

Psychosynthesis in Context

The primary purpose of the principles and practice of Psychosynthesis is to support the process of psycho-spiritual maturation and soul incarnation within the human being-- person to planet. It is a growing discipline that draws on many traditions and schools of thought to provide this support in a way that suits the individual, or group, in their very particular paths.

This universal process of human development is also supported by a new spirituality, emerging at the beginning of the 21st century, that is focused on transforming human consciousness toward species maturity and the experience of the sacredness of the planet and all beings who share it. This is termed ‘Incarnational, or Earth Centered, Spirituality’ and it holds that we as souls are seeking an experience of full aliveness here on earth and that heaven is not somewhere else, but rather right here now.

The process is universal and at the same time leads to a complete uniqueness in each person—a uniqueness that is experienced as being a contributing part of the whole of Life. The outcome of this process is the emergence of spiritual qualities such as love, wisdom, power, perspective, joy, but its hallmark is the experience of the beauty of all creation, what I term “Kosmos”. This beauty is the realization of the sacredness of all Life, and, once experienced, it leads to seeking to cherish and protect Life rather than heedlessly depleting, or destroying, It.

Though this process is natural and accessible in everyone, it can be blocked and stunted, and people can become disconnected from it. This disconnection causes a deep suffering, often unrecognized, and a multitude of buffers and compensations can develop in the person to deal with the pain. The term for this condition of soul loss is “spiritual hunger”.

The work, then, in Psychology and Spirituality is to help people reconnect to this natural process within themselves and to learn to live in ways that sustain the connection. As this happens, the experience of “kosmos” grows, and people discover how to live in ways that not only best serve their own being, but also that of all others and the planet as a whole.

Other forms can be used as well to support this process and I hold that Life itself tends in these directions, and given a chance, will move toward the experience of spiritual maturity and the experience of kosmos. There have always been individuals who have realized this tendency and expressed it. What we need now is for this to happen for a critical mass of the human species.

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