



# Exploring the Transcendent Dimension of My Life

## *Personal growth and the experience of transcendence*

### **YOU CAN EXPECT THIS WORKSHOP TO HELP YOU:**

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- Gain a better grasp of the links between the psychological and spiritual dimension in you.
- Understand your experience of transcendence and unmask the false images received in this area.
- Enlighten the journey for you to progress in an inspiring relationship with this reality of transcendence in you.

### **WORKSHOP OUTLINE**

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- *Part 1 – My experiences of transcendence*
  - Exploring my experience of transcendence through various approaches: deep values and commitments, going through difficult moments, social and humanitarian values, and approach through the deep conscience
  - Identifying the characteristics of a genuine experience of transcendence
- *Part 2 – Experiences of transcendence and personal growth*
  - Impacts of experiences of transcendence on me and on how I lead my life
  - Faithfulness to the callings received from my experiences of transcendence
- *Part 3 – The evolution of my experience of transcendence*
  - Trails for journeying in this area
- *Action plan and final inventory*

### **WORKSHOP PROCESS**

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This process takes place in a group. Through questions you are asked to observe a particular area in your life and to describe your experience of it. This personal time of guided written exploration is followed by optional sharing without any discussion. In order to deepen each individual's exploration, the educator offers input and various supporting resources (diagrams, commentaries, observation papers, etc.). The diverse experiences shared in the group are enriching for participants. You are also given opportunities to reflect and make decisions that are relevant to your life.

### **CONDITIONS FOR PARTICIPATION**

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It is recommended to have taken the *Who Am I?* workshop or the modules *Discovering the Core of My Identity* and *Growing in Personal Solidity*. The workshop is not recommended for psychologically vulnerable individuals or for individuals in therapy, unless they receive approval from their therapist.