



# Psyche and the Sacred: Spirituality Beyond Religion

*Lionel Corbett*

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## **Psyche and the Sacred: Spirituality Beyond Religion** Lionel Corbett

Lionel Corbett describes an approach to spirituality based on personal experience of the sacred rather than on pre-existing religious dogmas. Using many examples from Corbett's psychotherapy practice and other personal accounts, the book describes various portals through which the sacred may appear: in dreams, visions, the natural world, through the body, in relationships, in our psychopathology, and in our creative work. Using the language and insights of depth psychology, he describes the intimate relationship between spiritual experience and the psychology of the individual, revealing the seamless continuity and intermingling of the personal and transpersonal dimensions of the psyche. Corbett also discusses the problems of evil and suffering from a psychological rather than theological perspective, and suggests some of the reasons that traditional religious institutions fail to address adequately these problems. Based largely on Jung's writing on religion, but also drawing from contemporary psychoanalytic theory, Corbett describes an approach to spirituality that is gradually emerging alongside the western monotheistic tradition. For those seeking alternative forms of spirituality beyond the Judeo-Christian tradition, this volume will be a useful guide on the journey.

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