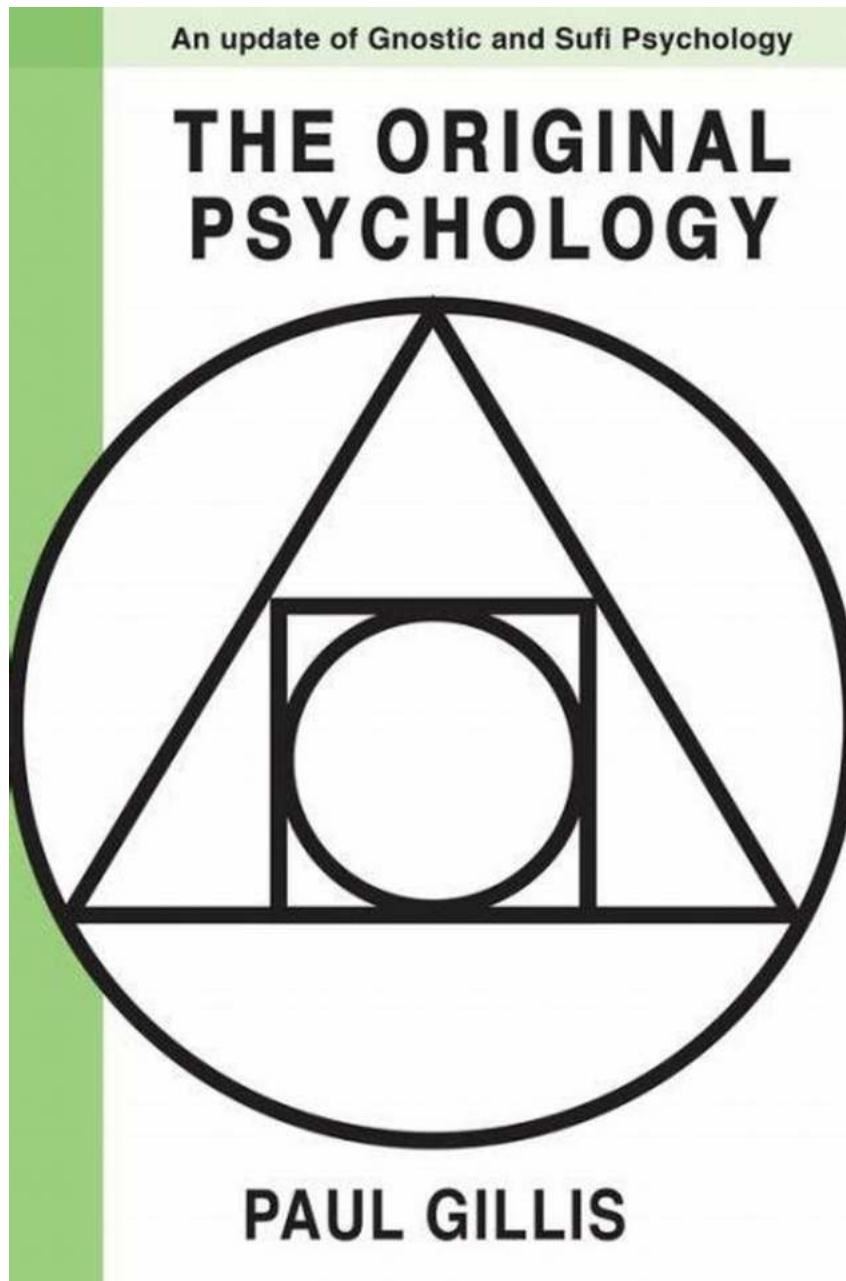


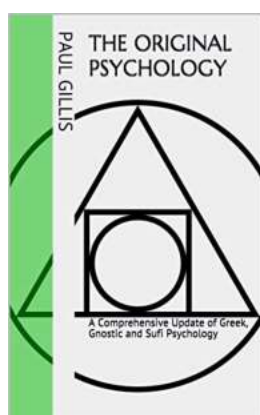
# The Comprehensive Update of Greek Gnostic and Sufi Psychology



Psychology is a fascinating field that explores the depths of human behavior, emotions, and the mind. Over the centuries, various schools of thought have emerged, each contributing unique insights into the complexities of the human

psyche. Two significant traditions that have shaped the understanding of psychology are the Greek Gnostic and Sufi traditions.

This comprehensive update will delve into the rich history, key concepts, and contemporary relevance of Greek Gnostic and Sufi psychology. By examining their philosophical foundations, psychological theories, and practical applications, we will gain a deeper understanding of the human mind and its connection to spirituality.



## The Original Psychology: A Comprehensive Update of Greek, Gnostic and Sufi Psychology

by Howard Burton (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 4053 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 138 pages

Lending : Enabled



### The Greek Gnostic Tradition

The Greek Gnostic tradition originated in the first century AD and flourished in the Mediterranean region. It combined elements of Greek philosophy, early Christianity, and mystery religions. Gnosis, the central concept of this tradition, refers to the knowledge or insight into the divine nature within oneself. Gnostics emphasized the importance of self-discovery and personal spiritual experiences.

Within Greek Gnostic psychology, the concept of the "Pneuma" played a crucial role. Pneuma represents the spiritual essence or breath of life that animates the human body. This concept serves as a bridge between the tangible and intangible aspects of human existence. Greek Gnostic psychology also explored the ideas of the collective unconscious and archetypes, long before Carl Jung introduced them in modern psychology.

## **The Sufi Tradition**

The Sufi tradition emerged within Islam and has a rich history spanning over a thousand years. It focuses on the mystical dimension of Islam, delving into the depths of human spirituality and devotion. Sufism emphasizes the experience of union with the divine through practices such as meditation, whirling, and music.

Sufi psychology expands on the Islamic understanding of the soul and introduces the concept of "Nafs." The Nafs represents the egoic self and is regarded as an obstacle to spiritual development. Sufi psychologists aim to purify and transcend the Nafs, enabling individuals to reach higher levels of consciousness and connect with the divine presence within themselves and the universe.

## **Relevance in the Modern World**

Although Greek Gnostic and Sufi psychology developed in different historical and cultural contexts, their insights remain highly relevant in the modern world. These traditions offer valuable perspectives on self-awareness, personal growth, and the pursuit of spiritual enlightenment.

Today, mental health professionals are increasingly integrating elements of Greek Gnostic and Sufi psychology into their therapeutic approaches. The practices of mindfulness, meditation, and exploring the depths of the unconscious have

shown significant benefits in treating various psychological disorders and fostering overall well-being.

Furthermore, the holistic nature of Greek Gnostic and Sufi psychology provides a broader understanding of human existence. It recognizes the interplay between the mind, body, and spirit, emphasizing the importance of addressing all these aspects for overall psychological health.

Exploring the comprehensive update of Greek Gnostic and Sufi psychology allows us to transcend the limitations of contemporary psychological theories and delve into the depths of the human psyche through the lens of spirituality. By incorporating their insights and practices, individuals can embark on a transformative journey of self-discovery and experience profound growth.



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The idea that the rational function in humans exists alongside the motor and emotional functions has been a part of Greek knowledge for over 2000 years. It has been a part of Western knowledge since the Crusades when the writings of

Aristotle became known, although the significance of the idea has not been developed in the West. The rational does not supersede the other parts but is there in addition to the functions that came from the line of species humans evolved from. Each of these three functions is physiologically and psychologically independent and equally important for a person to be able to realise if they are to reach their full human potential.

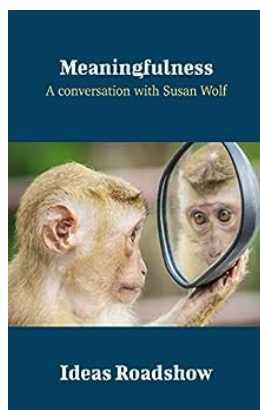
The Gurdjieff system is derived primarily from the Gnostic, Sufi and Essene traditions. Historically, religious traditions have often been the main centres of learning of their day. The Sufis inherited a great deal of their Psychological knowledge from the Gnostics and Essenes who previously inherited it from the Greeks. Even though the Sufis developed this knowledge over hundreds of years it was hidden from the West until interest in the translation of Sufi religious works gained momentum in the twentieth century. The psychology of these traditions contains a comprehensive system based on the idea of man being a three force being, or in Gurdjieff terms a three brained being, who has a definite place in the order of life on the Earth and in the solar system. The purpose of the psychology of the Gurdjieff system is to teach people to develop in a balanced way psychologically and to show the way to spiritual growth and understanding.

In the West the evolution of Psychology has been dominated by the concept of the intellect putting man at the top of the evolutionary ladder and the intellect therefore superseding all other human functions. This is reflected in the subject of academic Psychology being portrayed as a science and reflects the dominant thought today that science is the most reliable road to objective knowledge. The idea that the emotions and motor functions are equally important components of human functioning in coordination with the intellect, changes everything in relation to man understanding himself.

Science's interpretation of the function of the solar plexus, which in the Gurdjieff system is the seat of the emotional centre, is a good example of how science operates in relation to Psychology. The solar plexus is a mass of grey matter as

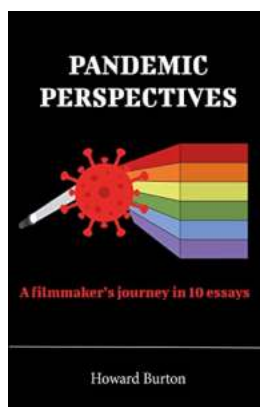
big as a fist in the abdomen and is derived from and made up of exactly the same grey matter found in the brain and spinal cord. While science attributes mind functions to the grey matter in the head, the solar plexus is classified under the autonomic nervous system and therefore functioning without any awareness whatsoever. A convenient denial of something that even a child is 'aware' of when they get butterflies in the tummy when about to do something fearful.

The only way to understand your own Psychology is to experience it. In this book, principles from modern Psychology are used to detail the psychological foundations of these ancient traditions. It is hoped that this process demonstrates that people throughout the ages have been experiencing and observing the same things in themselves and others even though they used different languages to describe the same s. Seeing the same thing from the perspectives of different times in history can give us greater insight into psychological principles and this process also affirms the truism that there is nothing new under the sun.



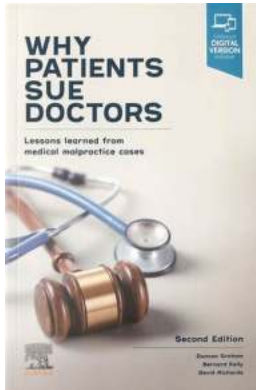
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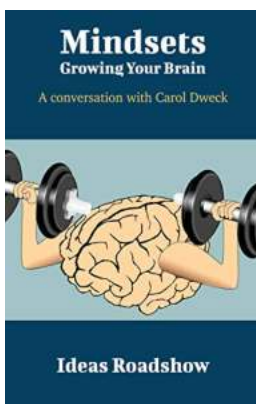
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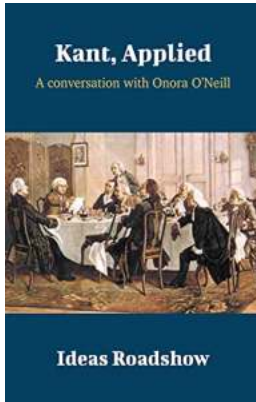
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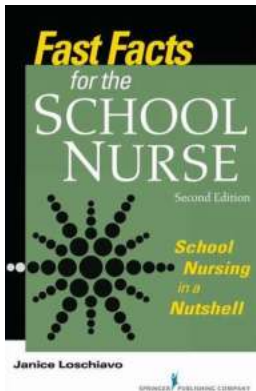
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