

1. Defining spirituality:

- a. A constellation of terms that essentially connotes a person connected to virtues, values and experiences in the non-material, non-empirical realm. May be related to religion and God, but not necessarily.
  - i. Distinction: Spirituality and Mysticism
  - ii. Spirituality and Political/Social Activism
- b. Constellation: the terms may include a range of virtues, values and experiences that may seem to conflict
- c. Spirituality is inherently connected to authenticity, core/true self, wisdom, maturity, transcendence, moral character, self-knowledge, reflection and the spiritual journey toward transformation, self-actualization and self-realization. Aspects of Humanistic Psychology.
- d. Spiritual Direction – Guidance Toward Knowledge and Experience of Spirituality

2. Required Map - examples

- a. Wisdom Work w/Rabbi Finley map:
  - i. Unconscious Ego Self
    - 1. Ego-States (positive and negative)
    - 2. Yetzer Ha-Ra – Patterns of Resistance
  - ii. Field of Consciousness – Aware, Attuned, Accountable, Adaptive
  - iii. Higher Self (more theoretical)
    - 1. Observer Mind, Objective Mind, Rational Mind, Truth Mind
    - 2. Love, Justice, Truth and Beauty (Garments of God)
    - 3. The Good
    - 4. The Holy
    - 5. The Divine
  - iv. The Realm of the Soul and Depth (more experiential)

- b. The Map of the Spiritual Psychology of the Kabbalah.
  - i. Kabbalistic Terminology
  - ii. Sefirot
  - iii. Four Worlds
  - iv. Levels of the Soul
- 3. Psychological and Spiritual Psychological Concerns
  - a. “Spiritual Psychology” – psychology that assumes and is concerned with the moral life, the spiritual life and the soul
  - b. Theory of Mind, Cognition, Motivations and Language
  - c. Assagioli’s Wheel: Thoughts, Feelings and Emotions, Images and Imagination, Drives and Impulses, Sensations, Intuitions.
  - d. The Will
  - e. Archetypal Psychology, Personality Types and Spiritual Personality Types
  - f. Defense Mechanisms
  - g. Hidden Motivations, the “Big Lie.”
- 4. Philosophy, Spirituality and Religion (broadly understood); Ideas of Reality and God
  - a. “Theory of Everything” – Ontology (what there is), Epistemology (how we know; truth), Logic (how to think), Virtue and Ethics (how shall be and what shall we do; morality and inner and outer comportment), The Good (what is worthwhile)
  - b. The spiritual person who is not religious
  - c. The religious person who is not spiritual
  - d. Defining God and Religious Experience
  - e. Faith
  - f. Prayer
  - g. Sin and Transgression
  - h. Penitence
  - i. Afterlife
- 5. Spiritual Practices (*hanbagot* in Hebrew)
  - a. Study and Holy Words
  - b. Music
  - c. Narratives
  - d. Meditation

6. Distinctions

- a. Spiritual Direction and Psychotherapy