

Noel Giblett

Coach, Counsellor, Psychotherapist, Group Leader, Spiritual Director, Musician

“Journey to Wholeness: Body, Soul & Spirit”

Background Paper

Are we spiritual beings having a physical experience on earth?

Or are we physical beings having the occasional spiritual experience (if we're lucky)?

Maybe we're both?

The purpose of this event is not to obtain consensus or persuade one another to think about these things in a particular way or within a particular tradition. Rather, I hope we will broaden and deepen our reflection and sharing about these things. To assist us in our enquiry, we will draw from a variety of writers and traditions. In particular, men and women who have gone before us and explored the territory of body, soul and spirit may have something to offer us.

Richard Rohr says that while all problems are psychological, all solutions are spiritual. What does he mean? Could it be that while all problems are experienced at the psychological level they are resolved at the spiritual level – for example, at the level of surrender, reconciliation or forgiveness?

Albert Einstein said that no problem can be solved by the consciousness that gave rise to it. In other words, we need solutions that come from outside of our well worn, familiar frames of reference - from a depth greater than we have previously journeyed to. We need help from the depths and breadths of life - within us and beyond us – what some call ‘the spiritual’ or metaphysical, the sacred territory where questions of existence, nature, identity, integrity and transformation are addressed.

Rowan Williams says, ‘Only in the soul is the body healed; and only in the body is the soul healed.’ In other words, the key to healing each aspect of the self lies in the counterbalancing other. Our physicality is made whole by our spirituality and our spirituality made whole by our physicality.

The old splits between spirit and matter, or soul and body, seem to have reached their use-by date. Maybe it's time to let them come together, to open our hearts and minds to the mystery of an integrated existence – body, soul and spirit.

How might this happen?

The respective roles of spirit, soul and body will be explored, how each mediates and counterbalances the others in the triad but how we must eventually decide which of them is in the driver's seat and where we're heading.

The assumption is that we were made for wholeness and that there is something within us that longs for that wholeness, inches towards it and then turns aside from it at times. Why do we do that? How do we do that? Would we like to do that less often?

*This is a moment
Like many others
Just one step
On a very long walk
But I can feel
I'm about to stumble
Let myself down
Despite all the talk ...*

*Take this body
With all its longings
And take this soul
With all it holds
Teach me to wait
For my final freedom ... (Lyrics from 'Take This Body' by Noel Giblett)*

If these issues interest you, feel free to register for this event.

Noel Giblett

Noel Giblett is a qualified counsellor and experienced group facilitator. He offers coaching, counselling (individual and couple), psychotherapy and spiritual direction in his private practice. In his spare time he is a singer-songwriter and writer. He has been married for a very long time and has two teenage children.

