

APRIL 2009 NEWSLETTER

THEME: Stress Part 3: Existential Stress

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SELF TRANSFORMATION
THERAPY

IN THIS ISSUE

- NEW Personal and Spiritual Development group is now full
- Part three on stress will explore the notion that developing your own life philosophy can reduce the stress of significant life events. This will be explored through the challenges that existential stress creates



April 'Thought of the Month': Existential Stress



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“Stress from any major or painful life events, can be reduced if you have your own life philosophy. At the very least, I ask you to reflect as to whether you believe that life challenges us to grow and evolve, and that the development of our soul’s capacity to love is behind all events that occur in our life. ”

NEW Personal & Spiritual Development Group

This new group will commence on April 20 and is now full. I find it very interesting that there are an equal number of male and female participants in this group - there being four men and four women, including myself. If you are familiar with my work, you will know that I believe it is vitally important that we have both the masculine and feminine aspects of our psyche in equal balance. Seeing this reflected in the make up of this group is a very synchronous event for me. I am very much looking forward to the experiences for both myself and the participants.

Thought of the Month Article:

I personally have a very strong belief that the purpose of our life is to evolve our soul towards love. Part of this philosophy is the idea that there is synchrony between our own inner thoughts and feelings and the outer events of our life. As I counsel people, I am looking for the synchrony between the stressful outer events they bring into the session and their inner thoughts and feelings that are being generated by these events. This allows me to identify what learning is currently being asked of each person. It also means I'm not trying to control the direction of their development, but are working with the direction that life and their own unconscious is moving them towards.

Similarly, I'm asking you to consider if you have your own life philosophy as to the purpose of your own existence. Existential psychology is the psychological theory that suggests we each have an existential anxiety regarding our purpose and why we exist. This refers to the idea that we can feel highly anxious if there is inherently no purpose in life due to life being completely random in nature. The proponents of existential anxiety go so far to say that maybe we generate the idea of a divine entity or religious beliefs just to calm the existential anxiety that there may be nothing after death.

You even see neuroscience stating that they have identified the ‘god spot’. This is an area of the brain responsible for the ‘white light’ experience of people who have died and then been resuscitated. However, these scientists take this as evidence that there is no greater or higher aspect to life. But in my experience, there is truth to both sides. In this instance, there has to be an interface between a higher aspect of ourselves and the physical experience of this aspect. It is natural that the brain is the interface between our physical existence and our higher aspects of self.

Today I wish to ask you to contemplate on your own life philosophy. You may already have one, therefore this may just be an opportunity to reflect or reaffirm. I am in no way making this a suggestion that it has to be spiritual or religious. I'm just suggesting that having a philosophy that life challenges us to grow and evolve to increase our capacity to love, can create some meaning, purpose and direction to the challenges we experience.

Many of our experiences can be very painful or traumatic. If a person has the notion that life is random, then anxiety can increase, and any sense of lack of control will magnify any experience of fear of death or injustice that life is not fair. However, if we entertain the notion that these are challenges to assist us to change and evolve, then we can go about dedicating ourselves to learning what is set before us. This will greatly assist us to ease any anxieties, as having challenges to learn will allow us to take action. Having the capacity to act greatly decreases anxieties. Developing ourselves from these challenges increases our sense of self knowledge and self mastery. In other words, it develops our own inner wisdom, from which we can answer for ourselves the big questions regarding our existence.

I believe that every single person that is alive, or has ever lived, has a different experience of life. I also believe these different experiences of life add to the collective consciousness and therefore the richness of the human experience. The idea of ‘ correspondences’ suggest that what happens to the individual also happens to the collective at large. This suggests that humanity as a whole is evolving, and will evolve as each individual evolves. Therefore, your own evolution and development towards love and peace serves the human race as a whole. I am sure all would agree with me that our world needs more love and light.

Our own light will shine once we work through our life lessons and challenges, which lead us to know who we are, why we exist, and what sense of purpose or service we wish to live. Finding your own answers to these big questions through your own evolution, leads to a trust in life or a universal force or mind. This trust through surrendering control, is a great comfort against existential stress. It allows you to find direction and meaning, through times which could otherwise feel hopeless and empty.

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