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In *Toward a Psychology of Awakening*, Welwood integrates a series of his articles written over a period of 30 years in an attempt to explain the dynamics of psychologies East and West. The hope is that, combined, they can create a wholeness that encompasses the various levels of human experience.

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TOWARD A PSYCHOLOGY OF AWAKENING is a dense book that describes the path of spiritual transformation from both an Eastern and Western perspective. Its primary value lies in trying to synthesize these two ways of looking at reality and describes in detail how each path informs the other.

The After-Effects of Awakening | Psychology Today

Welwood's psychology of awakening brings together three major dimensions of human existence—personal, interpersonal, and suprapersonal—that no single tradition, East or West, has ever fully addressed within a single framework of understanding and practice. The implications are enormous.

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In *Toward a Psychology of Awakening* John Welwood addresses this question with comprehensiveness and depth. Along the way he shows how meditative

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awareness can help us develop more dynamic and vital relationships and how psychotherapy can help us embody spiritual realization more fully in everyday life.

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TOWARDS A PSYCHOLOGY OF AWAKENING addresses basic questions about the relationship between psychology and contemplative spirituality, the practical implications of this convergence for psychological health and healing, and the implications for relationship and community.

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Toward a Psychology of Awakening The Big Ideas True psychological and spiritual progress can occur only when we form a genuine relationship with painful experiences.

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TOWARD A PSYCHOLOGY OF AWAKENING is a dense book that describes the path of spiritual transformation from both an Eastern and Western perspective. Its primary value lies in trying to synthesize these two ways of looking at reality and describes in detail how each path informs the other.

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Welwood's psychology of awakening brings together three major dimensions of human existence: personal, interpersonal, and suprapersonal in one overall framework of understanding and practice. The book's first section addresses basic questions about the relationship between psychology and contemplative spirituality.

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A spiritual practice naturally impels you toward self-awakening by causing you to see the bigger picture and embracing a more altruistic way of being. 5. Healthy Relationships.

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