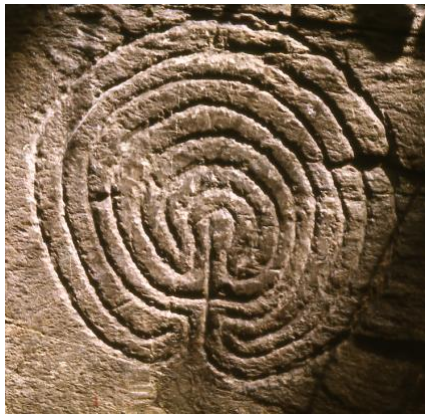


# Unfolding the Story – Archaeology of the Soul's Journey

with Monica Anthony

Saturday 28<sup>th</sup> June 2025



*'Everyone has two journeys to make through life. There is the outer journey, with its variety of incidents and the milestones... There is also an inner journey, a spiritual odyssey, with a secret history of its own.'* William R. Inge

In this workshop we will look at the multi-layered story which clients bring to their sessions: physical, emotional, mental and spiritual. Working with a transpersonal perspective, and using creative visualisation, spot imaging and Gestalt work, participants will have the opportunity to explore both their own inner and outer journeys as an unfolding story and also how to work with their clients in this way, integrating the insights with practical work in a small group. During the day a real quality of spaciousness will allow the inner process to emerge, both for the individual and within the group.

What emerges is a kind of archaeology of the soul's journey, revealing layers, both conscious and unconscious, in which treasures lie waiting to be discovered. Unfolding that story and opening up the space for it to continue in a new and developing shape, according to the wisdom inherent in the system, is a fascinating and deeply rewarding aspect of the therapeutic process.

Small group, 6 participants. CPD recognised by the CSTA

*Monica is a UKCP registered transpersonal psychotherapist, craniosacral therapist, hypnotherapist and healer. She originally trained and worked as a musician and has developed her interest in the relationship between mind, body and spirit since her first encounter with Transpersonal Psychology in 1975. She trained with Ian Gordon-Brown and Barbara Somers at the Centre for Transpersonal Psychology, London, and facilitated workshops for the Centre. She has had a practice in London for over thirty-five years and continues to offer postgraduate workshops and courses with a transpersonal perspective.*

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Times: 10am – 5pm, Fee £140, Venue: 43 Gomm Road, London SE16 2TY

Enquiries and Bookings: contact Monica on email: [monica@monicaanthony.com](mailto:monica@monicaanthony.com)

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