

The Psychology of Spiritual Experiences

Seminars/Workshops

These personal & professional development seminars/workshops, based on research, studies and counselling in Transpersonal Psychology help you to understand how higher consciousness impacts on daily life. Personal benefits include gaining greater self-awareness and understanding your personal-spiritual potential. Professional benefits include gaining greater understanding of your clients and insights into counselling them.

Transpersonal psychology is mainly the study of mind, spirituality, and heightened states of consciousness. These are complex concepts. My work and research involves the study of how mind, spirituality, and consciousness are related to satisfaction with life quality, emotional well-being, and self-development or actualization, including finding meaning, purpose, and direction in life.

- **Defining Transpersonal Experiences**
- **Knowledge Acquisition: Inner Knowing**
- **The Occurrence and Effects of Transpersonal Experiences**
- **Self-development and States of Consciousness**
- **Relating Transpersonal Experiences to Heightened States of Consciousness**
- **Transpersonal Self-development Techniques**

Prepared and presented by Dr Donna Golding, PhD

(copyright 2000)

The Psychology Of Spiritual Experiences

** A series of six by three-hour interactive seminars based on the following topics:

1. Defining Transpersonal Experiences

- Perceptions of Spirituality
- Characteristics of Spirituality: Universal & Individual
- Scientific Scales of Spirituality
- Examples of Profound Transpersonal Experiences
- Major Characteristics of Transpersonal Experiences
- Distinguishing Between Transpersonal and Mundane Experiences

2. Transpersonal Psychology and Inner Knowing

- Different States of Consciousness
- How Transpersonal Psychology Emerged
- Knowledge Acquisition: Intuitions & Inspirations
- Unity Experience vs Intuitions & Inspirations
- Models of Intuition
- Examples of Intuition and Synchronicities

3. The Occurrence and Effects of Transpersonal Experiences

- How Transpersonal Experiences Emerge
- Awareness of Transpersonal Experiences
- Inhibitors of Transpersonal Experience
- Inner Communications
- Outcome Effects of the Transpersonal Experience

4. Self-development and States of Consciousness

- Self-development Theory (Traditional Psychological Models)
- Transpersonal Psychology and Self-development
- The Distinction Between Mind and Consciousness
- Spiritual Values
- Transintentional Nature of Pure Consciousness

5. Relating Transpersonal Experiences to Heightened States of Consciousness

- Consciousness is Information
- Spectrum of Consciousness
- Stages of Understanding
- Evolutionary Model of Consciousness

6. Transpersonal Self-development Techniques

- Optimum Stability
- Transcendental Operations
- Deep Focusing
- Extroverted and Intraverted Methods

** These are interactive seminars, so you may bring in your own spiritual or transpersonal experiences (or those of your clients) to share and explore in class.