harmonization of these dimensions in the lives of individuals and groups, thus allowing the energies of the soul to be released more fully into the world.

This bibliography is not intended to be linear or rigid, but fluid, encouraging the interpenetration of categories and dimensions. It is selected rather than comprehensive, with only a few seminal writings defining each category. It is not meant to represent the final word on spiritual psychology or the spiritual dimension. It is intended to be transitional, a stepping stone toward deeper understanding. Words that represent truth are not the Truth. The nature of truth is living, and too often, attempts to hold onto it not only destroy its aliveness, but also frequently embody the opposite of the original intent. The deepest understanding of the spiritual dimension is not found in any book, but rather through the direct experience within each individual. This bibliography is intended only to refine the vision of the individuals and groups who use it so that they may more clearly see and support that which has always been there at the depths of their beings.

### THE DIMENSIONS

The **Personal Dimension** deals with the structure and dynamics of the personality. Work on this dimension concerns subpersonalities, the body, feelings and mind, identification, disidentification, and the development of the observing "I". It also includes work with more unconscious aspects of the personality, early object relations and trauma, and an analysis of the functional and dysfunctional aspects of the personality as they are expressed in attitudes and behavior. Training of the personal will and integration of the personality around a stable centre of identity, the "I", are central aspects of work in the personal realm.

The **Psychical Dimension** deals with the expansion of consciousness beyond its normal limits into the personal, or collective, unconscious realms. The focus of work with this dimension is on the expansion of awareness to include the deeper patterns of the psyche and their impact on the personality. These include the Freudian complexes, the Jungian archetypes (eg. the Shadow,



Anima/Animus) and the Death/Rebirth pattern described in Stanislav Grof's work. Additionally, it explores transgenerational patterns and "past life" phenomena, the emergence of psychic powers and parapsychological phenomena, altered states of consciousness, and the cultivation of paranormal powers, qualities and states of being.

The **Spiritual Dimension** is defined as that aspect of human experience through which we become increasingly connected to and participate in the whole of creation. It is an experience of inner authority in which we know ourselves to be both unique and universal, a distinct being but united with all other forms of life. It is an experience that we initially are unconscious of, but whose reality 'dawns' on us gradually as we develop and struggle to meet the challenges Life presents us. It is a realm of experience that we awaken to, though it is never not there, and the fruit of this awakening is joy, vitality and well-being, even in the face of death. It holds both a firm sense of oneself and an experience of compassion and understanding for others, even one's foes. It is a dimension that exists in the present and does not depend on time and space, though it operates within these limitations. The spiritual dimension is infinite and eternal, and it is a channel through which universal awareness flows into the physical world. When the spiritual dimension is accessed, it provides the necessary energy and intelligence for the human mind to function at full capacity as an instrument of unity, harmony, cooperation, creation and understanding. It also provides the strength and power to confront and overcome obstacles to personal and social well-being. Finally, contact with this dimension brings a growing experience of being able to love and be loved, equally, and a knowing that, even in the darkest hours, we are one family on earth.

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