

are somehow in the presence of the divine. If we let the process continue we come into the realm of the 'subtle' self, where we use symbols and images to contact the divine: ritual and ceremony can help here, but there are real dangers of confusion with earlier states.

Supposing that we make it thus far, we may push onwards and enter the realm of the 'causal' self. Here we have to renounce all symbols and images, and settle for the One. Here we are in the deep water of mysticism, of spirituality. And Wilber says that there is even another stage beyond this, called the 'nondual', where we have to

give up even our ideas about the One.

Of all these stages the one which seems to receive least attention and understanding, at least from those who call themselves transpersonalists, is the subtle. So in the workshop I put on at the 1998 AHP conference this was the one which received most time and most emphasis. I used a guided fantasy, taken from the book by Jay Earley (a follower of Jean Houston) with my own improvements, to enable people to explore this realm in their own way. The results were interesting and rewarding, and I felt it was something I would do again.

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## ***My Conference***

***A view of the 1998 conference from an AHP newcomer***

***Mary Horrocks***

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The imagery I have of the experience is of flowing; individual streams, all finding their unique course to the sea, constantly merging, running alongside, receding, reforming and finally parting. The ease of flow was, I feel, largely due to the ethos and skills of the organisers and facilitators who, within a professionalism of service, provided a refreshing freedom from burdens of over-organisation, over-protection, implied expectations or hidden agendas. There was an overall respect for differences, and trust in each individual's responsibility for their own processes; this enabled some of us to taste new experiences in workshops even if the underlying beliefs were not our own. Sadly, I experi-

enced the main lecturer as out of tune with this ethos of self-other awareness, sensitivity and respect for different beliefs which was so much a theme of the rest of the conference, and I was not alone in this.

But that lovely flow — unstructured, natural, easy, in, out, around, large, small, constantly changing shape, in movement. Like dancing, a scratch band and instant theatre. Stimulating, interesting, challenging, fun, poignant, affirming, new kinships, all set in comfortable accommodation amongst lovely surroundings with good food, swimming and sauna. 'I could have stayed for a week,' said a friend, 'and how nice, despite the theme, to have no big deal made out of endings!'