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EMPOWERMENT



Authentic Living
Wednesday at 1 PM Pacific
July 28th 2021: Encore Mysticism and Mental Health

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Historically, "the church" minimized the frequency and validity of mystical experiences, especially when the experience downloaded different information than that put forth by the church. And since Sigmund Freud associated mystical experiences with narcissism, wishful thinking and delusion, the mental health world has mostly steered clear of any association with these experiences. But more recently there have been rigorous studies done and it has been learned that these experiences are common, frequent and grounding. Research has also found that mystical experiences offer certain very menta

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