

Spirituality For Doctrinal Deniers

Dr. E. K. Ledermann

Spirituality involves an acceptance of man's ethical dimension which raises him above the levels of animals and which is experienced in his conscience, which tells him the difference between morally right and morally wrong

Those who have faith in a doctrine, taught by religious and philosophical teachers whose disciples accept the particular doctrine, share spirituality.

Spirituality must not be denied to the majority of citizens who have no such allegiance and a method has been devised which enables a therapist to help those people whose unconscious conscience must be raised into their consciousness to enable them to experience their lives as meaningful.

The therapy is called 'true-self psychotherapy'. Chapter 4 of my recently published book 'MEDICINE FOR THE WHOLE PERSON' (Vega, Chrysalis Books 2002) describes the methods, which enable patients to discover their true and healthy selves.

These involve discussion of a patient's life, the presentation of suitable works of art and the interpretation of dreams, which point to a solution of the personal problem. In order to mobilise a dormant conscience, patients are asked to relax their bodies, shut their eyes and imagine being in a theatre, relating the action on the stage. The therapist enters into these 'reveries' and sums up the answer to the particular problem, which has disturbed the patient's relations with other people and even with his true self.

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