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# A PLACE FOR MY HEAD

## Spiritual Dysphoria and Spiritual Dislocation

Thanks to James for helping with this one

Spiritual dysphoria can be described as unease or discomfort with seemingly available spirituality options. Spiritual dislocation is the feeling that one doesn't have a place in the spiritual world. Spirituality is an individual experience which does not need to be an affirmation of a mainstream religious tradition. Some people experience uncertainty about their spiritual place and think that they are 'lost' souls unless they are devoted to a clear religious position.

### WHAT HELPS?

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#### Finding your own "thin spaces";

- Thin places are abstract, mystical places where the boundary between the 'real' world and the 'spiritual' world becomes thin, and we feel like we have encountered something awesome. This can be any place, any experience, or any person with whom you have a feeling of serenity or joy.
- Avoiding engagement with people who seek to manipulate others into participating in (or who compel others to participate in) their spiritual practice. Involuntary spiritual experiences are never nourishing.
- Recognising songs that you can enjoy without having to affirm beliefs (singing along to Black Sabbath's 'Iron Man' doesn't require you to literally believe in time travel or The Great Magnetic Field).

### RELATED METAL SONGS

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**Black Sabbath** - Under the Sun

**Dream Theater** - Scene Eight: The Spirit Carries

On

**Godsmack** - Spiral

**Hole** - Letter to God

**Iron Maiden** - Hallowed Be thy Name

**Metallica**: The God that Failed

**Motorhead** - Bad Religion

**Ozzy Osbourne** - Believer

**Skunk Anansie** - Selling Jesus

**Type O Negative** - Everything Dies

### RESOURCES

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**HMT playlists** – There are playlists on the [heavymetaltherapy.co.uk](http://heavymetaltherapy.co.uk) website that might help with associated feelings of spiritual dysphoria and dislocation.

**Self-Help** - A Religion of One's Own: A Guide to Creating A Personal Spirituality in a Secular World, by Thomas Moore. This book advises readers on how to find and develop their own spirituality.

**ChaplainsOnHand.org/cms/gethelp**: If you're in spiritual pain, you can connect with a professional chaplain who will listen to you and offer you spiritual care and support, free of charge. [Professionalchaplains.org/links](http://Professionalchaplains.org/links): If a virtual connection with a chaplain doesn't fulfill your current spiritual needs, this website can direct you to partner organizations around the world, all of which have agreed to adhere to the same sets of professional standards and ethical codes. One of these organizations may be able to connect you with a local chaplain. (Note that the results of a Google search may show chaplaincy organizations that haven't agreed to adhere to these professional standards and ethical codes).

**Professional Support** - Seeking out a board-certified chaplain if you feel that you need spiritual help or guidance. Chaplains are professionally bound by a code of ethics that prohibits toxic behaviors often associated with religious authorities.

FOR MORE INFORMATION, PLEASE VISIT:  
[WWW.HEAVYMETALTHERAPY.CO.UK](http://WWW.HEAVYMETALTHERAPY.CO.UK)