

Exploring the Role of The Transpersonal in Political Activism

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We live in a challenging age, with the death of George Floyd, the subsequent marches across the world against racism, the struggles of the #Metoo movement, campaigns for equal rights for the LGBTQ community, and the rise of Disability theorists. Yet, all these efforts towards equality in the face of varying types of oppression speak loudly of the voices of the others and their need to be heard and acknowledged.

Within our training though as counsellors and psychotherapists, issues around difference and diversity have been very slow in turning our considerable talents towards exploring and understanding the complexities of these overlapping issues and in particular, how privilege and otherness influence these discussions, often doing no more than to mirror the wider cycle of oppressions we all witness daily.

The Transpersonal and its skills and talents is well placed to add to this wellspring of activism within the world today. Using its techniques and its abilities to dive deep into the unconscious, to the spiritual realms through the work of bodywork and dreams, the transpersonal has a definitive role to play in changing the world around us. This talk will use dream work to explore and understand the deeper understanding of our own internalised privilege and otherness is a route towards a better recognition of the soul's path here on earth.