



Know Thyself

At Luxor in Egypt the temple has an outer temple which is where the initiates entering into the work of becoming aware were allowed. One of the sayings in the Outer Temple is "The body is the temple of God." That is why it is said, "(Wo)Man know thyself." "Know thyself is also written on the temple of Delphi in Greece. In the inner temple at

Luxor, one of the proverbs is "(Wo)Man, know thyself ... and thou shalt know the gods."

Coming to know ourselves and realize ourselves as truly incarnations of love and truth on the planet earth, is the work of the psyche and the soul. Over the many years of being a therapist, I predictably find that a theme will emerge during the day that captures my attention by something that someone has said. This has been the spark that has ignited my writing on the topic, with the result that I usually have a handout per week for clients on any number of issues that have arisen and that are common themes in the dynamics of our struggle to become more fully actualized beings. My grateful thanks go to all the thousands of people that have contributed to my own self reflective process and my own growth.

This site is intended to supplement therapy, spark conversation, in-depth reflection and hopefully greater understanding and awareness and that this will help move our development and personal evolution (both and mine and yours) along more quickly.

Many of you are aware of the increasing urgency with which we are being called to fulfill our potential as humans to live a life of love and truth, compassion and wisdom so that we can create a planet of interdependence, collaboration and peace with all sentient beings in this beautiful world. To this end I offer whatever insights I glean along the way in the hopes that it will act as a catalyst to your own awakening.