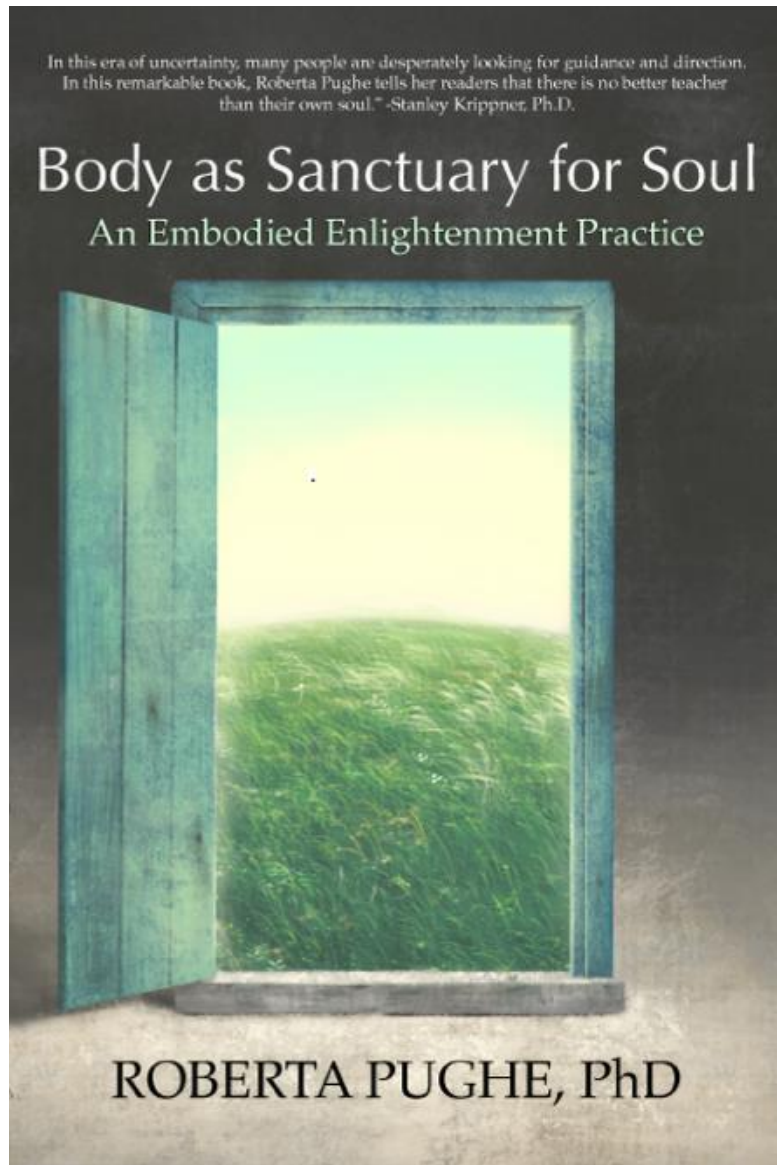


Media Information



Body as Sanctuary for Soul: An Embodied Enlightenment Practice, 2nd Edition
By Dr. Roberta Pughe

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Roberta Pughe Event Description

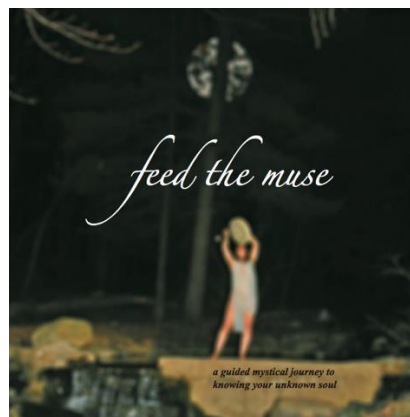
The Embodied Enlightenment Experience

Body as Sanctuary for Soul reminds us about “that primordial seed of memory” planted within the Subtle Body, that once retrieved and nurtured, becomes the inner intelligence of the soul – The Inner Guide.

Working with the Tree of Life imagery, Dr. Roberta Pughe teaches an embodied earth / sky methodology to move this process along more quickly; to help call the soul home to live integrated within the container of the body. There is a specific skill set required to understand conceptually exactly what is going on and to learn how to nurture this practice easily in daily life.

In a practical and easily accessible manner, in her experiential / psychoeducational workshops, Pughe draws from Gestalt Therapy Theory, Contemporary Shamanism, Kundalini Yoga, Elemental Breath Work and the Teachings from the Collected Works of The Mother and Sri Aurobindo. Utilizing both the frame drum and the harmonium, these techniques are specifically taught and experienced so that you can deepen in your daily practice of Embodied Enlightenment. Empowering results will nurture awareness of both your body's intelligence and your soul's gnosis; you will strengthen your clarity of action through a development of the will, a Sun Consciousness; you will purify the cultivation of your heart integrated with a Moon Consciousness, awakening a healthy mind aligned with your soul's purpose and the power to act in alignment and congruence with this knowledge. Roberta refers to this as her 'Theory of Interiority'.

Roberta Pughe's CD *Feed the Muse* (2 disk set) accompanies her and is available for purchase at her events.



Endorsements for BAS / Dr. Roberta Pughe Embodiment Experiences:

“A Soul Work event with Dr. Roberta Pughe is a deep experience of changing for the better. As a Contemporary Shaman, she draws upon the unique tools described in her book. She will bring your inner world face to face with truth and new sources of help and encouragement. It was more than I ever dreamed possible. I left invigorated and very much more supported than when I entered. My deeper sense of life purpose, renewed with clarity in her class, remains in my soul

like a very dear friend.” — **Dr. Stephen G. Payne: Ex-CEO, Leadership Coach, Teacher, Speaker and Author of *The Joy of Work* and *The First Rule of Leadership***

“Dr. Roberta Pughe’s *Body as Sanctuary for Soul* is dense and rich with meaning; it delivers a big message in a deceptively slender volume. Working with Dr. Pughe in psychotherapy gave me a deep appreciation for her com- passion and generosity of spirit, her intelligence and intuition. She is a skilled and knowledgeable therapist, and a true healer. It was not until attending one of her full moon gatherings that I experienced her as a shaman, one who could “lift the veil” with her drumming, dancing, and chanting. I observed her transforming the energy in the room and transforming herself in the process - literally “shape shifting” before my eyes. As a Western-trained scientist and physician, witnessing this profound transformation convinced me of the role of shamanism in soul growth and healing.” — **Rose C. Christian, M.D., Executive director of Discovery Clinical and Translation Research, Bristol-Myers Squibb**

“Dr. Roberta Pughe fills the room with her presence, the depth of her voice and the rhythm of her drum. I have seen her transform and uplift the energy of a group and create the space for deep healing to take place. Blending sound, shamanic traditions and modern psychological tools, Roberta guides her students into a profound experience of their soul’s wisdom.” — **Nina Mongendre, Certified Kundalini Yoga Teacher, E-RYT**

“Contemporary shaman Dr. Roberta Pughe seeks nothing less than to help us identify openings between the physical and spiritual world, guiding us to our own ability, and birthright, to experience them as one. Her knowledge of and fluidity between belief systems and modalities mirror her message, observed by seekers and healers over centuries, that we are more than our containers, more than our body or mind or spirit. In essence, she aims to synthesize the parts to reveal the divine. Pughe invites us through her events to participate in the quest for greater awareness of what has too often been defined as separate parts of self, and ultimately to reach “embodied enlightenment.” When we drum we come into rhythm with first our own body / mind / soul in order to tap into a much larger, universal consciousness. Pughe draws on years of therapeutic experience, religion, mysticism, shamanism, and yogic and Gestalt philosophies, among others, to deliver a methodology for re-integration. Grounding ourselves in the psychological and physical planes, we ready ourselves for the return of the fragmented soul, its interconnectedness with other, and the resulting dynamic movement of all life. Dr. Pughe’s optimism that we can find the courage to be open to truly seeing is a gift. Her invaluable soul work drums us into our own potentiality and the possibility for greater freedom, usefulness, and authenticity” — **Karen Deaver, Writing Studio Coordinator, The College of New Jersey, Environmental Educator, Princeton Friends School**



Excerpt from the Introduction to *Body as Sanctuary for Soul: An Embodied Enlightenment Practice*

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INTRODUCTION Reaching Transcendence

The soul never thinks without an image. —Aristotle

While meditation is designed to quiet the busy brain, the meditative state need not be accessed through stillness only. There are many meditative activities that lead us toward enlightenment or transcendence through active movement. Yoga can enhance a meditative or transcendent state, even though it is rooted in activity, asanas. Walks in nature can also enhance a transcendent state. Experiencing art in its many different forms, such as ecstatic dance, is also meditative and can awaken us to our bliss even though we are not sitting in stillness on the floor. This raises the question, what is transcendence? How is it defined? Can someone who makes a three-point shot in the last five seconds of a basketball game reach a transcendent state as the ball goes swoosh into the net? Or, when you are having a fabulous conversation with someone you dearly love, are you reaching transcendence? Have you ever wondered why so many children are pre-occupied with a desire to fly? When kids are younger and still inhabiting the active life of their imagination, taking flight is a daily magical conversation. Are we instinctively wired to yearn for the transcendent? To your soul, transcendence is all there is.

What Is Shamanism?

The transformative mystical path that provides tools to access ecstasy and transcendence is the ancient, cross-cultural practice of shamanism. Through shamanism we merge with the universal, cosmic energetic pulse, the beat of the heart. The beat of the frame drum provides an opening into the awakening of the heart center while also offering internal healing—known as medicine—delivered direct from Spirit. This practice— which becomes a way of life—can help us thrive during the many shifts and changes that life brings to us, regardless of the tumultuous circumstances we may encounter. With this practice, we access an altered state of consciousness, ecstatic transcendence, in which we potentially commune with the realm of Holy

Mystery. By “ecstatic transcendence,” I mean a type of trance that is associated with ecstasy or bliss (which, again, is the only communication the soul knows). In this expanded state of consciousness, we can enter an inner world that few people are consciously familiar with. In these simple shamanic practices, we learn a skill set that helps to improve our lives; we learn to ride gracefully through life’s constant vicissitudes. This is a strange, dreamlike world where we work in partnership with many helping spirits; amazingly, reports of the structure of this world from shamans of different times and places—from Siberia and Central Asia, where shamanism was first observed, to North and South America, Indonesia, Tibet, China, and beyond—are strikingly similar in their details. In cultures with shamanic traditions, shamans (who hold the central position in the community) may cure illness and restore personal power, divine the future, locate food, appease restless spirits, influence weather, and give guidance to the people of their community. Being in this world is something like entering a dream while awake and consciously deciding what to do there. Mysteriously, this world is invisible (and just out of reach) to people’s “normal” daytime mind, but as you learn to move into a shamanic state of consciousness, you will learn to trust that it is just as real and informative.

Even though I have been integrating shamanism and psychology since 1996, I still see myself as a novice in comprehending the complexities of the life of the soul. In this pursuit of gnosis, or inner knowledge, I align myself with the mission of the shamans and the mystics, ageless in the pursuit of sacred wisdom and healing while within the body. The integration of both a solid psychological theory of the self and an integrated methodology of the soul is essential in understanding the complexity and mystery of the Soul Realm.

Much of what I write about regarding the validity of soul activity is privately believed by many but not often publicly discussed or affirmed — often due to believers’ fear of being judged, shamed, or marginalized. I know this to be true from the confidential work I have done over the years with many professionals and university academics. Take, for example, a Harris poll that finds that 72 percent of the US population believes in angels.¹ In 2009, the Pew Research Center reported that nearly one in five Americans experienced ghosts and one in seven had consulted a psychic.² While many Americans may not talk about their personal relationship with the metaphysical world, this research suggests that many may be engaging in some sort of dialogue with the supernatural, apart from any religious affiliation, and indeed are obsessed with the notion. In the Bible (Matthew 18:10), Jesus tells his disciples that children have their “angels in heaven.” This verse has encouraged many Protestants and Catholics alike to believe that each of us has a watchful guardian angel protecting us — one we can even pray to for aid with specific requests. Many Christian theologies teach that angels know everything and that what is known only to God is confidentially carried on their wings. Understandably, many humans look to these celestial beings for aid with the struggles of daily life, believing that angels carry certain powers into which humans can tap. Yet many do not share this information in daily conversation with one another. Some folks might choose to engage more with their protective angels and spirit helpers if these sorts of topics became less “off-limits” and more mainstream.

As I was not raised Catholic, I have a limited understanding about the saints in the Catholic Church. I understand that they are believed to be bestowed with mediatory, magical powers, like the abilities that shamanic animal spirits and soul guides use to help us when we are in shamanic states of consciousness. This suggests that there may be other divine beings whose knowledge of the “secret code” is far greater than ours here on the physical plane, limited by these bodies of flesh. Think about St. Joseph, “the real estate agent.” How many people do you know who have buried a statue of Saint Joseph in their front garden to assist in selling their

houses more expediently, only to find out that, in fact, it worked, and the results were fast? Or so the stories go. But these stories are the same around the globe. The power of Saint Joseph is as real in my husband's small hometown village of Miranda, Italy, as it is here in New Jersey, where my local real estate agent suggested I bury his statue for quicker results.

Whatever your faith tradition (even if the sun, moon, and stars are your religion), each of us has a unique story that has deeply impacted our curiosity with the soul's power to aid and illuminate. This book will high- light these private moments of dialogue with the Soul Realm, of harnessing its miraculous medicinal powers, while inviting this conversation to become public so that the seed of conversation about the Soul Realm may be spread, effecting change throughout the world to create a soulful society. What I offer is a fluid form for the exploration with Spirit in the play, the curiosity about your own soul. To remain open to and curious about the play within the form is essential.

As the Trappist monk Thomas Merton noted, "To live life without this illuminated consciousness is to live as a Beast of Burden. The weight of the burden is the seriousness with which one takes one's own individual and separate self. To live with the true consciousness of life centered in Another is to lose one's self-import- ant seriousness and thus to live life as 'play' in union with a Cosmic Player."³ In this case, "Another" is our soul dialoguing with the Cosmic Soul, the Soul Realm.

1. Harris Poll, "What People Do and Do Not Believe In," (http://www.harrisinteractive.com/vault/Harris_Poll_2009_12_15.pdf).
2. Pew Research Poll, "18% of Americans say they've seen a ghost," <http://www.pewresearch.org/fact-tank/2013/10/30/18-of-americans-say-theyve-seen-a-ghost/>
3. Thomas Merton, "The Significance of the Bhagavad Gita," Introduction to A.C Bhaktivedanta Swami Prabhupada's *The Bhagavad-Gita As It Is* (New York: Macmillan, 1968).

Synopsis

Body as Sanctuary for Soul reminds us about "that primordial seed of memory" planted within, that once retrieved and nurtured, becomes the inner intelligence of the soul, the Tree of Life. As Plato affirmed, we all move through "the river of forgetfulness" upon being born, and for some it can take a lifetime to retrieve what we have forgotten. Dr. Roberta Pughe teaches an embodied methodology to move this process along more quickly; to help call the soul home to live integrated within the container of the body.

There is a specific skill set required to understand conceptually exactly what is going on and to learn how to nurture this in daily life. Pughe draws from Gestalt Therapy Theory, Contemporary Shamanism, Platonic Philosophy and Elemental Breath Work in a practical and easily accessible manner. Once you have applied the book's information, you will begin to experience your soul's intelligence informing the daily activities of your life. Each enlightened soul seeks embodiment - simultaneously traversing both earth and sky realms - so that it can unveil its mythical knowledge in practical ways to create a life of greater purpose and fulfillment of destiny.

Q&A with Roberta Pughe

Q. What led you to write this book?

A. This book clearly wanted itself written – I am simply the conduit for its information to come into being in this world. Not unlike the mother who comprehends that it is in fact her baby that birthed itself through her body, I feel as though this book had a destiny to fulfill and chose me to be its messenger. My book is a living example of “the Cosmic Soul” pulsing through an individual soul (which is a concept I discuss in my book) to fulfill its mission in the world. Evolving since 1996, the material went through multiple iterations, fine tuning each layer of information through the experiment of therapeutic application with my clients – in addition to research in India – studying the ancient Yogic writings about the soul. When I first discovered Shamanism and became smitten with its powers to heal, I was a psychotherapist in private practice integrating Systems Theory and Gestalt Psychology. I began to acknowledge that something was lacking in the psychological models I had been trained in – they were limited in accessing psyche’s (the soul’s) information and therefore, I was not able to help my client address all the different aspects of the self. To help my clients truly heal, I knew that I needed to research (and experience) other healing traditions. Shamanism, with its emphasis on “Soul Retrieval” was a likely candidate. At that same time, the drum started calling to me in my inner vision and was asking to be included in my work with my clients. I simply had to respond to the “voice of the drum” because it would not shut up. My client’s response to the heartbeat of the frame drum was overwhelmingly positive because they felt the immediate power of the healing and its permanent effects. The drum brought them home to the truth of who they are apart from their “monkey mind” and their emotional dialogue.

Q. What is “Embodied Enlightenment”?

A. A daily practice. A way of living life, inspired from the integration of conceptual models rooted in a psychological framework, grounded in the body’s intelligence, along with a spiritual understanding of Oneness. Unifying earth and sky through my “Tree of Life” multi-dimensional model, teaches us how to connect in these physical bodies with our soul’s intelligence, being both “human” and “divine”, and to live at peace in the union of these two realms without duality or cognitive dissonance. The soul “re- parents” the wounded imprint and helps us grow into full maturity and inner wholeness.

Q. What exactly is Shamanism?

A. Contemporary Shamanism is a pathway offering a methodology or a framework for relating in the world. When practiced daily, we are provided with a magico-mystical experience, potentially altering our perception of reality. This path offers a bridge of access to the Soul Realm and when experienced firsthand is truly understood and integrated in practical ways. Working with the consistent beat of the frame drum will move you into a “shamanic state of consciousness” allowing you to move beyond the chatter of the busy brain, accessing an expanded perception of yourself and reality. These repeated experiences will heal from the inside out.

Q. What kinds of experiences have people had in using the tools described in your book?

A. I have witnessed many people come into clarity of who they are and

understand with greater bravery and courage what is required of them to be fully self-actualized in the world. Through countless observations, I have witnessed people come home to themselves in their true nature's full expression and, for the first time, state that "they are finally home" in their body. I have also observed people encountering with great clarity their soul's personality and its many iterations throughout time (or timelessness).

Q. What do you hope people will gain from reading your book?

A. Through the support of "SC-squared", their "Spirit Circle of Soul Consciousness", they will gain insight and guidance, teaching them to live as one with their soul while fully inhabiting their body in a self-aware manner. Through the skills and tools detailed in my book, people will be able to practice daily the skill set of nurturing their relationship with their own soul as their one true guide, which includes living in the "now moment" with an understanding and management of the multi- dimensionality of the "here-and-now moment".

Q. What was the hardest part for you in writing this book?

A. Writing in such a way that this material is received; stating clearly what I have witnessed without being marginalized by my more mainstream colleagues. My desire is that this material is both practical and digestible. Many people are very afraid to know their own soul so there can be great resistance and dismissal of this material. Those who are too afraid will seek to shut down the soul's direct revelation (as well as the information from the contents of a book like mine). All I ask is that readers remain receptive to their soul's guidance and allow themselves an experience. Resistance is to be expected; yet in the face of resistance, I teach a skill set to answer back to the resistance with an openness, a receptivity, so that their soul will not be dismissed and remain silent. It is simply about the experience of experiment with this material.

New Book Uses Psychology and Shamanism to Nurture the Soul

Ashland, OR – February 10, 2016 — Princeton-based psychotherapist and contemporary shaman Dr. Roberta Pughe's new book, *Body as Sanctuary for Soul: An Embodied Enlightenment Practice* (White Cloud Press), is now available. Pughe's scholarly yet accessible work shows readers how to find their soul through their bodies. She contends that our finite bodies are the containers of our infinite souls and that soul seeks full expression through embodiment.

Body as Sanctuary for Soul reminds us about "that primordial seed of memory" planted within, once retrieved and nurtured, becomes the inner intelligence of the soul, given archetypal expression as the Tree of Life. As Plato affirmed, we all move through "the river of forgetfulness" upon being born, and for some it can take a lifetime to retrieve what we have forgotten. Pughe teaches an embodied methodology to move this process along more quickly; to help call the soul home to live integrated within the container of the body. There is a specific skill-set required to understand conceptually exactly what is going on and to learn how to nurture this in daily life. Pughe draws from Gestalt Therapy Theory, Contemporary Shamanism, Platonic Philosophy, Yoga teachings, and Elemental Breath Work in a practical and easily accessible manner.

Dr. Roberta Pughe's long-time study of Gestalt therapy theory, Contemporary Shamanism and use of Elemental Breath Work within her own therapy practices supplies her with a strong voice and apt knowledge in her exploration of this embodied enlightenment practice. In this richly illustrated work, Pughe breaks new ground by creatively drawing on ancient teachings from sources as varied as India, Jesus's sayings in the New Testament, and contemporary wisdom from cutting edge thinkers.

Whether you are looking for a practical purpose for your soul, wanting to explore the many facets of your soul, or you intend to heal your soul from the past to expand its actualization—this book provides the building blocks you need to delve into all of who you are. Pughe includes practical guidance through suggested breathing and meditation techniques as well as drawing on case studies that show just how individuals she has worked with have had soul realization through this embodiment practice.

Body as Sanctuary for Soul is gaining strong advanced praise. C. Michael Smith (*Jung and Shamanism in Dialogue*) writes that this book "is a tour de force for our time. Pughe weaves the practices of psyche and the sacred together in an embodied way. She diagnoses our cultural malaise and how this is reflected in much psychotherapy today." Stanley Krippner (*Personal Mythology and Extraordinary Dreams*) observes, "In this remarkable book, Roberta Pughe tells her readers that there is no better teacher than their own soul. This is an important message, one that will encourage people to seek wisdom from the deepest parts of themselves rather than from outside sources..."

Body as Sanctuary for Soul is a compelling form of self-help through the lens of psychology and Shamanism and is available nationwide with distribution by Amazon, Kindle and Audio Book.

About Dr. Roberta Pughe

Roberta Pughe, PhD – “The Embodiment Expert”
Psychotherapist • Theologian • Contemporary Shaman

Roberta Pughe, known as The Embodiment Expert, is a pioneering psychotherapist, theologian, and contemporary shaman whose 39+ years of clinical practice unite psychology, spirituality, and somatic intelligence. As the Clinical Director of The Center for Relationship, LLC and Founder of The School of Embodied Enlightenment (SEE) in Princeton, New Jersey, she has developed innovative approaches to mental health and spiritual formation that honor both the human and the divine.



Dr. Pughe holds a PhD in Educational Leadership with a dissertation in Contemplative Studies, an Ed.S. in Marriage and Family Therapy, and a Master of Arts in Theological Studies from Gordon-Conwell Theological Seminary. A Licensed Marriage and Family Therapist, she is also a Gestalt Theorist/Therapist, Feminist Theologian, Certified Kundalini Yoga Teacher (KRI), and Contemporary Shaman. Her integrative clinical experience spans private practice, inpatient and outpatient hospital settings, and chaplaincy service at Overlook Hospital in Summit, New Jersey.

At the heart of Roberta’s work is Embodied Enlightenment™—an integrative, multidisciplinary approach to mental health and spiritual direction that invites individuals to root deeply in the body while awakening to transcendent states of consciousness. Her Theory of Interiority and Chronological Self models support the retrieval and integration of fragmented parts of the self, helping clients embody wholeness and sustain spiritual experience in daily life.

Her practice and teaching are informed by Gestalt Therapy Theory, Systems Theory, and Contemplative and Shamanic Traditions, emphasizing the Dual Task of Relatedness™—balancing self and other to foster authentic connection and radical, revolutionary love. Through her School of Embodied Enlightenment, Roberta offers monthly experiential ceremonies—both in-person and online—teaching practical methodologies to access and embody soul consciousness.

A published author and sought-after speaker, Dr. Pughe has led seminars and workshops across the United States, appeared as a psychotherapist on MTV’s “True Life” and The Gordon Elliott Show, and served as a consultant for HBO and Princeton Community Television. She hosted her own talk radio program, Feed Me Some Grapes, and has contributed to national media as a psychological advisor.

Roberta is the author of two books: *Resurrecting Eve: Women of Faith Challenge the Fundamentalist Agenda* (2007) and *Body as Sanctuary for Soul: An Embodied Enlightenment Practice* (2015).

As a core faculty member and mentor with the Franciscan Circle Spiritual Direction and Chaplaincy Training Program, she brings a rich interweaving of contemplative, clinical, and interspiritual traditions to her teaching, guiding students to embody presence, hold sacred space, and nurture transformative spiritual care.

Outside her professional life, Roberta is deeply attuned to the rhythms of nature, sacred movement, and the creative arts—expressions of her commitment to a spirituality that is lived, felt, and grounded in the whole self. A mother of two grown sons and grandmother of two, she lives in Princeton, New Jersey, with her beloved Saint Bernards, Queenie and Bear.

Praise for Body as Sanctuary for Soul

“Dr. Roberta’s Pughe’s *Body As Sanctuary for Soul* is a tour de force for our time. Pughe weaves the practices of psyche and the sacred together in an embodied way. She diagnoses our cultural malaise and how this is reflected in much psychotherapy today. Like Meister Eckhart, she paints a vision of the tiny seed buried within the soul, that once nourished with our invocation, we become alert to it, and as implicit memory of it unfolds, we grow in explicit clarity of our life’s Dream; we reconfigure our lives to support its embodied manifestation. Not only does she tell us about the seed and potential of our soul, she shows us how to live it, do it, be it. Readers will find in these pages teachings and practical methods for unveiling and actualizing of their deepest longings. Psychotherapists and shamanic practitioners will find *Body As Sanctuary for Soul* rich in insights into the intricacies of a soul-filled life, the healing of soul injury, and much more. I give it four stars.”

– **C. Michael Smith, Ph.D., clinical psychologist and international shamanic teacher, and author of *Jung and Shamanism in Dialogue* and *Psychotherapy and the Sacred***

“What is so refreshing about *Body As Sanctuary for Soul* is Dr. Roberta Pughe’s intelligent observations from cultures around the world of some very simple spiritual principles that many of today’s seekers miss — we have everything within to heal and transform our limited experience of life and it begins with an “unlearning” of things we were taught by well-meaning teachers, and connecting deep within ourselves and with the community of souls we have gathered around our lives. This is a book I will refer back to often” – **Peter Sterios, yoga teacher, architect, and founder of eco-yoga products company MANDUKA**

“In her powerful new book Dr. Roberta Pughe at long last unites the traditions of Shamanism, Gestalt therapy theory, Jungian psychology, Yoga, Buddhism, and Christian Mysticism as a means to develop ones true relationship with their soul. In doing so she makes a valuable contribution to the fields of psychotherapy and spiritual practice. *Body As Sanctuary for Soul* is a rich book that, rather than rushing through, you might want to linger and chew on to get the extraordinary flavors.” – **Jose Luis Stevens Ph.D., author of *Awaken the Inner Shaman, The Power Path, and Transforming Your Dragons***

“With great expertise and intimacy, Dr. Roberta Pughe guides us through a deep and rich exploration of the inner landscapes where body and soul join. Synthesizing practices of shamanism, psychotherapy and wisdom traditions, *Body As Sanctuary for Soul* orients us to the essential and meaningful path of becoming a true and whole human being guided by soul. A wise and profound call to living the fullness of life!” – **Felicia Norton and Charles Smith, senior meditation teachers in the Sufi tradition and authors of *An Emerald Earth: Cultivating a Natural Spirituality and Serving Creative Beauty in our World***

“How welcome to find a book that awakens our awareness to the deep and universal yearning to feel connected with our Soul’s source. The Soul is by nature illusive, but in *Body As Sanctuary for Soul*, Dr. Roberta Pughe gives help and comfort to many who suffer from a sense of separation in our turbulent and hyperlinked lives. She opens doors to the way in which mystics, shamans, artists, yogis, and people who live authentic lives in touch with the

rhythms of nature have found to transform pain into love and return home to the essence of Soul.” — **Angela Farmer, international inspiration for teachers and students of yoga**

“In this era of uncertainty, many people are desperately looking for guidance and direction. In this remarkable book, Dr. Roberta Pughe tells her readers that there is no better teacher than their own soul. This is an important message, one that will encourage people to seek wisdom from the deepest parts of themselves rather than from outside sources that could easily lead them into cults, extremist groups, and authoritarian movements. Drawing from shamanism, Yoga, and ancient traditions, *Body As Sanctuary for Soul* delivers a message that is upbeat, positive, and life-affirming. — **Stanley Krippner, PhD., Alan Watts Professor of Psychology, Saybrook University, Co-author *Personal Mythology* and *Extraordinary Dreams*.**

“*Body As Sanctuary for Soul* is a powerful book written by a scholar that creates a clear bridge between our everyday world of ‘things seen’ and the transpersonal worlds of ‘things hidden’ so familiar to shamans and mystics. It will offer healthcare providers and recipients of psychotherapy alike an enlightened perspective on the connection between our everyday selves and the realms of the soul. Dr. Roberta Pughe is to be commended for she has created very good medicine.” — **Hank Wesselman, PhD., anthropologist and author of *The Bowl of Light*, the award-winning *Awakening to the Spirit World* (with Sandra Ingerman), and the *Spiritwalker Trilogy*.**

“In *Body as Sanctuary for Soul*, Dr. Roberta Pughe presents a unique crucible in which she transmutes psychotherapy and spirituality with intelligence and insight. The alchemy that results brings both clarity and inspiration to the learning process that each of us seeks to embrace: living out daily soul embodiment as we move toward our unique, divine purpose. Her seamless weaving of Gestalt Therapy, Christian Mysticism, Jungian Psychology, Buddhism, and Kundalini Yoga into the fabric of her work gives the book its currency. The breadth of her knowledge and the extent of her expertise lend the book tremendous value. But it is the depth of her compassion and the purity of her vision that make it priceless.

Dr. Roberta Pughe’s hope is that we will all know more of the deep joy that comes from fully expressing our authentic soul selves. To support us on our Soul Realm journeys, she skillfully leads us along the practical pathway that serves her therapeutic clients so well. *Body as Sanctuary for Soul* is so much more than spiritual theory. These are practical lessons, taught with the gentleness that stems from knowing the journey oneself. I am left with deep gratitude for her willingness to open her own soul fully to the ancient and modern, and then share with us in such a beautiful way.” — **Dr. Stephen G. Payne, leadership strategist and author of *The First Rule of Leadership* and *The Joy of Work***