gurmat
therapy

Gurmat Therapy®

2024 - 2026

SCHOOL OF GURMAT METAPHYSICAL SCIENCE & PSYCHO-SPIRITUAL PSYCHOLOGY

ABOUT

Self-actualisation
Self-realisation
Self-sovereignty

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About Gurmat Therapy

Gurmat Therapy® a metaphysical and psycho-spiritual approach to optimising mental, emotional, physical & transpersonal health and wellness.

Gurmat Therapy Brochure

MISSION

Gurmat Therapy® is founded upon the authentic pre-sectarian and mystical teachings of Guru Nanak; actualising human potential and optimising health, through self-actualisation, self-realisation, towards self-sovereignty.

"Gurmat therapy® is an Integral psychology that offers a map to heal the whole person. It is a comprehensive approach to understanding human experience, development and growth. Gurmat therapy is the study of embodied consciousness, of Jiva, including the holistic study and understanding of human nature, exploration and the actualisation of its latent potential for the health of the individual and society at large.

Gurmat Psycho-spiritual therapists are professionally trained health practitioners that provide individuals with life-changing skills integrating understanding, experiential practices, consciousness studies, human psychology, mind-body medicine and ancient eastern wisdom. **Gurmat Therapy® actualises human potential and optimises health, through self-actualisation, self-realisation, towards self-sovereignty**".

- DAV PANESAR

Developing human capacity & potential

ACTUALISATION • REALISATION • SOVEREIGNTY ®
gurmat therapy
Accredited

Contentment (Santokh)
Self compassion (Dya)
Compassion (Karuna)
Ethics (Dharma)
Emotional intelligence (Gunn)
Emotional wisdom (Gunn)
Spiritual intelligence (Gyan)
Spiritual vision (Gyan)
Expression (Seva)
Mysticism (Parkash)

| Brochure

Gurmat therapy® Gurmat Metaphysical Science and Psycho-spiritual Psychology
A comprehensive approach to actualising human potential, optimising human health, wellbeing and awakening to consciousness.

A professional experiential program for practitioners, health professionals and those interested in evidence based holistic health for themselves or to serve others.
Gurmat Therapy 's experiential program addresses all six components of health and wellbeing, namely epigenetics, mental, emotional, physical, transpersonal (spiritual) and post-life health.

The approach is grounded in Gurmat metaphysical science, mind-body, Hriyda medicine and consciousness for the cultivation of human potential, holistic health and wellbeing.
This program provides individuals with a comprehensive understanding together with experiential practical skills and applications in:

- Meditation techniques
- Emotional healing practices
- Transpersonal growth & development
- All designed to alleviate suffering at a physical, mental, emotional and transpersonal level (spiritual emergence)

- DOORWAY TO AUTHENTIC MYSTICISM

Gurmat Therapy® is the latest offering embedded in the highly evolved human development and evidence rich systems from India

BRIDGING SCIENCE & SPIRITUALITY

Gurmat therapy® offers a systematic inquiry into who we are and how we live as human beings, taking into account and makes use of the vast range of experiential based knowledge so that one can clearly understand and effectively approach self-development and growth.

Gurmat Therapy® has demonstrated itself to be highly effective in addressing both psychological and transpersonal needs, including addressing the root causes of depression, anxiety and stress. In addition to providing essential support and practical guidance for spiritual emergence, spiritual emergencies and/or transpersonal development.

Practical integral solutions to health and healing

PROGRAM STRUCTURE

Gurmat Therapy® integrates Gurmat, (teaching of Sikh Gurus, mystics, and bhagats) with mind-body medicine, consciousness studies, positive psychology and transpersonal psychology.

This course is a professional postgraduate certification program in comprehensive holistic therapy that includes:

- Physical health
- Mental health
- Emotional health
- Transpersonal health

This is covered over 12 one day bi-monthly workshops and a minimum of 4 residential retreats.

Gurmat Therapy® is an interactive course based on the theory, practice, and basic skills of a Gurmat Therapy practitioner. It includes:

- a minimum of 180 hours of classroom instruction
- 80-100 hours of independent study
- 300 hours of the Gurmat Integral experiential practices including meditation techniques, emotional healing self development and transpersonal growth practices

Program content

COURSE CONTENT INCLUDES:

- Holistic psychological models
- Ego-centric psychological models
- Gurmat psychological model
- Psycho-spiritual continuum
- Gurmat theory of whole being health
- Klesh - mental health and wellbeing
- Gurmat model of human being
- Cultivating human potential - from self-actualisation to self sovereignty
- Nature of mind
- Nature of hau and haumai (egoic-complex)
- Psychophysiology
- Nature of unhealthy psychological states
- Consciousness, awareness and nature of existence
- Mind-body medicine
- Process of transpersonal development and growth—Gurmat Model
- Mysticism, Khands and States of consciousness
- Gurmat Practices
- Meditations—breath, heart, sound
- Hriyda Science (Heart medicine) I to V
- New Science—Identity and health
- Reducing the impact of unhealthy psychological states
- Cultivating positive psychology - gunn
- Contra-indications associated with mindfulness based approaches
- Spiritual emergence and spiritual emergency

VALUES

Gurmat therapy® is a humanistic/person-centred therapeutic approach that ultimately sees all human beings as having an innate tendency to develop towards their full potential, from self-actualisation, towards self-realisation and finally self-sovereignty.

Gurmat Therapy values

HUMAN DIGNITY

We embody the rights and dignity of all life, including human beings, that all people have meaning and purpose.

PRESENCE

We understand awareness to be a great healer; enabling individuals to cultivate presence in a safe and supportive manner.

SELF-COMPASSION

Self-compassion is the foundation of healing, health and wellbeing, from which arises compassion, gratitude and self-acceptance.

AUTHENTICITY

We can only help others if we have learned to help ourselves, our therapists have their own lived-experiences and practices.

ETHICAL AND TRUSTWORTHY

Integrity, trust and doing the “right” thing are essential to foster internal alchemic transformation towards self-actualisation, self-realisation and finally self-sovereignty.

2024 - 2026 COURSE DATES

- Gurmat Therapy Introduction Workshop: **30th March 2024**
- Gurmat Therapy Session 1: **18th May 2024**
- Gurmat Therapy Session 2: **20th July 2024**
- Gurmat Therapy Session 3: **21st September 2024**
- Gurmat Therapy Session 4: **30th November 2024**
- Gurmat Therapy Session 5: **1st February 2025**
- Gurmat Therapy Session 6: **29th March 2025**
- Gurmat Retreat I: **31st May - 2nd June 2025**
- Gurmat Therapy Session 7: **26th July 2025**
- Gurmat Therapy Session 8: **20th September 2025**
- Gurmat Retreat II: **15th November - 17th November 2025**
- Gurmat Therapy Session 9: **31st January 2026**
- Gurmat Therapy Session 10: **28th March 2026**
- Gurmat Therapy Session 11: **16th May 2026**
- Gurmat Retreat III: **20th June - 22nd June 2026**
- Gurmat Therapy Session 12: **18th July 2026**
- Gurmat Retreat IV: **29th August - 31st August 2026**
- Graduation: **12th September 2026**

GURMAT THERAPY® IS TAUGHT BY TWO INTERNATIONALLY RENOWNED WORLD CLASS EXPERTS:

Pioneer of meditation and contemplative based health interventions, Davinder Singh Panesar, and Associate Professor of Sikh Studies, Professor Arvind-Pal Singh Mandair (University of Michigan, USA).

Davinder Singh Panesar
Director Gurmat therapy® BSc (Hons) MRSC MCIM MSc. Consciousness studies & Transpersonal Psychology Mindfulness & Transpersonal Psychotherapist Gurmat Psychotherapist.

GURMAT THERAPY® IS TAUGHT BY TWO INTERNATIONALLY RENOWNED WORLD CLASS EXPERTS:

Dr. Arvind-Pal Singh Mandair

Associate Professor of Sikh Studies at the University of Michigan (USA). Holds doctoral degrees in Science and Philosophy. His research focuses on Cross-Cultural philosophy, History and Philosophy of Religion, Post-colonial Theory, and South Asian Studies.

GURMAT THERAPY IS A PROFOUNDLY TRANSFORMATIVE EXPERIENCE OF SELF-INQUIRY, EGOIC DECONSTRUCTION AND THE EMERGENCE OF AUTHENTIC LIVING

"Gurmat Therapy has been transformational at a personal level and professional level. I have come to a new understanding of what it means to be human and live a fulfilling life". *2019 SG*

"Spiritually I have grown and found answers that I have spent years seeking". *2019 KD*

"Gurmat therapy is the path to learning to live with and embrace our human conditions that have limited our potentials to the realm of infinite possibilities; in terms of psychological and spiritual prosperity". *2019 SC*

"Gurmat Therapy is an intensive program, not just from an academic perspective, but from the level of introspection and self analysis that ensues". *2019 JS*

"Gurmat Therapy has been of utmost value to my health, wellbeing, relationships & spirituality". *2019 SP*

"Gurmat therapy has provided a clear and concise understanding of the mind, consciousness and its relationship to health". *2020*

"Gurmat Therapy , where science meets spirituality. A complete system to human health & awakening". *2020*

"*Gurmat Therapy has shown me what it means to be human. It has brought Gurbani to life so that it is my living experience*". *2020*

"A complete system to human health & awakening"

Transformative
Life changing
Enlightening
Self-knowledge
Guided development
Self-discovery
Therapeutic
Life enhancing
Self empowerment

| 2023 Brochure

Course costs

COURSE COSTS

The total cost of the Gurmat Therapy® program is £5,500.00
This covers full costs for four (4) residential retreats and 12 one day workshops for the duration of the full program.

REGISTRATION FEE

Program course registration fee: £350 -30th March 2024

PAYMENT OPTIONS

- Option 1: Full Payment of £5,500.00
- Option 2: 3 Annual Payment of £1840.00
- Option 3: 10 Quarterly Payments of £550.00