

The Path Toward Transformation

A Transpersonal Psychology of Self
Rooted in Prayer

(The wisdom of the desert Abba Evagrius of Pontus - 4th-5th century)

Práktikos

- knowing one's self in order to know God
- letting go of intellect/mind, desires, and passions
- bring our whole being into God's presence, with watchfulness
- seeing ourselves as God sees us
- being a steward of our mind, heart, desires, talents, body, and vitality
- living in the world in the same way as we live with God in prayer
- a three-fold discipline (praxis):
 - ...contemplation, prayer, meditation (especially the Bible)
 - ...knowing the Bible
 - ...loving others

All of the above become manifest in Apatheia (dispassion/non-attachment)

This grounding in love, through apatheia
leads us to:

Theorētike

(knowledge/experience of God)

Theoria Physike

The experience of God in creation

Theoria Theologike

Direct experience of God

Agapé (love)

Knowledge, union, gnosis (kardiognosis)