

My inspiration as a Transpersonal psychologist and Professor of Human Development is to support others to develop and maintain a relationship with the *Sacred*. The *Sacred* is the eternal source from which the soul draws its energy and power. It is something of a different order – it is grounded in reality itself. I believe that experiencing the *Sacred* and integrating it into one's worldview, one's personality, and one's consciousness is necessary for any kind of authentic spiritual growth to occur.

Spirituality and the world religions have at their core the mystical experience, based on the realization that humans can make a direct connection with the *Sacred*, without the mediation of institutions and external authorities.

My conceptual framework for understanding psycho-spiritual development and consciousness evolution is reflective of Ken Wilber's model of *Integral Spirituality*. He describes three ways to experience, and be in relationship with the Sacred: 1) through the God Self, the I AM; 2) through the great transcendent, the Other, outside and beyond me; 3) through the All, feeling connected and merged with everything – no inner, no outer – the great web of life.

I support individuals by facilitating an energetic field where they can explore various ways to deepen their relationship with the *Sacred*; through meditation, contemplation, prayer, energy exchange, and Breathwork.

The realization of all of these three ways *together*, is what Transpersonal psychology refers to as Oneness – no separation, feeling the *Sacred* flow through you, feeling the *Sacred* beyond you, feeling the *Sacred* all around you.

Reality is all One. You are part of this One. This Oneness is you.