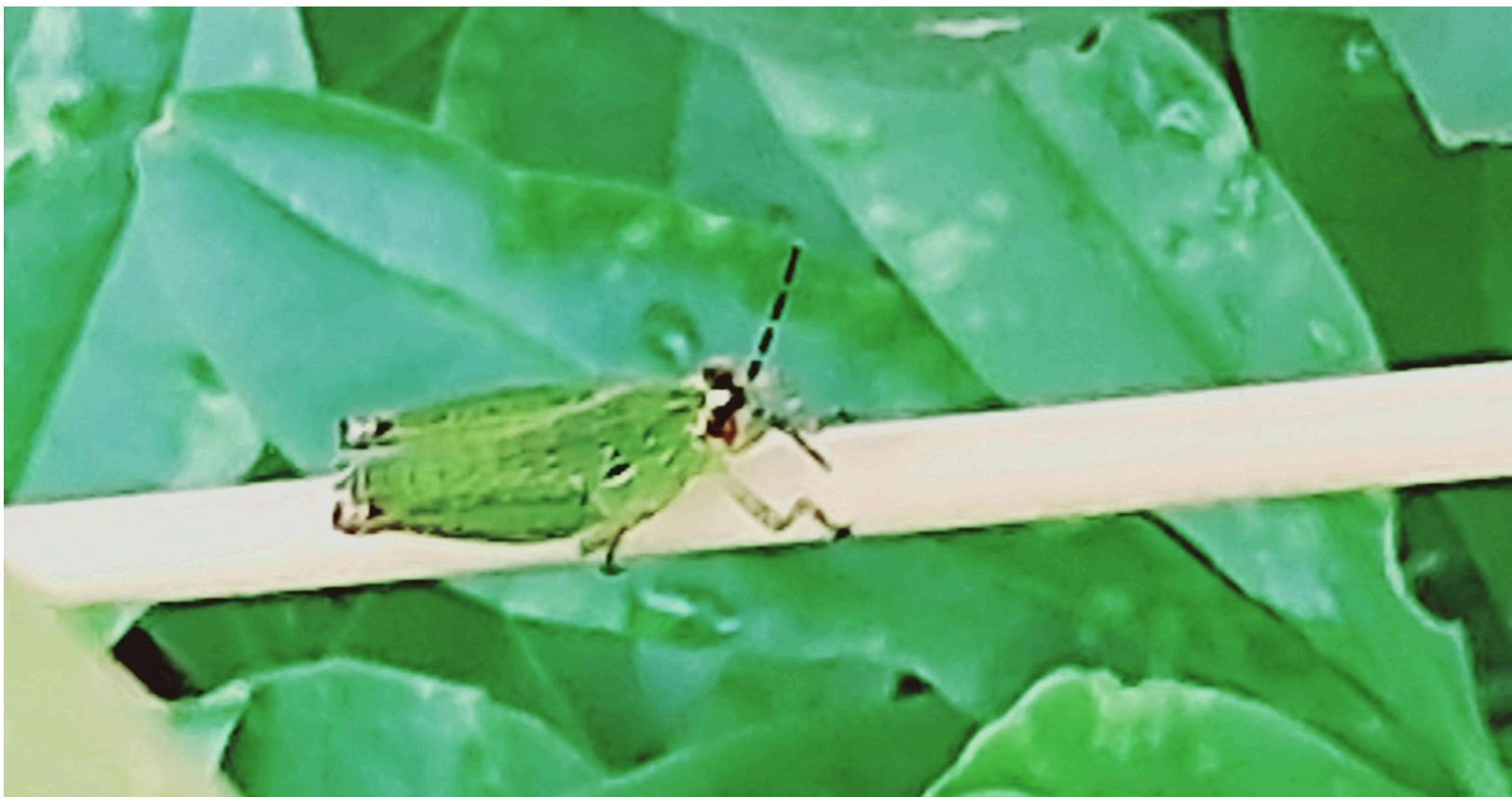




# GO-GO TRAVEL

Psychology of Spiritual Life





*On The Bridge: During The Timeline From One's Birth To Taking The Last  
Breath*

## THIS IS A HEADSHOT

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Hopping through the Life's arena

One seldom sees through the sufferings

The life truths in the unseen

Explored from the Old.

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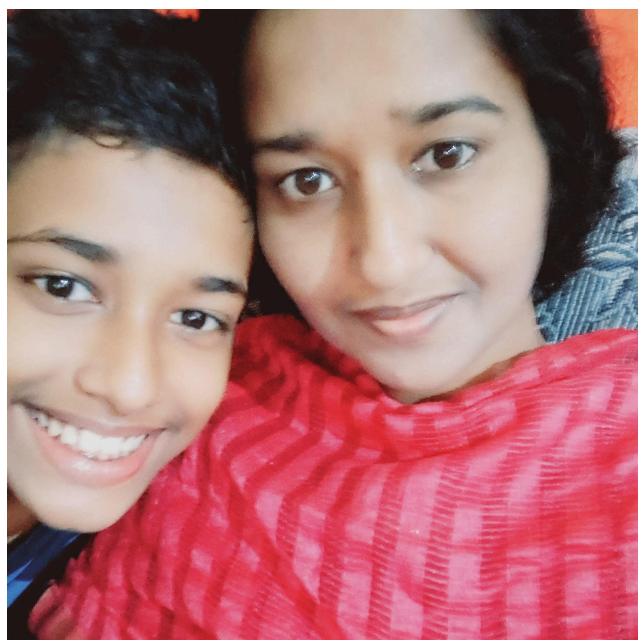
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“This Booklet is a Holy Prayer for those who Love beyond that which meets the real-eye in one's Self-reflection! It's for the ones who aspire to see the 'You' better as you look at yourself. If you are a person who is like the Epiphytic Vanda, then this is not gonna work for you. So, please Don't invest if that's the truth about the real you. But, I've still got something to tell you.

‘Love is the answer’, sang Michael Joseph Jackson in many of his Live Concerts. Yeshua's life as recorded by the witnesses in the Holy Bible highlights the same. So, I need to Hop through that Spirituality Pathway Because Bible teaches that only Truth can set Me Free. But, Am I Wrong Still? If this Question arises in your Mind, Only Then This Booklet is Dedicated To your Benefit through my Holy Love extended in my Personal Faith in Christ.”

-Dr. Deepthi A. J.

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## SHOT JUST BEFORE AN ONLINE CLASS

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Staying as my child's mom always requires a lot of prayers while doing some work for earning a living to honor the Holy Word in me. Engaging in Holiness is easy if you kind of face the truth in a frame captured by tech, even if it's a moderate one.

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## SHOT DURING OUR PHILOSOPHY CHAT



No one even warned me from drawing snake-like pic in the third-eye 👁 area in accordance with Yogic principles as a female eligible to vote as a citizen of the country. I used my simple favorite fast make up black liquid eyeliner to draw the desert crawling snake path to ease my time and effort to please the elders who provided for me by following the customs of the culture in which I was brought up and trained with. No sticky bindis would stay till my evening schedule during my education days causing them to be upset over it. So, this was my favorite life hack of discovering better designs that suited my face as per what I loved to decorate it like a doll, since my mom wouldn't buy me my favorite brand barbie doll as a present after asking me. She bought me a duplicate one telling me after buying that the other one was costly and that she couldn't afford it, when the real truth was that my father only couldn't afford back then if only I had burdened him by asking for it. Mom always

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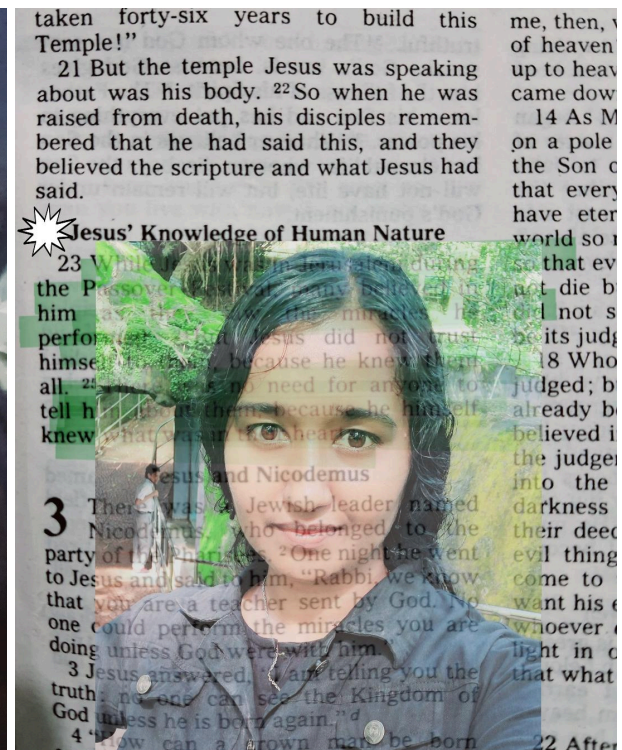
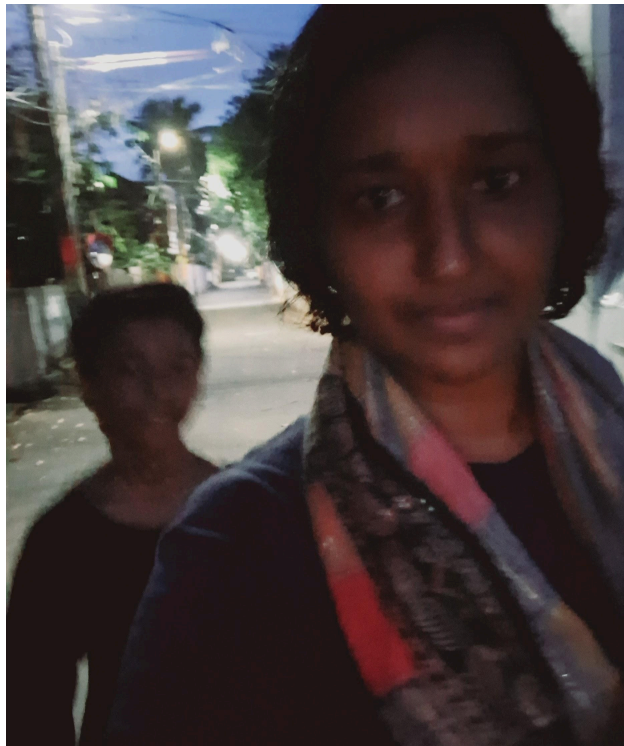
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asks me for my favorites and preferences as part of big chat mentoring late night occasional sessions upto around 3 am as per what she highlighted to me once during my school days. My mother used to stress on the importance of such talks that penetrated into my school life chats with friends etc. after boasting about it as their preferred standards followed by her peers in her office. I knew all of her official colleagues where I remember only the uncle who had helped me with a good advice to improve my handwriting, was laying on his bed suffering from cancer during my last visit to his home by train with my mother. I used to get prize money from their community activities for appreciating students of high intellect as per the schooling performance. This was a moment of occasional office visit opportunities that gave me an interest in exploring psychology to understand the 'human nature' better during my 10th while reflecting on the talks I had with a certain uncle especially, as I was sitting beside the window in a bus from the bus-stand opposite to her agricultural development bank building which was semi-government in it's ruling pattern then. I used to draw the snake bindi in a better way back then in time though.

### **SHOT DURING OUR EARLY VISIT TO A NEARBY CHURCH**

Loved the peculiar plain blue backlight in the sky with the crossroads not visible in this shot. So took the snap despite the skin color tone not aligned truly with the True shade painted by God from our birth.

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*We are WHO WE ARE IM CHRIST ALONE*

### Some Psychological facts from OpenAI free trials

Psychological studies on spirituality encompass various branches that examine the role of spiritual beliefs, practices, and experiences in shaping human behavior, mental health, and well-being in real-life circumstances. Here are some of the key branches of psychology that focus on spirituality:

#### 1. Transpersonal Psychology

**Focus:** This branch integrates spirituality and psychology, emphasizing spiritual experiences and the pursuit of self-transcendence. It explores altered states of consciousness, mystical experiences, and the role of spiritual practices in personal growth and healing.

**Application in Real Life:** Helps individuals understand spiritual awakenings, navigate existential crises, and integrate spiritual practices (e.g., meditation, mindfulness) into their lives for healing and personal development.

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## 2. Positive Psychology

**Focus:** Positive psychology studies human strengths, virtues, and factors that contribute to a fulfilling life. Spirituality is viewed as one of the key elements that can enhance well-being, happiness, and a sense of purpose.

**Application in Real Life:** Explores how spiritual practices and beliefs can improve mental health, enhance resilience, and provide meaning during challenging life circumstances.

## 3. Health Psychology

**Focus:** This field examines how spirituality and religion impact physical and mental health, particularly in coping with illness, chronic pain, and stress. It often studies how individuals use spiritual or religious coping mechanisms to deal with health challenges.

**Application in Real Life:** Spirituality can play a role in managing health crises, offering support through prayer, meditation, and religious community involvement during illness or recovery.

## 4. Psychology of Religion

**Focus:** This branch specifically studies the psychological aspects of religious beliefs, behaviors, and experiences. It looks at how religious practices influence personality, morality, mental health, and social behavior.

**Application in Real Life:** Helps individuals understand the psychological motivations behind religious practices, how religious communities shape identity, and how religion supports coping with life's challenges.

## 5. Existential Psychology

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**Focus:** Existential psychology deals with questions of meaning, purpose, and the human condition. Spirituality is seen as a way to confront existential dilemmas such as death, freedom, isolation, and the search for meaning.

**Application in Real Life:** This branch helps individuals confront existential anxieties and integrate spiritual practices that offer meaning and peace, particularly during life transitions or crises.

## **6. Mindfulness and Contemplative Psychology**

**Focus:** This branch explores mindfulness, meditation, and contemplative practices derived from spiritual traditions (e.g., Buddhism). It examines their effects on mental health, emotional regulation, and overall well-being.

**Application in Real Life:** Mindfulness-based therapies (e.g., Mindfulness-Based Stress Reduction, MBSR) help individuals manage stress, anxiety, and depression through spiritual practices integrated into psychological treatment.

## **7. Developmental Psychology**

**Focus:** Some developmental psychologists study how spirituality and religious beliefs develop across the lifespan. They explore how spiritual practices influence moral development, identity formation, and emotional growth in children, adolescents, and adults.

**Application in Real Life:** Offers insight into how spiritual beliefs evolve with age and how they contribute to coping with life stages, from childhood to old age.

## **8. Cultural Psychology**

**Focus:** Cultural psychology examines how spiritual beliefs are embedded within cultural contexts and how these beliefs shape psychological processes. It studies how spirituality varies across different cultures and influences behavior, morality, and social relationships.

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**Application in Real Life:** Explores the role of spirituality in cultural identity, community, and social support systems, particularly in multicultural and cross-cultural interactions.

### **9. Clinical Psychology (Spiritual Integration in Therapy)**

**Focus:** Some branches of clinical psychology focus on integrating spiritual perspectives into therapeutic practices. This may include spiritually-oriented therapy approaches like pastoral counseling or spiritually integrated cognitive-behavioral therapy (CBT).

**Application in Real Life:** Therapists incorporate a client's spiritual beliefs into treatment for issues like depression, grief, trauma, and addiction, using spirituality as a resource for healing and recovery.

### **10. Neurotheology**

**Focus:** Neurotheology (or the neuroscience of spirituality) investigates the neurological basis of spiritual experiences, such as meditation, prayer, and mystical states. It explores how brain activity relates to spiritual experiences and how these practices affect psychological health.

**Application in Real Life:** Studies how spiritual practices like meditation and prayer can positively impact brain function, stress reduction, and emotional regulation.

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### **Summary**

These branches of psychology explore spirituality in different contexts, from mental health and coping mechanisms to identity formation and cultural significance. Together, they help individuals understand how spiritual beliefs and practices impact everyday life, relationships, and overall well-being.

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