

Witnessing Numinous Transformation

***Proposal for ATP International Transpersonal Conference, April 2019:
Acknowledging the Past, Honoring the Present, and Envisioning the Future of Transpersonal Psychology.***

William James, Rudolph Otto, and Carl G. Jung explored personal spiritual experiences, coining the terms transpersonal, numinous, and archetypal. Their studies informed the field that would develop into transpersonal psychology and studies. Transpersonal studies expanded the discussion of human experience to include anomalous, extra-, non-ordinary, and non-dualistic experience. It has continued to evolve, mutually influencing quantum field theory, chaos theory, diversity, and reflexivity. In our current Western technological dystopia of disconnection, a transpersonal approach may offer personal experiences to so many who feel dispossessed. These practices may offer authentic personal and group experiences to reconnect us to collective truth, wisdom, compassion, and healing through contact with the archetypal-divine to recover knowledge and traditions lost in the Cartesian/ Industrialized body-mind-soul-spirit dissociation. This paper will discuss observations and ideas developed from 3 years of integrative group work with numinous experiences in the context of the relational field in an attempt to understand personal and collective transformation through image and experience. This talk will imagine the possibility of collective numinous work as a tool to heal multigenerational and cultural trauma, grief, and loss through interconnectivity to numinous collective experience to address isolation and loss of cultural wisdom.

Bio:

Tara Gilmaher, MA is currently in her third year of Ph. D. studies in Integrative Therapies in Depth Psychology at Pacifica Graduate Institute. She has worked with clients in the Fine Arts in her private practices; for 11 years using meditation and hypnotherapy in Montrose, CA, and more recently in psychotherapy in Ventura, CA. In free time, Tara does group dream-work and rides horses.

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