

ANCIENT GREEK THERAPY EXPERIENCE	
Teacher	Lindy Sannie McMullin, PhD
Dates	2 online days: 18 June and 2 July 2022 5 days retreat: 10–14 August 2022
Volume	2 days (14 academic hours) online + independent reflection Retreat 5 days, 40 academic hours Total 54 academic hours
Language	English
Objective	The student will be introduced to the therapeutic value of Demeter & Persephone, as presented in the Eleusinian Mysteries of Ancient Greece.
Learning outcome	<ul style="list-style-type: none"> • Understands the mechanisms of descending and ascending during the therapy process. Descent is the process of entering the unconscious, aware that shadows lurk there, hiding the true essence of self. Ascension is the breakthrough that occurs after resolution of blockages. • Develops active imagination through thoughts, mental images, dreams, and feelings that arise throughout the process of experiencing. • Understands the focus of the Mystery School which offered experiential wisdom rather than just the theory of the philosophers. The student has the possibility to enter into a space in which their intuition may be heightened and they might receive information about the Eleusinian mysteries that have remained a mystery for more than 2,000 years. • Enhance both inner and outer movement in the process of self-discovery as well as self-development.
Topics to be covered	Homers Hymn to Demeter & Persephone and the rituals that were conducted during the Eleusinian Mysteries. The therapist surrenders to a cosmic dance that may be situated in the past, but it becomes ever so present in the now on an energetic level, bringing flow and movement where there may have been blockages up to date.
Independent reflection	Participants keep a journal of dreams and inspirations during the time between meetings. They spend time practicing Watchfulness, a type of Mindfulness Practice and review the material given to them.
Methods	<p><u>Online training:</u> lectures, break out rooms, joint discussions & sharing, exercises, meditations, diary writing, dream journaling.</p> <p><u>Retreat:</u> During the retreat the Hymn to Demeter will be sung in Ancient Greek as a group practice. Participants will write in their journal, take walks in nature, and share their experiences in the group setting. They will practice incubation at night to recall and record all dreams and experiences and discuss these the following day. Focus will be on what has been learned during the online meetings which will facilitate the integration of the experience during the retreat.</p>
Feedback from students	<ul style="list-style-type: none"> • <i>I did not expect that something would happen in such a short time.</i> • <i>The music awakens the feeling of nature, metal and rocks; your voice is like a mother singing melodiously – it was so powerful and so healing.</i>

	<ul style="list-style-type: none"> • <i>I met with my shadow Medusa, and I felt compassionate towards her. She was fierce only to protect my inner child who has been through so much. I want to fully integrate her and experience with her.</i> • <i>I saw a figure with silver wings opening like a gate and I knew this was the path I needed to follow.</i> • <i>I was transported to a different place and time; I saw how I was then and how I am now, and it was as though I was at last free to be.</i> • <i>I could not move my body at all but it did not matter as my spirit was out there dancing and I saw a temple and became it – I guess you could say that I was one with everything but at the same time separate and this was so powerful.</i>
Bibliography	<p>Dodds, E. R. (2019). <i>The Greeks and the Irrational</i>. Martino Fine Books.</p> <p>Guthrie, W.K.C. (1993). <i>Orpheus and Greek Religion: A Study of the Orphic Movement</i>. United States: Princeton University Press.</p> <p>Kingsley, P. (2009). <i>In the dark places of Wisdom</i>. United States: Golden Sufi Centre Inc.</p> <p>McMullin, L. (2018). Therapeutic Keys to Self-Actualization in Homer's Demeter. 20% discount available. Order online at www.cambridgescholars.com Discount Code: keys20</p>

Module Content

This is an inner and outer experience as the teaching and learning becomes an embodied experience and not only a theoretical online lesson.

Lesson One:

- The alchemical process in preparation for initiation. The Eleusinian Mysteries and the Lesser and Greater Mysteries as they were conducted in the past and are present in the now. Introduction of the Hymn to Demeter. **Purification and Intention** are the key words.

Lesson Two:

- The symbolism within the Hymn. Demeter & Persephone as archetypes of the Upper, Middle and Lower realms. The role played by Nature, Zeus, Hermes & Pluton. The Sacred Marriage of self with Self and the five stages leading to initiation. Key words are **Union and Transcendence**.

Course Requirements

Students are encouraged to keep a portfolio of drawings, journal entries, poems, dreams, visions etc. during the online process and to share these with the group during the retreat.

Each person is unique and due to the nature of this course that pays homage to an old tradition – it is important that each participant enters a personal relationship with what is being revived within. The Eleusinian Mysteries were never discussed – and it is of importance that we enter this space with reverence, openness, and trust. It is a learning curve about the innermost aspect of being – of moving into the depths of self and grounding the energy that will activate the inner psyche to reveal

its nature. The Work is always transmitted to a student who is deemed worthy to carry on a lineage of teaching, because they remain humble and dedicated to the path of self-knowledge.

In the same way – participants in the course are reminded to cultivate the therapeutic skills of deep and active listening, empathy, openness, unconditional positive regard, non-judgment and relational depth (Carl Rogers). They are also encouraged to work with acceptance and commitment to deepening their inner process and incorporating a changing perception to soul development and transmutation of old memories and inner wounds.

Lindy McMullin’s qualitative research results for her PhD thesis, showed the following:

Loss of old identity and a deeper understanding of the role played by mother & child relationships – with healing of these connections that then facilitate healing and acceptance of the cosmic connection. This facilitates the healing of the Primal Wound of Abandonment. Themes that emerged were of Loss, Betrayal, Death and Re-birth with healing of the feelings of loss and betrayal that included a death of the old self and re-birth into a more balanced and centered understanding of Self and self – where the capital indicates the Greater from the lesser self of the personality.

Mother & child relationships were healed – epiphanic moments were experienced as turning points with a changed perspective on the way in which things were perceived. Out of 17 participants 12 made significant changes in their personal and professional lives. Some made changes in their careers; some left the country and others moved in relationships – all within one year of following the therapeutic interventions. (McMullin, 2017).

Curriculum Vitae



Dr. Lindy Sannie McMullin is a graduate of the University of South Africa in Education, Psychology and Criminology (Juvenile Delinquency) and holds certifications in Public Relations, Biotherapy, Regression Therapy, Stress Management, and Transpersonal Psychotherapy (European Certificate).

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She holds a post graduate certificate in Western Esotericism from the British University of Exeter and a Master of Science on “Integrating Transpersonal Experiences into Everyday Life” from the University of Northampton, UK.

Her PhD focused on “The application of ancient Greek Myth & Music in Personal, Professional & Transpersonal Development” from Stellenbosch University in South Africa.

She has been working in primary and tertiary education since 1978 and in the period 2007 – 2009 she taught Psychology for national exams in Great Britain.

Her educational experience that starts from kindergarten and reaches up to postgraduate students, includes teaching children with special needs, theatre and directing performances. She was the

founder and president of the Hellenic Association for Transpersonal Psychology and Research, from 2011 until its closure in 2015 and was the executive director and organizer of the 16th EUROTAS Conference, in collaboration with ITA and ATP (International and American Association of Interpersonal Psychology) www.eurotas-2014.com

She is a Core Member of the European Research Division of the European Association for Transpersonal Psychology (EUROTAS), Newsletter Editor and Interpersonal Psychotherapist and Supervisor, holding the relevant professional certification of the association.

She has been a speaker at many international conferences on special education and psychology, especially promoting Mindfulness and Conscious Living. Her research interests include the application of Mindfulness in Psychotherapy, Counselling and Education Studies, Intercultural issues, Gender studies and Trauma/Abuse related therapy.

She is Senior Lecturer at Aegean College in Athens Greece on the MSc Cognitive Behavioural Therapy with Counselling Skills Program and teaches in English at New York College in Athens on the BSc in Psychology, Psychotherapy and Counselling as well as on the MSc program in Counselling and Positive Psychology. She is also the counsellor for students. She runs a private practice www.quantumgreece.com and directs two dramatic performances twice yearly at St. Lawrence College.

Publications:

A Soul's Journey. The Essence of a Spiritual Path towards the Transpersonal. Archive Publishing 2014.

Metamorphosis through Conscious Living. Cambridge Scholars Press 2017 (a co-edited collection of seminars and workshops given at the Crete conference).

Therapeutic Keys to Self-Actualization in Homer's Demeter. Cambridge Scholars 2018.

Incorporating a Transpersonal Perspective into Psychology and Education, *Education Quality Assurance*, No 4(21)2020, p.24-28.

