



EMERGINGKIND

Inside all of us is the power to change the world

Spiritual Emergence Support

- The Spiritual Crisis Network (UK) ('The SCN'):

<https://spiritualcrisisnetwork.uk/>

Which has a number of support services:

<https://spiritualcrisisnetwork.uk/supportservices>

As well as further resources.

- The Spiritual Crisis Network have also created a **leaflet** containing further resources for taking care of yourself as you go through emergence/emergency.

<http://www.spiritualemergencenetwork.org/wp-content/uploads/2017/05/SpiritualCrisisNetworkFLY-Folded-27381-2.pdf>

N.B: The pink column on this leaflet has **phone numbers** you can call to get immediate support.

- There is also the Spiritual Emergence Support **Group on Facebook**:

<https://www.facebook.com/groups/835373649972144/>

- Emerging Proud, blog and inspirational source

<https://emergingproud.com>

- The Shades of Awakening Facebook Page (this is an online community for people going through awakening...)

<https://www.facebook.com/groups/1389895917996438/>

- There is also a wealth of support and information available on the website for The American Centre for the Integration of Spiritually Transformative Experiences (ACISTE) at:

<https://aciste.org/support-directory/>

Then there's:

- Transpersonal Psychologist directory: <http://www.counselling-directory.org.uk/transpersonal-psychology.html>
- Psychosynthesis Trust resources: <https://psychosynthesistrust.org.uk/counselling/>
- Psychosynthesis Institute Practitioners: <https://www.psychosynthesis.org/practitioners/>

Some definitions

Transpersonal psychotherapy can differ from other forms of talk therapy in that it adds a spiritual aspect to your the exploration of self.

The idea is that it's not just the mind and body that can need healing and looking after, but also your spirit itself, or however else you want to call the less definable and transcendent part of yourself that connects you to everything else.

(from www.harleytherapy.co.uk)

Psychosynthesis has also been described as a psychology of the Self, in that the realms of human experience also include matters of soul and spirit, alongside physical and emotional experiences and thoughts and mental processes.