

# Abstract

This research study explored the relation between Gestalt therapy contra active meditation and Eastern spirituality. The object for the study was to illuminate whether Gestalt therapy is compatible with the practice of active meditation. The study was carried out as a Heuristic process. Five women and one man joined an active meditation group for six weeks. The data was gathered in group-interviews before and after each meditation session. This study suggested that active meditation supports the Gestalt therapy process concerning: completing unfinished business, raising awareness and enhancing contact with the self and others. This study furthermore, illuminated the difference concerning the concept of self between Gestalt therapy contra meditation and Eastern spirituality. A comparison between the Contact Cycle within Gestalt therapy and Kundalini meditation was presented in the creative synthesis. This comparison, described a model of the self, as a contact function within both an organism/environment field and within an organism/Divine field. According to this study spirituality (as seen in Eastern spirituality) is not explicit integrated in the theoretical concepts within Gestalt therapy.