

## ABSTRACT

This research is a back to root enquiry, attempting to look beyond the agendas of psychotherapy theory and practice; and to challenge the dominant models of health and health research. Using an heuristic (Moustakas, 1990), dialogic (Buber, 1951) and participatory (Reason, 1994; 1996) methodology, I have immersed myself in the question "What is the experience of moving into life?" This question has emerged from my own experience and has provided a flexible frame of reference for engaging with my six participants on their experiences. I relate their described experiences to five other participants responses to an experiment into receiving and being received, undertaken earlier on in my research process. Five themes emerged through the process of immersion in the question. These were: 'fixed ways of being'; 'search for meaning'; 'change of environment: breaking free'; 'material world'; and 'opening, receiving, connecting and expressing.' I discuss these themes in relation to theory, and explore their implications for research; for practice; and for social-political change. The process of this research is reflected upon throughout, and is considered in as much depth as its content.