

# The Contribution of A. H. Almaas to Transpersonal Psychology

Axel Leopoldt<sup>1</sup>

## Abstract

The Diamond Approach of A. H. Almaas builds on the various existing transpersonal approaches in psychotherapy. Combining the wisdom of the Sufis with modern developmental psychology, especially object relations theory, Almaas gives transpersonal psychotherapy a more comprehensive theoretical background. Another important contribution of the Diamond Approach is its precision as a method to activate essence as ontological presence and to dissolve self-images with the goal of spiritual development. Almaas extends the reach of conventional psychological theory and method to the spiritual realm and thus bridges the gap between the two.

**Keywords: Essence, Transpersonal Psychology, Spiritual Ground**

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<sup>1</sup> With editing help from Christine Hayes

### **About the author**

Axel Leopoldt, born 1950, medical specialist in psychosomatic and psychotherapeutic medicine, biosynthesis therapist, deep psychologically oriented psychotherapy, since 1982 disciple of Osho, since 1998 student of Almaas.

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