

THE WELL-CONNECTED THERAPIST

THE 9 PRIME CAUSES OF PSYCHOLOGICAL PAIN

BREAKOUT SESSION · OCTOBER 21, 2018

There are many psychological models currently in use, the prime four being: biological, behavioral, cognitive, and psychodynamic. In addition to these four primary modalities, there are two others that are growing in popularity. These are transpersonal psychology, which extends the study of psychology into spiritual experiences and is sometimes referred to as "spiritual psychology," and also numerous modalities that are being loosely grouped under the name "energy psychology." This grouping of modalities primarily focuses on working with the energies within the human mind, body, and emotions using techniques such as Emotional Freedom Technique (tapping) and eye movement desensitization and reprocessing (EMDR).

Whichever psychological model or technique is practiced, however, it is important to be aware that these practices exist within the larger context of the presence and influence of the planet's energy worlds spectrum (see the "Astral Light Chart" which accompanies this presentation). Each of us lives within and is influenced by the contents of the planet's energy worlds spectrum, which is comprised of the imprinted energetic record of all human thought, action, and feeling. The closest approach to this understanding in modern psychology is the idea of the collective unconscious (as distinct from individual personal unconscious) pioneered by Carl Jung. Jung described the collective unconscious as part of the unconscious mind that contains archetypal imagery derived from inherited ancestral memory and experience that all humanity shares i.e., "a collective psychic substratum" (Jung, C.G. "The Psychology of the Child Archetype." *Collected Works of C.G. Jung, Volume 9 (Part 1)*, par. 262).

In Jung's understanding of the collective unconscious, and in all current psychological models, what is missing is an acknowledgement and awareness that, in addition to the internal terrain of our psyche, there exists an external spectrum of energetic impressions within the planet's energy worlds that we connect with, draw upon, and process. The study of psychologies and the energies they create and attract needs to include the study of the spectrum of the planet's energy worlds and the natures and effects of the lower and higher energetics that reside there. Psychological pain is always a result of a connection to the thought patterns, forces, and energies that live in the lower three levels of the planet's energy worlds spectrum.

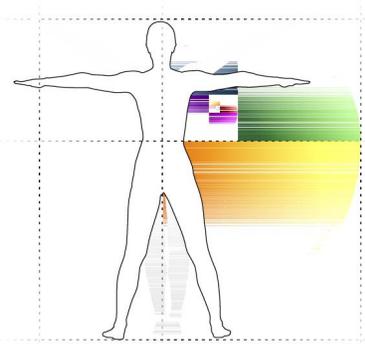
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The lower three levels of the planet's energetic spectrum contain forces and powers that are connected to low-level physical, mental, and emotional states. When we generate and process low-level states we connect to low-level energies. Psychological pain is a message from our energetic and physical systems to elevate the level of our vibration by using our thoughts and emotions differently, in ways that reconnect us to our authentic selves and a higher level of energetic vibration.

According to our psychological profile—the sum of our psychological formations—we draw upon the contents of the planet's energetic spectrum. We can raise the level of our energetic vibration by changing the energies to which we are connected. This is achieved by changing our psychological formations, which determine the nature of energies we connect to and process. These, in turn, play a vital part in determining the nature of our thoughts, feelings, and behaviors. When a therapist or wellbeing practitioner is connected to high-level, healing energies from the planet's energy worlds spectrum, they offer not only the methodology of their particular practice—whatever it may be—but also have their methodology accompanied by the presence of a high level of spiritual wellbeing that can pass from themselves to the clients with whom they are working. It is this state of connection to the higher end of the planet's energy worlds spectrum that creates the well-connected therapist.

From Psychological Pain to Spiritual Happiness:

The 9 Prime Causes of Psychological Pain

And How To Heal Them

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