

The Fintry Trust

Looking into the Light

Philip Carr-Gomm in conversation
with Father Paul Dupuis

Tuesday 6th October 2020

19.00 – 20.15 BST



In this series of interviews, which we are calling *Looking into the Light*, Philip Carr-Gomm will interview a series of religious thinkers, beginning with Father Paul Dupuis.

Philip wants to make use of the power of conversation to enlighten, educate, perhaps even amuse and entertain, focussing on the issues that really matter.

By talking with people who have devoted their lives to the spiritual quest, he hopes both to explore philosophical questions and to learn how their lives have been directed and transformed by their search.

Paul Dupuis is a bishop of the Celtic Orthodox Church based at Saint-Dolay, Brittany, France. After years of missionary work among the very poor of the Caribbean, he has founded and directs Holy Presence Monastery in Toms Brook, Virginia (USA). Because of his deep interest in poetry, he is preparing a book on the mystical poets of the world. This work purposes to show that whenever poets enter into the state of ecstasy, regardless of their religious beliefs, they lose all notion of self. They see only God: they and God become one. They return to their state of usual awareness only when they come out of their ecstasy. Some of Bishop Paul's own poems reflect this theme. And in this sense, 'Becoming gods' might be an alternative title for what promises to be a fascinating exchange with Philip.

Philip Carr-Gomm is a psychologist and psychotherapist, who has trained in both Sophrology and the Silva Method. He is the author of a dozen books, including *Empower Your Life with Sophrology*. He developed the training programme for the *Order of Bards Ovates & Druids*, which he led for 32 years. His online school, *The Art of Living Well*, offers training in Sophrology.

See his website: www.philipcarr-gomm.com

This is a live Zoom session including talk and questions

Tickets: £15

Book online on the Fintry Trust website: <https://thefintrytrust.org.uk/>



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