

# Exploring My Experiences of Transcendence

*Experiences that are expansive to life and their impact on personal growth*

## **BENEFITS YOU CAN EXPECT FROM THIS WORKSHOP**

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- Gain a better grasp of the links between the psychological and spiritual dimension in you.
- Understand your experience of transcendence and unmask the false images received in this area.
- Enlighten the journey for you to progress in a stimulating relationship with this reality of transcendence in you.

## **WORKSHOP OUTLINE**

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- *Part 1 – My experiences of transcendence*
  - Exploring my experience of transcendence through various approaches: deep values and commitments, going through difficult moments, social and humanitarian values, and approach through the deep conscience
  - Identifying the characteristics of a genuine experience of transcendence
- *Part 2 – Experiences of transcendence and personal growth*
  - Impacts of experiences of transcendence on me and on how I lead my life
  - Faithfulness to the callings received from my experiences of transcendence
- *Action plan and final inventory*

## **APPROACH USED IN THIS WORKSHOP**

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The training takes place in a group. Questions invite you to observe your life on the theme being dealt with and to describe your experience. The time of guided analysis is followed by optional sharing, without discussion. In order to deepen participants' personal research, the educator gives input and uses various means (diagrams, commentaries, observations notes, etc.). The variety of experiences shared in the group enriches participants. You are also invited to make well thought out decisions corresponding to your actual reality.

## **CONDITIONS FOR PARTICIPATION**

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It is recommended to have taken the *Who Am I?* and *Exploring My Inner World* workshops. The workshop is not recommended for deeply perturbed individuals or for individuals in psychotherapy, unless they receive approval from their psychotherapist.