

Food For Thought

“The Transpersonal”

an area for further enquiry – for those familiar with the Humanistic Way
aka a Little Christmas Gift for Inspiring Change clients

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<https://beingspace.world>

Thankyou, and enjoy!



Greetings Dear Reader

We may or may not have talked about The Transpersonal – it's an aspect of Humanistic work, which we have talked about and worked with – last year I had some conversations with clients about The Transpersonal, and some interesting ideas emerged – **I thought you might like to see them.**

I have a growing interest in 'Transpersonal' work - helping people inquire beyond individual identity and associated concerns such as day-to-day conundrums and goal-oriented achievement.

I talked with some of my previous clients about the Transpersonal – asking about their take on it.

It was rich and varied. I've summarised some of what was said here. **I hope you find some nourishment in it.**

What is ‘Transpersonal’?



There’s a great deal of discussion about what ‘Transpersonal’ means, whether it’s relevant and how to explore it. Given the intangible nature of the topic, I suggest that this exploration is in itself of value. By talking around the topic and reflecting upon it valuable wisdom can be uncovered, unique to each of us.

To me it means expanding our capacity to joyfully appreciate life – and standing by deeply held values – and seeing these as worthy things to invest in as part of lifelong learning.

I rather enjoy this quote:

Everyone has two journeys to make through life.

There is the outer journey, with its variety of incidents and the milestones...

There is also an inner journey, a spiritual Odyssey, with a secret history of its own.

(William R. Inge 1869-1954)



The term ‘Transpersonal’ isn’t one I’ve used much in the Executive Coaching work – however most of my clients have expressed an interest in topics which seem to fall under this umbrella – and we’ve found ways to incorporate these topics as part of the development work.

So this growing interest of mine feels like a natural development.

• What Emerged

A lot of people found the following notions important – maybe you'll resonate ...

- ❖ **Life's too short/there's more to life than what's on the surface**
- ❖ **Openness to options/intuition**
- ❖ **Emphasis on helping others flourish**
- ❖ **Incorporating transpersonal perspectives into organisational interventions**
- ❖ **Physical movement as meditation and to enhance well-being**

Here's some of the detail about each notion that emerged.



Life's too short/there's more to life than what's on the surface

- ❖ A growing unwillingness to participate with or invest in activities that don't hold meaning for us
- ❖ A sense that by doing so valuable time is wasted
- ❖ Pursuing meaning, or investing/inquiring into meaning are a core emphasis in life now, rather than an optional extra
- ❖ An appreciation that there is more to be discovered and experienced this way
- ❖ A higher quality of lived experience

Openness to options/intuition

- ❖ 'There are always options' – this has become a basis for innovative perspectives
- ❖ A broader capacity for being open to options that are unexpected or seem strange
- ❖ Greater flexibility and less attachment to 'my idea'
- ❖ Other options hold less perceived threat to identity or outcome
- ❖ A heightened intuitive faculty for discerning and imagining other ways of perceiving, being and doing
- ❖ More creativity and responsiveness

Emphasis on helping others flourish

As distinct from helping others feel better – and as distinct from helping people be productive – both of which are, arguably, considered ‘part of the job’ ...

- ❖ A different emphasis – on helping people grow, unfold, blossom, for the sheer sake of it
- ❖ In many cases this now seems to be a fully integrated pull or drive - that isn't goal oriented
- ❖ It's more a sense of what's important and now feels natural without needing to decide or self-motivate – like breathing
- ❖ This emphasis on helping others applies to both individual and collective flourishing

Incorporating transpersonal perspectives into organisational interventions

- ❖ Accepting that organisations are constantly in flux, in various stages of change, and needing diverse organisational interventions at various stages of implementation
- ❖ No longer having any difficulty with this state of affairs
- ❖ A broader awareness and capacity for influencing how organisational interventions play out – ‘meta-interventions’ perhaps
- ❖ Aware that there is no state of affairs where intelligence cannot emerge
- ❖ Increased ability to discover the subtle levers and pressure points, and introduce transpersonal intelligence to honour meaning and values – whether by enhancing existing interventions or introducing new ones
- ❖ Such that the effect or outcome is more meaningful, and nourishing for the spirit

Physical movement as meditation and to enhance well-being

The form of this varies from person to person.

Some form of physical movement is now routinely being valued as a way of giving space ...

- ❖ For the mind to become quiet
- ❖ For energies to find their balanced state, and
- ❖ For unplanned creativity to emerge

Examples would include ...

- ❖ Walking
- ❖ Golf
- ❖ Cycling
- ❖ Working with the hands
- ❖ Yoga
- ❖ Dance

• What I take from all of this

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Much wisdom emerged – nourishing and fascinating. My own perspective was refreshed and sharpened up.

Here's my freshly baked version of 'What the Transpersonal means to me'.

- ❖ That we are here at all is astounding – returning to this awareness of the wonder and awe of existing, being alive
- ❖ Presence – living this moment in this body in this world – moments of utter arrival in the here and now, with the present moment filling my awareness – a capacity for inhabiting the present
- ❖ The whole and part – experiencing everything as one, with me as one with everyone and everything else – while also aware of the finite identity of the individual self – when all is one questions about who is in charge or who created it disappear – 'is there a god?' 'yes god is all of us'
- ❖ The path of meaning and values – in life, choices taken for deeply held values and love over individual security or gain – and the cumulative refining effect this has on ego, self, spirit, sense of self
- ❖ Work as spiritual service – showing up, being willing to be in a state of not knowing – and yet fully engaged and accountable – an intention of service and a trust in the unknown – a sense of work having deep meaning

- ❖ Encouraging others – witnessing, encouraging and affirming others in their expression of spirit and love
- ❖ The Dance – surrendering ego, image, status, control, knowing – open to unpredictable movement, feeling, emotion, experience, effect – without needing to understand it – whether a physical form of dance, or an inner dance taking place inside us and not necessarily visible to others

Overall – expanding capacity to joyfully appreciate life – and standing by deeply held values – and seeing these as worthy things to invest in as part of lifelong learning.

Wikipedia offers a more esoteric version:



The transpersonal is a term used by different schools of philosophy and psychology in order to describe experiences and worldviews that extend beyond the personal level of the psyche, and beyond mundane worldly events. It has been defined as experiences "in which the sense of identity or self extends beyond (trans) the individual or personal to encompass wider aspects of humankind, life, psyche or cosmos".

- Where Next

A mutual interest in what might be termed ‘Transpersonal’ seems real and relevant to everyone who participated – including me – so continuing the inquiry seems relevant. For example, I wonder what other notions or questions might be worth exploring.

Thank you for reading

