

## Summary

The diploma thesis is concerned with uncovering the full spectrum of humanity through the prism of mysticism and humanistic psychotherapy. The author separates the content into three sections. In the first he roots his thoughts in the mysticism of Dorothee Sölle and her book *The Silent Cry: Mysticism and Resistance*, which lends the thesis the qualities of mystical spirituality in the mundane and everyday life. From the book the author focuses on the mystical path of „The self and the liberation from the self“ that invites the concept of ego, consumerism and the relationship toward the inner core of the human. The second section explores the therapeutic contribution of humanistic therapists Virginia Satir and Carl Ransom Rogers. The author introduces their therapeutic models in three chapters: The Development of the Movement, The Human Image and The Therapeutic Process and Goal. The thesis is thus imbued with concepts aiding fulfilment of a Human Life: a human relationship, congruence and the importance of self-knowledge; congruence being the key term inviting spiritual moments into the equation. The third section outlines a shared space for mysticism and humanistic psychotherapy. The author introduces the ‚mystical human‘ in contemporary postmodern atmosphere, connecting the discoveries from the first two sections of the thesis. The mystical human in him/herself fulfills the elements of everyday spirituality and congruence and sheds brighter light on the introduced terms of mysticism. Using terminology from humanistic psychotherapy, the mystical human embeds mysticism into life in postmodern times more accurately.

## Keywords

Mysticism, spirituality, Dorothee Sölle, humanistic psychotherapy, congruence, Virginia Satir, Carl R. Rogers, postmodernism