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# **Inward Journeys: spiritual seeking in the new millennium**

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## ABSTRACT

This thesis proposes that there is a significant trend shaping itself as more and more people see themselves on inward or spiritual journeys in search of greater meaning; in search of their ‘truth’, an often highly personalised and eclectic mix of spiritual beliefs. Centred on interviews with some of these seekers, this thesis looks at why spiritual seeking in this new millennium could be described as ‘the art of redesigning lives’. It also argues that although this is about individuality, a search for greater autonomy and Self awareness, it is inevitably unfolding in a social context. It looks at why, what I choose to call a (r)evolution of consciousness is happening, and how this trend is influenced by cultural transformations of the 20<sup>th</sup> century such as the 60’s counter-culture and the New Age Movement. It is, I propose, part of an emerging worldview, one that impacts, and is impacted by, globalisation and the move from modernity to postmodernity in the western world.

## TABLE OF CONTENTS

Abstract		ii
Table of Contents		iii
Chapter 1	<b>Introduction</b>	1
Chapter 2	<b>Stories</b>	8
Chapter 3	<b>The Inward or Spiritual Journey</b>	29
Chapter 4	<b>A Work in Progress</b>	38
	An historical overview	38
	The 60's onward	42
	The 60's counter-culture	43
	NRM's – New Religious Movements	44
	(The) New Age Movement	46
	Baby Boomers	49
Chapter 5	<b>The Influence of Modernism, Postmodernism and Globalisation</b>	52
	Modernism to postmodernism	52
	Globalisation as postmodernism	55
Chapter 6A	<b>Changing Worldview – A (R)evolution of Consciousness?</b>	60
Chapter 7	<b>Theoretical Issues of Identity and Self</b>	70
	Emerging Identity	70
	The Social Self	75
	Approval Seeking	78
	Resistance to social conformity	79
Chapter 8	<b>Webs of Significance</b>	81
Chapter 10	<b>Conclusion</b>	91
Bibliography		100