

The Psychology of Spirituality Intro/info talk

With Claire Dunn and Nic Morrey
15th July 2017 1:30-3:30pm @ Autumn Retreat
129 Miller Street Thornbury

Register by calling Autumn Retreat 9416 9872 (By Donation only)

Contact Nic for the retreat on <http://www.integralpsychology.org/training-in-bali-the-psychology-of-spirituality-2-7th-september-2017.html>

- What is Spirituality? And how can I assist my spiritual development?
- What are the therapeutic benefits of integrating Western psychology's *stage focus* approach with an Eastern contemplative *state focus* approach?
- What is spiritual bypassing? (*when spirituality gets in the way of what really matters*)
- How to differentiate between mysticism and madness?
- How to differentiate between times for ascending spiritual practices and the need for descent into soul – the dark centre of our individual selves and into the fruitful mysteries of nature?
- What can nature-based rites-of-passage such as Vision Quest & ceremony offer for the contemporary spiritual life?
- What are the practices of deep nature connection - and how can they lead to attributes of wholeness, empathy, deep listening and a quiet mind?
- What are the benefits of art, music, dance and eco therapy, and how do these state changing practices develop a spiritual life?
- How much meditation and breath work should I be doing and why should I be practising them?
- What are the differences between IQ, EQ and the physical line of Intelligence PQ? What about LQ (libidinal Intelligence)? And how do they connect to form a definition of spiritual intelligence SQ?
- What are the core values of the contemplative traditions such as Sufism, Buddhism, Hinduism, Christian and Jewish mysticism? and can I incorporate these values into my life?
- How can I use my dreams as a spiritual practice?

Claire Dunn is a writer, educator, journalist and barefoot explorer. Claire worked for many years as an environmental campaigner, before turning her attention, studying deep ecology with Joanna Macy, eco-psychology, and wilderness survival skills. In 2010, Claire embarked on a year of bush retreat. Her recent book *My Year Without Matches: Escaping the City in search of the Wild* is the best-selling memoir of that journey, Claire is currently working on another memoir, this time exploring wildness in the urban landscape. Claire is a trained Dancing Freedom facilitator, offering regular classes in Melbourne. Claire is a passionate advocate for 'rewilding' our inner and outer landscapes, and facilitates nature-based reconnection retreats, contemporary wilderness rites of passage and individual mentoring. www.naturesapprentice.com.au



Nic Morrey (Psychologist) spent his younger years touring up and down the Aussie East Coast as the front man in the band 'Lothlorien'. He continues this spirit of adventure running local and international training programs such as 'The Psychology of Relationships' & 'The Psychology of Spirituality' for personal and professional development. Nic is a trained facilitator who's teaching style is influenced by his experiences in Hakomi, Insight Meditation, Mondo Zen, The Diamond Approach, Integral Psychotherapy, Imago, Men's Wellbeing, Lacanian Psychoanalysis & PACT. Nic is the author of 'The 4 Faces of Love', a tool for finding one's centre, he spent several years running a men's shed and is now working privately. Two years ago, Nic survived a major life changing car accident which nearly took his life. This descent has informed a renewed practice style and now shares this passion in his work. www.integralpsychology.org