

# (T) Practitioner/Book Spotlight:

## “Ushering in a New Era of Psychospirituality: An Interview with Celeste Mattingly, LCSW”

author of *Celestial Psychology®: A Workbook of Chakras,  
Psychological Theory & Conscious Evolution*



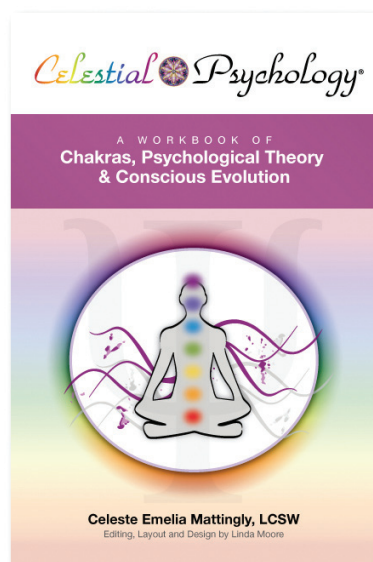
Celeste Mattingly, LCSW is ushering in a new era of psychospiritual theory that empower people to overcome the trappings of the ego-mind by optimizing their psychological and spiritual strengths. Known as Celestial Psychology® (CP), this visionary approach integrates well-known (and well researched) psychological theories and standard counseling techniques with ancient spiritual traditions and practices, metaphysical concepts, energy medicine modalities and an evolutionary trajectory. Celeste's new workbook, *Celestial Psychology®: A Workbook of Chakras, Psychological Theory & Conscious Evolution* is written for laypersons, students and practitioners who want an integrated approach to healing themselves, others and the planet. In the first pages of the workbook, you realize you are about to embark on “a journey that will enhance your ability to improve yourself, and provide impetus to easily and joyously say, “Yes!” to your own spiritual empowerment and to our collective responsibility to contribute to the evolution of humanity.”

**Karen:** What brought about the development of CP?

**Celeste:** Celestial Psychology® has evolved over time, with number of small “a-ha” moments, almost as if it has been my dharma or my destiny, to create this theory. Growing up in a painfully dysfunctional family provided me with a gift of desperation to figure out what the heck was going on with us. Forty years of devotion to metaphysical studies, the last twenty-eight immersed in a variety of 12-step studies, combined with seventeen years of Social Work has brought me to this point.

It was in 2008 that I was stirred by the question, “What am I doing, in my work, that is truly different from other practitioners?” My work has always emphasized a subtle, non-specific, non-denominational, non-judgmental, spiritual component of Self. From this vantage point, I began to create and articulate Celestial Psychology®.

**Karen:** Yet, you struggled to use that name for this theory.



**Celeste:** When the name came to me, I agonized for days, battling the negative ego, which was telling me people would laugh and just see it as a silly, egotistical play on my name. Then I *did* have a big “a-ha” moment: I remembered a line from the book *A Course in Miracles*, “To accept our littleness is arrogant, because it means we have usurped the role of God.” I reasoned, since we’ve been created in the image of magnificence, and our role is to manifest glory...I absolutely must use the name Celestial Psychology®.”

**Karen:** There are four major schools of psychological theory and myriad holistic models and practices. What makes CP different?

**Celeste:** The first three schools of psychology—Psychoanalysis, Behaviorism and Humanistic Psychology—all denied the existence of soul or spirit. Transpersonal psychology came next and some consider it the ‘fourth wave’ or the fourth school, because it provided a framework that incorporates spirituality with academic psychology. At first, I thought CP belonged in the category of Humanistic Psychology because both include opportunities to self-actualize, have peak experiences and find meaning in life. But CP shares common ground with Transpersonal psychology—both emphasize states of consciousness, especially non-ordinary or altered states. CP differs from Transpersonal Psychology because it provides coherence, specific approaches, efficacious practices, true definition, and advocates only natural approaches to achieving altered states. These realizations lead me to declare an emerging ‘fifth-wave’ of psychology.

I am naming this fifth wave-Conscious Evolutionary Psychology. Ken Wilber’s theory, Integral Psychology, meets four of the five criteria outlined in the workbook, with its focus being consciousness-raising. Dr. Albert LaChance calls his theory Unitive Psychology; it is concerned with the development (evolution) of the individual from Homo sapiens to Homo Spiritus. The essential components of CP are outlined in the workbook, providing a frame of reference and a call for the evolution of future fifth-wave theoretical frameworks.

**Karen:** Yes, in the workbook and other writings, you talk about transformation from Homo sapiens to Homo-luminous beings. What is the experience of homo-luminosity?

**Celeste:** Many of us are getting glimpses of this evolving phenomenon as new teachings and philosophies blossom and the veil lifts on our egoic perceptions.

### *Celestial Psychology® - Reconnecting Where Mind & Body Meet Spirit*

is an eclectic blend of standard psychiatric techniques and state-of-the-art holistic modalities. Celestial Psychology® is founded on the belief that human beings are capable of change, and that the most profound vehicle for change is consciousness-raising.

Many religious, philosophical and metaphysical teachings contains references to the emergence of a “light-body.” Over the last two decades, Alberto Villoldo, Ph.D. has popularized the term Homo-luminous. He studied and taught Shamanism, which for centuries passed on the knowledge that the human energy field is luminous, acting as a blueprint for our lives and our health. Over the last decade, Dr. Eric Pearl, founder of The Reconnection®, has made outstanding contributions to the understanding that our DNA is expanding and we are developing the ability to take light into our cells, along with energy and information.

**Karen:** How do you think this transformation happens?

**Celeste:** Transformation happens with consciousness; in other words, we have to *think and feel into being* what we want

to occur. Practicing meditation, yoga or the meditative martial arts is a good start to developing our essential or higher Selves. However, we must develop a personal vision of what transformation will look like to us. Placing our attention on transformation and setting our intention to transform or to evolve into light beings is how we begin. The exercises in this workbook provide a clear path for this journey to transformation.

**Karen:** How does Celestial Psychology® and specifically, your new workbook, facilitate this evolutionary process?



**Celeste:** This workbook is a journey, an adventure into uncharted territories with seminal ideas and never-before presented exercises for consciousness-raising. Participants in my workshops and Spiritual Empowerment classes have described the exercises as mind-blowing. Stunning guided visualizations, innovative affirmations, and forward-thinking concepts create an ascent into higher consciousness, improving quality of living, enhancing luminosity, increasing self-mastery and providing an undeniable reconnection of body and mind to spirit

Celestial Psychology® ends the discussion about a schism between psychology and spirituality. It proves beyond doubt that Western psychology has paved the way for spirituality and reveals the two are inextricably woven. Starting with Freud and chakra one, and ending with chakra seven and the Conscious Evolutionary Psychologies this body of work holds promise of a bright and glorious future—a luminous future.

**Karen:** What do you see as the biggest obstacle in the evolution from Homo sapiens to Homo-luminous?

**Celeste:** Fear. It's always fear. Fear of the unknown, fear of change, fear of the magnificence of who and what we really are. Even a mere glimpse of how truly powerful and magnificent we really are can rock the ego's world and blind us to the Light. Many of us know from our own experiences, without a meaningful way to navigate the path of Light, we remain stuck, potentially worse off than where we began. It is very important to practice consciousness-raising activities as regularly as possible and in a safe and supportive environment. Celestial Psychology®, addresses these needs. It is available to lay persons, students and professional

practitioners, via this workbook, workshops, classes, lectures, and individual and group therapy, to guide all who desire to start the path to Homo-luminosity

**Book Website:** <http://celestialpsychology.com/celestial-psychology/>

**About Celestial Psychology** - <http://celestialpsychology.com/celestial-psychology/>

**Free Download:** *Seven Days to Your Luminous Self*

**Contact Celeste** to receive this simple, day-by-day practice to help you expand consciousness, affirm and activate your inherent potential, and begin the shift toward homo-luminosity. <http://www.celestemattinglylcs.com/ContactUs.html>

#### Coming Soon from Celeste Mattingly

Summer 2013: *Celestial Psychology® professional practice textbook*

Fall 2013: Classes & Workshops based on the workbook *Psychospiritual Group Therapy with Celestial Psychology®*

Professional Trainings & Continuing Education curriculum, CDs, DVDs and Audio programs



*Karen M. Rider writes about all things holistic and metaphysical. She has interviewed many pioneers in the fields of natural health, consciousness studies and energy medicine including Wayne Dyer, Caroline Myss, Judith Orloff and Joan Borysenko. An accomplished copy/ghostwriter, Karen is passionate about helping holistic health business owners promote who they are and what they do – with clarity, integrity and creativity. She is working on her first novel, The Gathering, a tale of metaphysical suspense set at Gillette Castle. Learn more: [www.KarenMRider.com](http://www.KarenMRider.com).*

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