



UNIVERSITY OF SANTA MONICA

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*Loyalty To Your Soul:  
The Heart of Spiritual  
Psychology*

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## LEARN ABOUT USM

### What is Spiritual Psychology?



#### The Spiritual Dimension of Human Consciousness

If you look up the word "psyche" in the dictionary, you will find "breath, principle of life, Soul." But if you look up "psychology," you will find "the science of mind and behavior." Somehow, in the translation from essence to practice, the most important aspect of "psyche" has been lost. At the University of Santa Monica, we recognize our task as reintegrating the spiritual dimension back into the essence of an authentic psychological inquiry.

#### What is Spiritual Psychology?

*Spiritual Psychology is the study and practice of the art and science of human evolution in consciousness. To engage in this genre, we must begin by distinguishing the essence of human evolution—what does it mean to evolve? In short, it means learning how to identify, recognize, and navigate successfully, within the Context of Spiritual Psychology. Practically, it means learning how to surrender - or let go of - anything that disturbs one's peace. It also means sacrificing our illusions of separation. Essentially, this "surrendering" and "sacrificing" is work that can and has been called "healing," which includes healing on the physical, mental, and emotional levels in service to the deeper revelation of who we truly are as Loving, Peaceful, Compassionate, and Joyful beings. We refer to this level of awareness as the Authentic Self.*

*Put another way, Spiritual Psychology is a technology that empowers students to convert their everyday life experience into rungs on the ladder of Spiritual Evolution. This educational process results in students experiencing greater connection to who they are, their life's purpose, and enhanced levels of success and fulfillment. This empowers them to make a meaningful contribution in their world.*

#### Why a Spiritual Psychology . . . and Why Now?

Change is taking place at an unprecedented pace on our planet. The nature of the change is historically different from anything we have previously experienced. Because of the enormous destructive power now available, the world is being challenged to learn how to get along or pay the consequences, which could be extremely high. From within the Context of Spiritual Psychology, the only way to truly promote peace is for there to be more peaceful individuals living in the world.

Spiritual Psychology at USM is a response to this global need. The curriculum is uniquely designed for students to learn the skills of issue resolution. (An issue is anything that disturbs your peace.) We must learn how to not only embrace who we are as spiritual beings having a human experience but also use that recognition as a foundation for "healing." While always important, this work may now be necessary for our very survival.

And, by the way, assuming we get through the current challenges, these very same skills will be highly valued as we transform into a more peaceful, highly globalized world.

To learn more about USM, click [here](#).