

Soul of the World and Psychotherapy

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Abstract

This research explores how the concept of the Soul of the World, as described in spiritual wisdom texts, can inform the theory and practice of transpersonal psychotherapy, with particular reference to the technique of working with dreams.

For this study, from amongst many definitions of the Soul of the World, I selected three key personifications of the concept. These are the archetypal figures of the pure and transcendent world-creating Divine Sophia (Raff, 2003), the Fallen Sophia (Raff, 2003) who became lost in the world of matter, and the Great Mother Gaia (Neville, 2012) who is the physical living planet and linked to the animating principle of Sophia.

Using the intuitive inquiry method, I conducted semi-structured interviews with seven participants, who were either psychotherapists or individuals who have experienced psychotherapy. All participants had a personal and professional interest in the Soul of the World. Additionally, I recorded and explored my own dreams and experiences of awakening to the Soul of the World. Analysis of both my interview data and dream data revealed four major themes: I label these as 1) Supporting the Essential Self in Psychotherapy, 2) The Nature and Unity of Reality, 3) Discovering Sophia Consciousness, and 4) Spiritual Evolution Individually and Collectively.

This thesis concludes that the concept of the Soul of the World has a great deal to contribute to the theory and practice of transpersonal psychotherapy. It finds that the incorporation of the Soul of the World concept can help transpersonal psychotherapists to expand their reach beyond a focus on the individual to the healing found in a greater awareness of universal consciousness. My aim is to discover how specifically the *Multidimensional Dreamwork Model* (Hamilton, 2014) can be further developed by incorporating the concept of the Soul of the World into this model.

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I confirm that this is own work co-authored by the Soul of the World.