Introduction

It's Time to Put Psyche Back into Psychology—as Well as the Rest of Life

Most people are struggling to make their way in the world. Less obvious are those who are gracefully, joyfully, and quietly easing their way out of it.

What an amazing and fantastic time to be alive, especially if you feel a deep yearning for something more relevant and meaningful than material success alone. There's little doubt that humanity is involved in a time of convergence, of something old dying while something new is being born. It could be called a global sea change, a worldwide paradigm shift.

As we see it, what is dying is the notion that advanced consumerism is the path to fulfillment. Many people are realizing that material abundance alone doesn't result in the happiness that endless marketing so consistently and enthusiastically promises. Dr. Bob Moorehead, former pastor of Overlake Christian Church in the Seattle area, cut to the quick of the "what's dying" matter when he penned:

> The paradox of our time in history is that we have taller buildings but shorter tempers; wider freeways, but narrower viewpoints. We spend more, but have less; we buy more, but enjoy less. We have bigger houses and smaller families; more conveniences, but less time. We have more degrees but less sense; more knowledge, but less judgment; more experts, yet more problems; more medicine, but less wellness. . . .

> We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often. . . .
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> We've learned how to make a living, but not a life. We've added years to life, not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space. We've done larger things, but not better things. . . .
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> We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less. . . .
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> These are the days of two incomes but more divorce; fancier houses but broken homes. . . . It is a time when there is much in the showroom window and nothing in the stockroom.
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> *[**Editor's Note:** This quote has also been attributed to other people.]*

"But what is being born?" you might ask. Might it be that humanity is witnessing nothing less than the emergence of a consciousness that the world has never seen? It's one that doesn't simply assume that happiness automatically results from obtaining material success. Rather, it's a consciousness that, first and foremost, asks essential questions such as:

- "Who am I?"
- "Why am I here?"
- "What is my life's purpose?"
- "How can I live a fulfilling life?"
- "How can I make a meaningful contribution in my world?"

Perhaps the single biggest event supporting this emerging perspective was the recent gathering of people participating via the Internet in a series of ten classes offered weekly by Oprah Winfrey and Eckhart Tolle. The classes paralleled the ten chapters in Tolle's best-selling book *A New Earth*. While estimates vary somewhat, it seems safe to say that somewhere between 12 million and 15 million people from around the world logged on to these discussions.

Other reports indicate that the sale of books and participation in conferences pertaining to spirituality are rapidly increasing. Even the rather conservative American Psychological Association recently added a new division: Division 36, Psychology of Religion. Its journal is titled *Psychology of Religion and Spirituality.*

What such individuals have in common is an enhanced awareness that there's more to life than what's on the surface; they're sensing a deeper level of reality operating. Many have come to the place where they're compelled to seek greater awareness of that reality, which is commonly referred to as *the spiritual.* They want to feel that their lives count for something, and to have the opportunity to make a meaningful contribution.

But where is the guidebook that shows how to live consciously within the context of spiritual reality? Where does one go to learn how to live successfully in a predominantly material-based reality while *Seeing Through Soul-Centered Eyes?*

The Soul of Psychology

Since psychology is our chosen field, we recently looked up the word *psyche* in the dictionary. What we found was: "breath, principle of life, soul." A great definition! Then we looked up the word *psychology.* We surmised it would follow that psychology would be the study of the psyche, but here's what we found: "the science of mind and behavior."

Wait a minute! What happened to the breath of life and the Soul? It wasn't there at all. Somehow what was intended as a study pertaining to the Soul got relegated to the province of the mind and behavior.

The spiritually focused approach to psychology that we study and practice at the University of Santa Monica is our way of asserting that it's time to bring *psyche* back into *psychology.* It's time to inhale the breath of life and bring the Soul back to its rightful place at the heart of psychology.

This is why the two-year Master's degree Program we offer is in Spiritual Psychology, which we define as "the study and practice of the art and science of human evolution in consciousness." It's a way of life that makes spiritual awakening the cornerstone of one's purpose. And while we're at it, might human beings also bring *psyche* back into all areas of our lives? Given that this appears to be the direction the world is going, what a wonderful time for the emergence of a truly Spiritual Psychology!

Loyalty to Your Soul presents a Soul-Centered context for living in harmony, with the conscious realization that all people are essentially spiritual beings. Many have come to the place in time where they're awakening into a spiritual reality that was previously reserved for a few advanced Souls. Within these pages, it's our intention to provide principles and practical tools to assist you in gaining the experience and awareness of how to live "into" a Soul-Centered reality, much as one would finally drive out of the fog and into the sunlight that was shining brightly all the while.

Our promise to you is that this book will provide you with keys you can use to live a life dedicated to your own spiritual progression—and do so within the structure of your current situation. Our hope is that your intention will be to contemplate the information and use the tools we present, for only by using them will you discover their true value. In these pages, you will have the opportunity to:

- Discover and explore what life looks like from the context of the Soul's reality, and understand how to use that awareness to live a more fulfilling life.
- Replace a chronic victim-centered "I am upset because . . ." view with an empowered *Learning Orientation to Life*.
- Release yourself once and for all from the emotional suffering that inevitably results from a small-self, ego-centered, judgment-prone perspective.
- Learn how a Soul-Centered approach automatically results in Love, Joy, Compassion, Acceptance, and Peace.

In the first few chapters, you'll be introduced to the context of what we refer to as spiritual reality and spiritual evolution, as well as some of the challenges individuals face as they awaken spiritually. You'll discover what a Learning Orientation to Life means and how the dynamics of consciousness operate.

Would you be surprised to discover that you have spiritual allies? You'll meet them midway through the book and find out how they operate and how to utilize them for your advancement. By this time, you'll be ready to hear all about taking the necessary steps to release yourself from emotional suffering, and then how to experience a life permeated with an enhanced awareness of your inherent worth and value. Also, sprinkled throughout are several easy-to-comprehend practices to help you reap the benefits of spiritual evolution for yourself.

In addition—and perhaps most important—you'll embark upon the adventure of exploring 22 principles of *Seeing Through Soul-Centered Eyes,* which will have the effect of transforming the way you see, approach, and experience life. These principles are spread throughout the book, and you may eventually find yourself joining the ranks of those who have been positively affected by embracing them. You'll understand how lives devoid of meaning became rich with meaning, while lives in a state of emptiness and separation became filled with a divinely orchestrated purpose.

As you progress through the book, you'll see how the vast majority of emotional suffering results directly from judgments born of illusion, misinterpretation, and misidentification, and how these can be surrendered in order to awaken to your inherent divinity. You'll discover how the problems and challenges you face can be viewed as *spiritual opportunities* when seen through Soul-Centered Eyes. As this occurs, you'll find that your life becomes richer—a much more meaningful and joyous adventure.

The good news is that everything you need is available to you in this very moment. You don't need anything or anyone else. Your future is truly in your own hands.

Effective Ways of Using This Book

There are basically three ways you can make good use of *Loyalty to Your Soul:*

1. The **first** is as a vehicle of *instruction.* You can use it to add to the sum total of information you are gathering related to spiritual awakening. This is a sound approach, as it allows your consciousness to consider concepts it resonates with, and which it may not have previously contemplated.

2. The **second** is as a vehicle of *education.* In this regard, you can implement the information in your daily life, thus converting it from knowledge to wisdom by experientially discovering for yourself what has validity for you and what doesn't. If you choose this approach, you'll want to engage in the simple processes presented within the chapters and experience your own realizations.

3. The **third** is as a vehicle of *connection.* The time you spend within these pages can provide an inner sanctuary where you can connect more deeply to, and partake of, the profound awareness and restorative power inherent in that which you truly are. In other words, when you are working with this book, you are much more likely to have the experience of *Seeing Through Soul-Centered Eyes.*

One of the methods we have found quite effective for deepening and strengthening this connection is writing spontaneous responses to certain evocative statements. At the end of each chapter, you will find one or more relevant "stem sentences" that we invite you to complete.

Here is an example of a stem sentence and some possible responses:

"As I learn to see myself and others through Soul-Centered Eyes . . ."

- ". . . I'll be more accepting of myself and others."
- ". . . I'll be less reactive to what other people say to me."
- ". . . I'll be more peaceful."

- ". . . I'll experience unconditional Love."
- ". . . I'll get to know God more intimately."

After reading each chapter, you can complete the stem sentences by writing whatever comes into your awareness. Respond to them over and over until you feel you have emptied all your thoughts on the subject at that time.

You may respond to a statement 5, 50, or 500 times. You're done when you *feel* done. This can take only one sitting, or may require several. You might work with the statement today and then again six months from now. Yours is a uniquely individual process, an experience to be honored and respected.

We strongly recommend that you write in longhand rather than on a computer. There's something about the act of writing that tends to access material from deep within. Your hand is physically connected with your nervous system, whereas your computer is not. Handwriting can be a fabulous tool for mining the inner treasures of your Soul Essence that we refer to as the "Authentic Self." Also, if you're like us, this is a great opportunity to use those special pens you've been collecting for years.

Some people light a candle and play quiet music as they write, as we're doing right now while drafting this Introduction. *How* you choose to do so is much less important than doing it. We do suggest that you get a special journal for this purpose, in recognition of the fact that you are involved in a sacred process. In this way, you'll be able to refer back to it from time to time and note changes in your thoughts, feelings, values, and priorities.

Regardless of how you use this book, please know that you are loved; for when all is written, said, and done . . . in the end there is only God!

(By the way, a by-product of engaging in this process of inquiry is that the quality of both your inner and outer life is likely to significantly improve!)