Text 4. Fundamental Concepts in the Development of Sensitivity.

Summary

This text provides an in-depth study of the concept of "sensitivity" (refined sensitivity or perceptiveness) and the practice of sensitivity training.

The author first examines the phenomenon from a logical and scientific perspective through systems theory and group dynamics (such as Lewin's T-groups and the Human Potential Movement), and analyses its psychological and depth-psychological dimensions, focusing on creativity, free association, bioenergy (Reich, Lowen), and "cosmic consciousness" or peak experiences.

The author then places sensitivity development within a cultural context as an expression of the Western counterculture and examines a variety of growth-oriented movements, ranging from biofeedback and somatic techniques to esoteric initiation groups and Eastern movements.

Finally, the author concludes that this rediscovery of archaic and energetic aspects of human nature presents a significant challenge to Christianity and the established churches.