



The Unfolding Self: Varieties of Transformative Experience

By *Ralph Metzner*



The Unfolding Self: Varieties of Transformative Experience By Ralph Metzner

A classic and perennially relevant book, written by one of the world's foremost authorities in the field, *The Unfolding Self Varieties of Transformative Experience* Back to Titles *The Unfolding Self* examines in detail the transformations which an individual undergoes in the process of their expansion of consciousness. Referencing ancient and modern cultures from around the world, Dr. Metzner accomplishes what only a great teacher can do; conveying subtle concepts and fascinating breadth through an engrossing tapestry of myth, allegory, cross-references and historical context. Drawing upon 50 years as a pioneer in the study of consciousness, beginning with his triune collaborations with Dr.'s Timothy Leary and Richard Alpert at Harvard University in the early 1960's, Dr. Metzner brings unique experience and sagacity to this most important of inquiries. Now required reading in a number of progressive psychology courses, *The Unfolding Self* promises to provide its reader with valuable tools to become "wise, impartial judges" in their process of transformation into a more integrated and fulfilled person.

 [Download The Unfolding Self: Varieties of Transformative Ex ...pdf](#)

 [Read Online The Unfolding Self: Varieties of Transformative ...pdf](#)

The Unfolding Self: Varieties of Transformative Experience

By Ralph Metzner

The Unfolding Self: Varieties of Transformative Experience By Ralph Metzner

A classic and perennially relevant book, written by one of the world's foremost authorities in the field, *The Unfolding Self Varieties of Transformative Experience* Back to Titles *The Unfolding Self* examines in detail the transformations which an individual undergoes in the process of their expansion of consciousness. Referencing ancient and modern cultures from around the world, Dr. Metzner accomplishes what only a great teacher can do; conveying subtle concepts and fascinating breadth through an engrossing tapestry of myth, allegory, cross-references and historical context. Drawing upon 50 years as a pioneer in the study of consciousness, beginning with his triune collaborations with Dr.'s Timothy Leary and Richard Alpert at Harvard University in the early 1960's, Dr. Metzner brings unique experience and sagacity to this most important of inquiries. Now required reading in a number of progressive psychology courses, *The Unfolding Self* promises to provide its reader with valuable tools to become "wise, impartial judges" in their process of transformation into a more integrated and fulfilled person.

The Unfolding Self: Varieties of Transformative Experience By Ralph Metzner Bibliography

- Sales Rank: #1049855 in Books
- Published on: 2010-03-21
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .84" w x 6.00" l, 1.09 pounds
- Binding: Paperback
- 336 pages

 [Download The Unfolding Self: Varieties of Transformative Ex ...pdf](#)

 [Read Online The Unfolding Self: Varieties of Transformative ...pdf](#)

Download and Read Free Online The Unfolding Self: Varieties of Transformative Experience By Ralph Metzner

Editorial Review

Review

Rich in folklore and psychological insight, *The Unfolding Self* explores the obvious meanings and hidden meanings of those central metaphorical ideas we use to describe our most profound spiritual metamorphoses: stepping from darkness into light, for example, and the image of being set free from inner captivity, of dying and rebirth, of being cleansed in the heat of a purifying fire. The restored chapters treat the metaphors of integrating the inner wild animal, and unfolding the Tree of Life.

"The book is really about the idea of psycho-spiritual transformation," Metzner summarizes, "and the way people experience it according to the classical traditions. The new chapters are the kind of ecological themes that have become much more central a part of my focus in the time since the book was written." -- *By David Templeton, Sonoma County Independent*

"... describes the universal metaphors for transformation that one can encounter in a spiritual journey." -- *Angeles Arrien, Ph.D., author of The Fourfold Way and Signs of*

"For years I've followed a principle: Read anything Ralph Metzner writes. *The Unfolding Self* confirms that I am still correct. This book is a valuable guide to the farthest reaches of consciousness."--Larry Dossey, M.D., author of *Prayer Is Good Medicine* -- *Larry Dossey, M.D., author of Prayer Is Good Medicine*

"For years I've followed a principle: Read anything Ralph Metzner writes. *The Unfolding Self* confirms that I'm still correct. This book is a valuable guide to the farthest reaches of consciousness." -- *Larry Dossey, M.D., author of Prayer is Good Medicine*

"Genuine breadth of vision in this revelatory book restores magic and depth to a subject too often reduced to banality and unreality by self-improvement gurus. ...Harvest the riches from a lifetime of intrepid and discerning spiritual research. Drawing upon an enormous store of works, the author provides a thorough, scholarly and vivid description of images and experiences." -- *Publishers Weekly*

"Myths, legends and magic sparkle in this coherent work that describes the various avenues of the heroic journey to awareness." -- *Independent Publisher*

"This book is a treasure house of ancient and modern wisdom offering a wealth of stories and metaphors that nourish the soul. Metzner's breadth of knowledge and rare gift for insight make this book an extraordinary contribution to our understanding of inner realities." -- *Frances Vaughan, Ph.D., author of Shadows of the Sacred*

Mapping Out Life's Terrain: An Interview with Ralph Metzner

Sandra Sarr: In your book, *The Unfolding Self*, you present 12 universal metaphors for self transformation. How did you come to recognize these metaphors and that they would be useful to people in times of change?

Ralph Metzner: It came to me that there is a universality to the human experience that spans culture, religion, and time. As a therapist and a teacher I heard people--not only philosophers, saints, swamis or Zen masters, but ordinary people, too--describe their experiences using the same metaphors and language as others who

had gone through similar experiences. Based on what I was hearing, there seemed to be universal structures that put words to experiences that otherwise would be very hard to name. I began to compare how different people have mapped out life's terrain.

SS: Why does personal transformation so often involve a spiritual component?

RM: Because persons are spiritual beings. If you don't involve a spiritual component, you're leaving something out. It would be analogous to leaving out the body when approaching transformation. We are body-mind-soul-spirit. So if you are involved in transformation you have to talk about all aspects of the human experience. This is what I try to do in my work.

SS: Does the self unfold spontaneously or must one invoke will and intention?

RM: Some patterns of transformation seem to happen by themselves and others are the result of disciplined efforts and intention. Both happen. The kind of deep psychospiritual transformation of self that I talk about in the book doesn't happen casually. There seems to be a law of inertia in psychology just like there is in physics. The law of inertia says do everything the same, business as usual, just keep habitual patterns going. But people do have spontaneous awakening experiences and spontaneous mystical revelations. There may be a trigger like falling in love or having somebody die or taking a drug or watching a sunset or listening to a piece of music.

SS: The spontaneous experience suddenly changes the way people see things?

RM: It suddenly can change everything. Evelyn Underhill, who wrote a lot of books on mysticism, said these spontaneous experiences do happen, but most often they occur in people who have been doing a lot of preparation over time. So it's really both. Transformation can happen to us in dreams or in waking life. Freud said dreams are the royal road to the unconscious. Actually I think he should have said the dreams are the commoners' road to the unconscious because everybody can go. You don't have to be a king. Everybody has dreams. Everybody can have a mystical experience of the most profound sort. And it does happen. -- *By Sandra Sarr, The Spire, May 1998*

Ralph Metzner, psychotherapist, academic, seeker and author of six books, shares his lifetime of research and experienced realizations in *The Unfolding Self*. The title says it all; the transformational aspects from various cultures is explained and brought alive with Metzner's even handed and thoughtful writing. He describes the unfolding of the self from the symbolic to the real. Myths, legends and magic sparkle in this coherent work that describes the various avenues of the heroic journey to awareness. In the chapter "Captivity to Liberation" he writes, "We must realize that we are in a trap or a labyrinth; that our character and body are armored and constricted; that there are knots and nets in various areas of our consciousness and our life. If I don't perceive my imprisonment, my boundedness and limitation, there is really no motivation for change." He writes of the reward waiting, when we are motivated to change, "When, through the process and practice of transformation, we no longer experience ourselves as victims of our fate, we can become masters of our destiny." In the end, Metzner reveals the unity of myths, beliefs and traditions characteristic of the ultimate transformation, which is wholeness and connectedness to all things. He has explained the journey and shown us the signposts. All we have to do is pack! -- *From Independent Publisher*

From the Publisher

Ralph Metzner long a distinguished leader in the study of the transformation of consciousness provides a brilliant cross cultural exploration of the powers of metaphor for characterizing and stimulating psychospiritual transformative experiences. -Michael Harner Ph.D. New School for Social Research Ralph Metzner explores the varieties of religious experience through tpsychodynamic investigation of imagery. I found his

book intriguing informative and at times illuminating

From the Back Cover

In *The Unfolding Self* Dr. Ralph Metzner unveils the dynamics and archetypes of transformative experience offering seekers reliable guidance along their own inner path. No comparable psychology of spirituality exists that draws from such a rich lifework of scholarship, experiment, and spiritual practice. Drawing from multiple disciplines and ranging across the world's cultures, Dr. Metzner goes beyond his roots in transpersonal psychology to uncover universal structures of spiritual transformation. Readers who immerse themselves in these masterful descriptions can catalyze their own process of evolution.

Users Review

From reader reviews:

Theresa Pepper:

Typically the book *The Unfolding Self: Varieties of Transformative Experience* has a lot of knowledge on it. So when you check out this book you can get a lot of help. The book was published by the very famous author. McDougal makes some research previous to write this book. This book very easy to read you will get the point easily after perusing this book.

Dione Wicker:

Your reading sixth sense will not betray a person, why because this *The Unfolding Self: Varieties of Transformative Experience* e-book written by well-known writer whose to say well how to make book which might be understand by anyone who have read the book. Written in good manner for you, leaking every ideas and writing skill only for eliminate your own hunger then you still hesitation *The Unfolding Self: Varieties of Transformative Experience* as good book not just by the cover but also by the content. This is one publication that can break don't evaluate book by its protect, so do you still needing another sixth sense to pick that!? Oh come on your reading through sixth sense already said so why you have to listening to yet another sixth sense.

Molly Maldonado:

This *The Unfolding Self: Varieties of Transformative Experience* is great guide for you because the content and that is full of information for you who else always deal with world and get to make decision every minute. This kind of book reveal it data accurately using great arrange word or we can claim no rambling sentences inside. So if you are read the idea hurriedly you can have whole info in it. Doesn't mean it only gives you straight forward sentences but challenging core information with lovely delivering sentences. Having *The Unfolding Self: Varieties of Transformative Experience* in your hand like finding the world in your arm, data in it is not ridiculous a single. We can say that no guide that offer you world inside ten or fifteen small right but this guide already do that. So , this is certainly good reading book. Hi Mr. and Mrs. active do you still doubt which?

Jerry Schooler:

As a student exactly feel bored to help reading. If their teacher inquired them to go to the library or to make summary for some book, they are complained. Just little students that has reading's internal or real their interest. They just do what the educator want, like asked to go to the library. They go to presently there but nothing reading critically. Any students feel that reading through is not important, boring as well as can't see colorful photographs on there. Yeah, it is to get complicated. Book is very important for you. As we know that on this period, many ways to get whatever we would like. Likewise word says, many ways to reach Chinese's country. Therefore this The Unfolding Self: Varieties of Transformative Experience can make you sense more interested to read.

Download and Read Online The Unfolding Self: Varieties of Transformative Experience By Ralph Metzner #SR8A03NM2IG

Read The Unfolding Self: Varieties of Transformative Experience By Ralph Metzner for online ebook

The Unfolding Self: Varieties of Transformative Experience By Ralph Metzner Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Unfolding Self: Varieties of Transformative Experience By Ralph Metzner books to read online.

Online The Unfolding Self: Varieties of Transformative Experience By Ralph Metzner ebook PDF download

The Unfolding Self: Varieties of Transformative Experience By Ralph Metzner Doc

The Unfolding Self: Varieties of Transformative Experience By Ralph Metzner Mobipocket

The Unfolding Self: Varieties of Transformative Experience By Ralph Metzner EPub