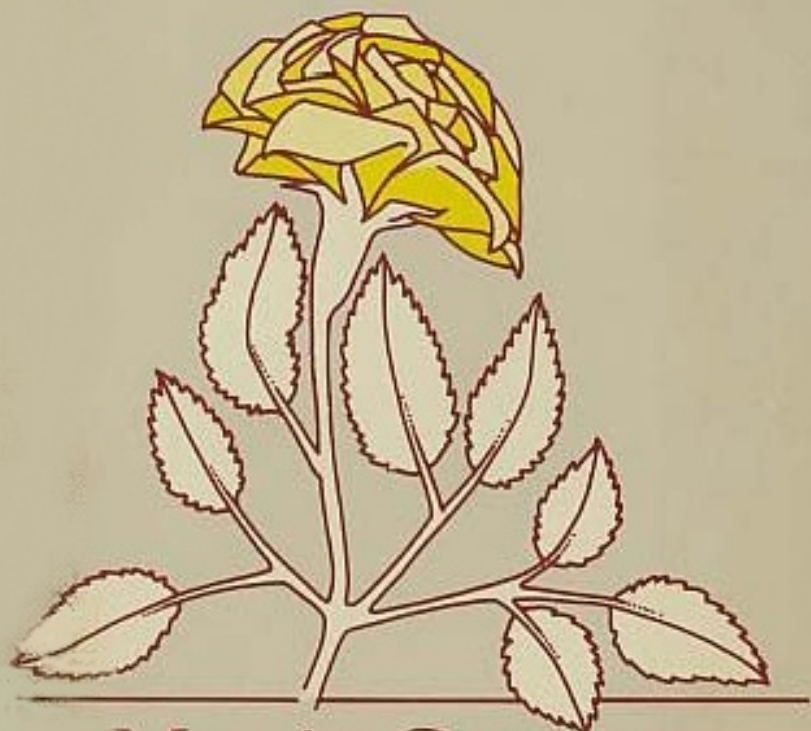


REACHING HIGH:

*The Psychology of
Spiritual Living*



Marvin Gawryn

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DEDICATION

*To all those who ask the ultimate questions,
and begin the search.*



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Preface

FOR SOME TIME NOW I have had the deep privilege of working as an individual and family therapist. I have intimately shared in the pain and confusion, and the healing and growth of many people. I have had the honor of being invited into the inner lives of my spiritual brothers and sisters, and have enjoyed the awesome opportunity of knowing and loving them.

I have felt people struggle with doubt, fear, and despair. And I have seen the mind-boggling transformations that result when people begin to work in partnership with God.

Many people today are alone and drifting, starving for hope, love, and a vision by which to live. The tragedy is that the vision they seek, the way of living they so desperately crave, exists within and around them if they will only open their eyes to see it. A life of fulfillment and purpose is within their immediate grasp, if they will but reach for it.

In writing this book I have attempted to combine practical psychological insights and powerful spiritual truths into a comprehensive overview of how to live spiritually. I have striven for a clear and vivid description of the deepest of inner experiences.

If you are searching spiritually, if you yearn to know your place and purpose in the grand scheme of things, this book has been written for you. You may be a professional or a laborer, sophisticated or simple, spiritually advanced or just beginning; if you wish to grow spiritually this book will help you do it.

My sincere hope is that many people will reach high for the exhilarating joys of the spiritual life. If through these pages even one single person finds his way to a living relationship with God, this book will have entirely fulfilled its purpose.

Berkeley, California
1980

M.G.

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Introduction

LET US BEGIN with a few very basic questions:

*A trillion star-suns shine in the night sky. Why?
 Four billion people live on our world. What are we doing here?
 We exist. We think. We feel. For what purpose?
 What is man? What is his place in the universe?
 Days, months, years are passing. Where are we going?
 How can a person find real fulfillment and peace?*

The earliest of men yearned for answers to such questions. Modern men and women find themselves returning to these same musings. And future generations without end will carry on the search; for the urge to find the answers to such ultimate questions is rooted in the very deepest parts of human personality.

PART I OF THIS BOOK addresses the question, "What is human personality?" Before considering man's place in reality we must first understand what man himself is: the body which sees and touches; the mind which thinks thoughts and feels emotions; the soul which senses truth, beauty, goodness, and love; and the inner Spirit which so devotedly leads us forward. And at the core lies the human will, the ship's captain of personality, choosing, deciding, acting, and determining the course of life. These parts all become balanced and integrated within the unified personality.