

## **Three Principles for Realizing Mental Health: A New Psychospiritual View**

JACK PRANSKY

*Center for Inside-Out Understanding, Moretown, Vermont, USA*

THOMAS M. KELLEY

*Wayne State University, Detroit, Michigan, USA*

*We offer a new psychospiritual understanding of mental health grounded in the three principles of Universal Mind, Consciousness, and Thought. This understanding proposes that all people have innate mental health they can access and sustain regardless of past or present circumstances. We first describe the three principles, explain how they appear to work within people to create their psychological lives, and present evidence in support of their spiritual basis. We then distinguish the intervention based on these principles from cognitive and other psychotherapies and describe several guideposts followed by practitioners grounded in this understanding. Finally, we offer empirical evidence of the effectiveness of the three-principles intervention.*

**KEYWORDS** *the three principles, Mind, Consciousness, Thought, innate mental health, spirituality, health realization, creativity in counseling*

In 1890, the founder of American psychology, William James, expressed the need for undergirding principles for psychology that represented true human nature (James, 1981). Despite James' pleas to the field, psychology has not yet discovered, recognized, and approved such principles. Yet, what if such principles really exist that explain the true nature of all human experience? Moreover, what if those principles also provide the heretofore-elusive link between psychology and spirituality? The purpose of this article is to examine these questions and posit an answer.

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Address correspondence to Jack Pransky, Center for Inside-Out Understanding, 310 Dickerson Rd., Moretown, VT 05660, USA. E-mail: jack@healthrealize.com

# Realizing Mental Health

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