**SOCIETY FOR**

**PHILOSOPHICAL PRAXIS,COUNSELLING AND SPIRITUAL HEALING**

C-207, Manu Marg, Tilak Nagar, Jaipur-302004

<http://www.philosophicalcounsellingindia.org/> E-mail [sppcsh@gmail.com](http://us.mc1608.mail.yahoo.com/mc/compose?to=sppcsh@gmail.com)

Dear Sir / Madam

Greetings from SPPCSH

Now a days most of the philosophical practitioners  or counsellors are of the view that their  job is to help the client  in satisfying his  psychological problems such as lack of self - confidence, satisfaction and happiness in life , improving interpersonal relationships , how to overcome loneliness and career choices  etc. Like psychotherapist, philosophical practitioner also wants people feel better, but his task is more than that. Philosophical practitioner’s task is to help the individual to be aware of and examine critically the social and personal values and ways of living. Reflection on or introspection into one’s own experience and seeing the problems in the light of insight or wisdom emerging from his own reflections on life and values helps an individual in overcoming existential discontent and realization of meaning of life. It is true that the questioning what prevails in day to day life does not lead to normality but it  gives rise to creative dissatisfaction which in turn generates craving to go beyond the superficial concerns of living. Thus, the questioning or reflection on the obvious leads to wisdom. The awakening of wisdom helps the person to see the world in an enlightened way.

 Keeping in view this perspective in mind **Society for Philosophical Praxis, Counselling and Spiritual Healing** is planning to publish a quarterly e-journal – **ATMA VIMARSH ( SELF –REFLECTION)**to promote reflections on living. The journal will be useful for philosophical practitioners (counsellors) and for those who are willing to integrate their spiritual path with their living mode. The journal will publish papers related to counselling techniques and case studies. The critical issues of living and how to overcome such issues of living will also be published in the journal.

Since you are known for reflective occupation and healing consultancy, we invite your considered deliberations in the form of articles within the limit of  six to eight pages either in English or in Hindi.

Thanking you,

Yours truly,

K.L.Sharma