

## **Note on the Occasional Notes**

These are a series of occasional notes that I have written over the past six years (2000-2006) and sent to a group of about eight-five colleagues in this country and abroad. They represent explorations into particular topics about which I was thinking at the time, and they have allowed me both an informal way to do this thinking and also to receive feedback from people whom I know and trust will speak truly. They are incomplete, as all such thinking is, and are meant to stimulate further thought, questioning, and exploration in this field of spiritual development which is still largely mysterious and holds many possibilities for further growth of understanding and skill in both theory and practice.

There will be, no doubt, more notes as I continue on my way, but I have pulled these together to mark a certain point in the journey. The idea for such occasional notes comes from my grandfather, Edward Yeomans, Sr., who coined the term and wrote such to his friends and associates, particularly as he grew older. His field was Philosophy and Progressive Education, and I have felt an intellectual and spiritual kindredness to him all my life. So, though the times have taken me to new fields, to Psychology and Spirituality, I like to feel the continuity with his spirit in this form and endeavor, and to sense his presence watching over me from afar.

Nothing here is written in stone. If the ideas help to illumine the path of the soul on earth a bit more, I will be glad.

Thomas Yeomans, Ph.D.