

INTRODUCTION

Imagine entering your Mind and finding a small sphere of *Light* that answers only to your willingness. Now imagine using this *Light* to find your image of Jesus Christ or comparable higher power. Imagine further, that this image can channel the Holy Spirit, which has the power to forgive and transform every image and event in your Mind provided you are willing. This type of psychotherapy is called *Light* therapy. It provides a nearly inexhaustible resource for the exploration of Mind, Soul, and Ego dynamics; and the power to heal most forms of mental illness addressed in psychotherapy as well as psychosomatic dis-eases. This methodology also demonstrates the inordinate power of parental images and their effects on the Ego; and the restitutive power of Jesus Christ when he is allowed to interact with those images. In this work, shame is treated as the root cause of most Ego dysfunction; and Christ channeling the Holy Spirit is seen as an unerring source of forgiveness able to completely dispel accumulated shame. It is the only kind of psychotherapy capable of doing so. Shame is a 'white elephant' in the therapy rooms of most mental health providers. It is rarely addressed in a secular context because only a spiritual power has the wherewithal to decisively end an individual's enthrallment to this most painful of all emotions, which most people and cultures still treat as unforgivable.

The initial focus of this book is conscience, which is treated as unredeemed so long as it remains in the thrall of shaming judgments and blocks the 'still quiet voice' within our hearts. Unredeemed conscience manifests in children as an archetypal energy that constellates Moral authority in parents, who then impede the expression of conscience as a Voice for God by their over reliance on shaming judgments. In this work, *consciousness* is also treated as unredeemed because it is largely governed by the Ego's excessive use of the pride-shame axis. This gravely and tragically constrains the Ego's options. Both conditions are treated as arbitrary limitations that can be decisively changed by a higher power channeling the Holy Spirit.

Use of the *Light* and Christological interventions can provide psycho-imaginative access to all major archetypal constellations and provide for their healing as needed. The archetypal energy responsible for an unredeemed conscience is called the Empowering archetype, which imbues parental images with god-like powers. Another archetypal energy – the Gendering archetype – also uses parental images to constellate our earliest and most enduring self-images. These can be shown to govern our most intimate, conflicted, and enduring relationships. The Gendering archetype dictates the masculine/feminine interaction sustaining every image within the Mind; and parents serve as the prototypes of its earliest and most enduring constellations. The constellations of both archetypes can be decisively altered by use of the *Light* and an image of Christ channeling the Holy Spirit.

The first half of this book is primarily theoretical and methodological. Theory has been of value to the extent it can inspire effective interventions, but it is the methodology (Christ and the *Light*), and the client's use of it, that have dictated the results. The second part of the book describes systematic interventions and outcomes and extensive verbatims illustrating the process.

I hope this book will be of value to experienced psychotherapists who are spiritually inclined and spiritual directors of all denominations.