Awakening Spiritual Consciousness
Through the Healing of Trauma

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Transpersonal Model of the Psyche

Three Great Realms (levels of consciousness)
Rowan, J. (2005):

a. instrumental - defined by place in outer world
b. authentic - self actualized, self defined
c. transpersonal self 1 (soul) - ego detachment, light
d. transpersonal self 2 (spirit) - not defined, enlightened, mystical union

States of Consciousness - waking, dreaming (soul access), deep sleep (access to the formless or causal spirit)
Structures of Consciousness - levels of consciousness such as material, biological, higher mental, spiritual. Stable holistic patterns found in both the level of development and the line of development
Bodies - energetic support of the body (supports waking mind), subtle body (dreaming state), causal body (spirit) (Wilber, 2000)

Spirituality and Resonance

All is vibrational and interconnected within an energy field

Sufism
Integral Yoga
Shamanism
The Emissaries of Divine Light
Energy Healing

It is through the practice of mindful awareness that this expanded experience can reveal itself
• Spiritual Wisdom Traditions
  – Trauma leads to a dissociation and disconnection to soul.
  – Loss of self.
  – Abandonment of the sacred.
  – Intervention In Non-ordinary spaces - Entering sacred space, connection to the soul.

Mindful Awareness
The experience of bringing one’s awareness within, to a moment-by-moment experience of being present and non-attached to outcome, in which each thought, feeling, and experience is accepted for what it is

Attunement
Deep intuitive recognition of the emotions, thoughts, and feelings of another person, without the need for words. Other person feels known, seen, and understood on multiple levels.
**Resonance** makes two a part of one system, at least temporarily. Attuning to ourselves within mindful states, we have the observing and experiencing self in resonance. Attuning to others, we open ourselves to the profound adventure of linking two as part of one interactive whole. This joining is an intimate communion of the essence of who we are as individuals yet truly interconnected with one another. It is hard to put into words, but resonance reveals the deep reality that we are part of a larger whole, that we need one another, and, in some ways, that we are created by the ongoing dance within, between, and among us.¹

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**Interpersonal Neurobiology**

* Triception (Triangle of Well-being) is the way we perceive the flow of energy and information in the triangle of well-being. We perceive this flow as it moves through the nervous system (brain as mechanism of flow), as it is monitored and modified (mind as regulation), and as it is communicated among people (relationships as sharing). As this is a triangle of not just energy and information flow, but of well-being, triception is the way we perceive our states of integration and then move the system from chaos and/or rigidity toward the harmony of integrative flow. This triangle is of an integrated brain, empathic relationships, and a coherent, resilient mind.¹

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**Science & Resonance**

* Biofield extends beyond the body and into the environment, transcending time and space, holding memory and influencing evolution¹
Neuroscience of Heart/Brain

- The etheric and subtle fields of the human body are an antenna for electromagnetic energy transmitted through the interaction between the endocrine and chakra systems.
- The heart is the strongest electromagnetic oscillator of the human body.
- There is a radiation of energy transmitted outwards from the heart antenna.

Emotions are Reflected in Heart Rhythm Patterns (HRV)

<table>
<thead>
<tr>
<th>Incoherence (Cortical Inhibition)</th>
<th>Coherence (Cortical facilitation)</th>
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<tr>
<td>Frustration</td>
<td>Appreciation</td>
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Transpersonal Pioneers

- William James - first to speak of spirituality in psychotherapy
- Carl Jung - Self is ego, shadow, personal and collective unconscious
- Robert Assagioli - First to use the term transpersonal. Added higher consciousness or superconsciousness to the field of the human psyche leading to the transpersonal self. Created Psycho-Synthesis.
- Stanislav Grof - Experimentation with altered states first through psychedelics and then Holotropic Breath Work.
- Abraham Maslow - Self actualization high on hierarchy of needs.

Exceptional Human Experiences (EHEs)

- Rhea White (1990) - Defines a range of spontaneous unusual experience, often beyond ordinary human consciousness.
- 5 Major Classes: mystical/unitive, psychic, encounter, unusual death-related, and exceptional normal experiences.
- Context for transpersonal psychology.

Transpersonal Psychology

- Traditional psychology is interested in a continuum of human experience and behavior ranging from severe dysfunction, mental and emotional illness at one end, to what is generally considered normal, healthy behavior at the other end and various degrees of normal and maladjustment in between.
- Transpersonal Psychology is a full spectrum psychology that encompasses all of this and then goes beyond it by adding a serious scholarly interest in the immanent and transcendent dimensions of human experience.

Transpersonal Developmental Model

- Wilber’s (2000) transpersonal developmental model, based in the common core philosophy of great spiritual traditions, reflects the view that “reality is composed of various levels of existence—levels of being and knowing—ranging from matter to body to mind to soul to spirit” (p. 5). Within what is termed, the Great Nest of Being, potentiality unfolds within this morphogenetic field, “nested in a hierarchy of holistic embrace” (Wilber, 2000, p. 7), which allows consciousness to evolve from basic structures to more organized levels of spiritual psychology.
Transpersonal Developmental Model (cont’d)

- Systems within systems, like waves of energy, influence one another within the spiral. Each stage of consciousness has its own level of ego functioning, interpersonal and social functioning and morals and perceptions of the world.
- Bottom Up (hierarchical) approach integrates with Top Down approach (heterarchical).

Transpersonal Psychology Research

- Non-local healing
  - Research validates its efficacy\(^1\)
- Empathic and sympathetic resonance
  - Deep embodied resonance between two people
  - Bodymind’s experience of a vibrational merging resonance with internal and external sources

Participants’ Understanding of Spiritual Resonance

1. Attunement to the Divine is Always Present
2. Vibrational Resonance
3. Central Core of a Philosophy of Wholeness

Inter-Dynamic Client Therapist Experience

1. Therapists’ Attunement as a Doorway to Spiritual Resonance
2. Internal Feedback Mechanism Using Skills of Alternative Knowing
3. Non-linear Process of Assessment and Healing
4. Internal Focus of Attention
5. Transmission of Energy
6. Therapist Awareness of Internal Emotions, Sensations and Cognitions
7. Detaching from Ego
8. Non-attachment to Goals, Expectations and Outcome
9. Transference and Countertransference
10. Integration of the Egoic Mind and Expanded Consciousness as a Tool for Change
Client Transformation

6 Themes

1. Development of Spiritual Consciousness
2. Emotional and Cognitive Healing
3. Physical Healing and Transformation
4. Improved Coping Skills
5. Behavioral Changes
6. Vibrational Changes

Therapist Transformation

- Spiritual resonance is a mutual process of transformation
- As the client’s inner light brightens so does that of the therapist
- Therapists feel joy and gratitude for being a vessel for this higher range of consciousness
- Therapists’ spiritual development continues to unfold

Spiritual Resonance: The Evolved Definition

- A vibrational pattern accessed by soul awareness
- A central core of life, not just healing
- Vibrational fabric from which healing and life emerge; is not component-based
- Perceived as a gift to the receiver
- The potential for realization is present in all
- Realized through an experience of expanded awareness

Spiritual Resonance: The Evolved Definition (cont’d)

- Non-linear in nature transcending time and space
- Therapist and client become transmitters of this range of energy within the therapy session
- Within the vibrational range of spiritual resonance, the client has the choice to resonate with that range of frequency, dis-identifying with ego, changing perception, and transforming within the unified experience of cosmic wholeness
- Ultimately, transmission of spiritual resonance is multidirectional between therapist, client, a Divine cosmic source and Earth
The Transpersonal Therapist

Consciousness is both the instrument and object of change. The work aims not only at changing behavior and the contents of consciousness, but also at developing awareness of consciousness itself as the context of experience.¹

Double Vision

Creating a balance of perception between the freedom of transcendent truth and the limitations of the immanent truth of the human domain.¹

Internal Feedback Mechanisms

• Alternative Ways of Knowing:
  – Auditory
  – Visual
  – Kinesthetic
  – Proprioceptive
  – Direct Knowing and Intuition
  – Emergence of Unconscious Material (Braud & Anderson, 2002)
**Internal Feedback Mechanisms (cont’d)**

- Determine resonance and flow
- Double vision between expanded and egoic awareness
- The therapist uses internal cues to determine interventions verbally, nonverbally, and vibrationally
- Wait for vibrational shift before engaging the egoic mind
- Emersion into nonlinear process without expectation; energy and information flow

**Eye Movement Desensitization and Reprocessing (EMDR) - 8 Phases**

- EMDR is based in an adaptive information processing (AIP) model (Shapiro, 2018). EMDR therapy conceptualizes unprocessed traumatic memories as stored in the client’s memory networks, containing related emotions, thoughts, beliefs, and sensory experiences.
- The EMDR therapist reprocesses the trauma to an adaptive resolution by psychologically integrating the information through an eight-phase protocol incorporating the use of bilateral stimulation (BLS) such as eye movements, tapping, or tones.

**Therapist’s Preparation**

Therapists may use the following skills of preparation prior to the session in all phases of EMDR protocol to create an experience of mindful awareness:

- Meditation
- Imagery
- Deep Breathing and Centering
- Attunement to what may be described as a greater interconnected cosmic whole
Phase 1: Client History
- History taking and the development of the treatment plan is consistent with EMDR protocol. History of transpersonal or spiritual experiences are noted.
- Client's adaptive aspects are identified and affect regulation skills are evaluated.
- The therapist sets a safe space within the therapeutic container.
- Maintains a centered and calm state as an experience of being present is internally accessed within the therapist.

Phase 2: Preparation
- The therapist maintains an experience of mindfulness and expanded awareness while engaging with the client, as the client mirrors the process.
- The client listens to a Bio-Lateral CD with headphones.
- Client is invited to close his/her eyes and to envision a safe space sitting quietly, developing self-soothing and affect regulation skills to facilitate dual awareness and maintain stability between sessions.
- Client is vibrationally invited to resonate with the therapist.

Phase 2: Preparation (cont’d)
- The shared field begins to vibrationally flow more fluidly - mirroring.
- Using internal skills of tracking, therapist is able to sense the shared interconnected field and the vibrational change within the client.
- Positive transpersonal resource instillation promoting adaptive memory networks may be accessed from a transpersonal perspective - Cognitive to Cosmic Interweaves.

Positive Resourcing Cognitive to Cosmic Interweave
- Ego State Work.
- Positive (Functional) Dissociation - Chaos to ego restructuring from a level of higher integration.
- Healing through symbols.
- Healing through light.
- Boundaries - emotional and energetic.
- Transpersonal Mirroring.
Positive Resourcing
Cognitive to Cosmic Interweave (cont’d)

• Holding a field of coherent energy and information flow.
• Meditation and Mindfulness
• Spiritual Resonance
• Integration of Higher self
• Teachers and Guides as Internal Resources
• Power Animals

Phase 3: Assesment

• Client identifies the memory of greatest stress
• The negative cognition and SUD (subjective units of disturbance) level are identified
• Body memory is identified and client uses inner senses to identify symptomatic area, giving it a voice or an image to express its message
• The positive cognition and VOC (validity of cognition) level are identified
• The therapist is aware of the energy shared and maintains a field filled with peace and safety, as client is ready to share in the resonance

Phase 4: Desensitization

• The client is invited to close his/her eyes during processing
• Therapist maintains a state of inner centeredness and connection, detached from ego and expectation
• Therapist uses intuitive skills of alternative ways of knowing to internally track the flow of the shared field
• Therapist may sense the client’s energy becoming brighter and more expansive
• This may become a tangible pulsation within the body, or a sensation of heart opening and filling with compassion

Phase 4: Desensitization (cont’d)

• The resonance between therapist and client becomes apparent, sensed as a calmness and a flowing energy in the mutual field.
• Cognitive (cosmic) interweaves may be used to facilitate process as needed, and may take on transpersonal elements.
• After the shift into resonance, the client is asked to share emerging experience
• Client may report a level of processing from a perspective of inner wisdom, expanded awareness, and experiences that connect her to a greater cosmic whole
• Client’s SUD level may quickly shift down to a zero initiating an immediate positive cognition
Phase 5: Installation

- The therapist takes the naturally emerging positive cognition and reinforces it in the evolved targeted memory
- With eyes open or closed, therapist and client share an expanded field filled with the flow of compassion and wellbeing
- The energy field as well as the client’s positive belief becomes more integrated and stable
- The VOC becomes a 7 around this positive cognition, often from a perspective of expanded awareness as the silent resonance is maintained

Phase 6: Body Scan

- Client scans his/her body with eyes open or closed, noticing changing imagery, sensation, and belief throughout the body and the energy field
- Client learns to use internal tracking skills and may report a tingling sensation, a flow of energy, and a calmness throughout
- Therapist and client may mutually resonate within a shared experience of connecting to a greater cosmic whole

Cellular Memory and Vibrational Patterns

- Give the cells and vibrational patterns a consciousness, color, or form.
- Access inner teachers to be part of your healing team.
- Healing Ancestral Wounds.
- Change the energy frequency of the cell.
- Awakening inner wisdom. Client becomes the shaman.
- Change your destiny.

Phase 7: Closure

- The client is brought back and grounded
- Client shares experiences, inner visions, and sensations indicating learning to use alternative ways of knowing and perceiving
- Some clients try to describe the experience of the shared field
- The client learns to self-sooth and regulate while changing the context for the trauma. Life lessons, and soul’s purpose and mission are explored as inner wisdom emerges.
- The client is asked to keep a journal and is informed that processing may occur even outside of the session
- The client is reminded of safe space
Phase 8: Re-evaluation

- AIP three pronged process: Address the roots of the past trauma, making sure the SUD level is still a zero and that the VOC is a 7; desensitize any present triggers; and reinforce future outcomes - influencing the energy field that surrounds the cells and emotional expression
- Clients often report the development of alternate ways of knowing and a larger spiritual context for their trauma.
- Self-love may develop as brain integration evolves to a higher level, contributing to the resolution of trauma as well as physical dis-ease and symptoms

Transpersonal Protocol

- All phases of therapy are reviewed from a transpersonal perspective. Allows for soul essence to emerge and installation as positive resource throughout all stages. Evolving negative and positive beliefs, emotions, and sensory experiences are monitored as personality’s journey and soul’s journey entwine.
- Non-linear, non-sequential flowing transpersonal process emerges as client mirrors internal focus and states of consciousness.

Transpersonal Protocol (con’t)

- Goals shift from healing symptoms to reaching full potential. Positive cognition expands with awareness.
- Transpersonal cognitive to cosmic interweave. Inner wisdom emerges to change perception of history.
- Functional dissociation and ego detachment as a road to healing trauma through higher integration.
- Processing of personal, collective, and archetypal patterns.
Therapist’s Skills

EACH PHASE OF THERAPEUTIC PROTOCOL allows for:

• Therapist to open to an expanded mindful awareness where entrainment between therapist and client is invited
• Alternative ways of knowing as internal feedback mechanisms are used to track information and energy flow within a Triangle of Wellbeing, detached from expectation
• Share a mutually resonant energy field that allows the client to do the same

Therapist’s Skills (cont’d)

• The therapist may develop the skill of moving fluidly from egoic to expanding awareness throughout the session.
• The reference point becomes the client’s inner wisdom based on an expanded awareness of an interconnected cosmic whole.
• The consciousness of the therapist is a determining factor in the expansion of the shared field within an experience of expanded awareness.

  Be the transformational tool of change!

Bibliography (Abbreviated)


