

# Character Transformation in Spiritual Emergence: Alternative Clinical Interventions

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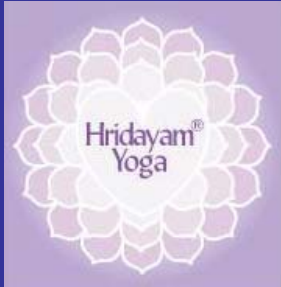
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Workshop is based on the field research and clinical experience in the use of alchemical transformative practices of Kundalini Yoga and Shakta Vedanta for guidance and treatment of spiritual emergence. Approach (Hridayam®) utilizes a stage theory of psychospiritual development through the life-span, and interprets spiritual emergence as a developmental condition (Louchakova & Warner, 2003; Louchakova, 2003). Approach emphasizes connection between the stage-specific psychological changes in perception and self-identity, and the particular types of spiritual experiences, which serve as both developmental markers and catalysts of development. Longitudinal case studies of people in the process of spiritual emergence (n=7) show that characterological transformation is the implicit part of the process.

Developmental systems of psychosomatic mysticism such as Kundalini Yoga and Shakta Vedanta use the set of body-oriented spiritual practices, which assist and catalyze the characterological transformation in spiritual development. Workshop will present several major practices, identify the essential generalizable elements of the practice and the culture specific elements.

We will review two groups of practices, the group of “Microcosmic orbit” and the group of “Divine Names”; examine the effects of these practices and mechanisms of their psychological influence. Case histories will be presented illustrating the use of both groups as the clinical interventions in spiritual emergence process.



## **Research in Spiritual Practices**

**O. Louchakova**

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