



WILLIAM BLOOM

Biography

William Bloom is one of the UK's leading authors and educators in the field of spiritual health. He is the founder of the Spiritual Companions Trust and the originator of the UK's first mainstream vocational qualification in spirituality. His many books include *The Endorphin Effect* and *The Power of Modern Spirituality*.

A Londoner, his first jobs were in publishing and as a novelist. He was a commissioning editor at Macmillan's at the age of twenty-three and by the age of twenty-six had published three novels, four thrillers and a novella. He also co-founded Advise, the first 24-hour immigrant advisory service in London and was involved in the publication of *International Times*. This early success however seemed empty to him and he then took two years spiritual retreat, living off-grid in the High Atlas Mountains of southern Morocco.

Returning to London he went to university for the first time as a mature student – the London School of Economics – and went on to complete his doctorate in political psychology *Personal Identity, National Identity and International Relations* published by the Cambridge University Press.

He taught at the LSE for a while but instead of staying in academia, he crossed The Thames to work in Southwark College as a tutor for special needs and adults returning to learning. At the same time he co-founded the Alternatives Programme at St. James's Church, Piccadilly, which is a major platform for holistic and alternative approaches to spirituality.

His involvement in Europe's leading eco-spirituality community, the Findhorn Foundation of which he is a Fellow, led him to developing many courses in practical spirituality. His approach is distinguished by its focus on what people actually do, rather than what they believe or profess, and how to support them in developing a spiritual practice that benefits their own health and development as well as being of service to the wider community.

His background also includes a deep experiential interest in psychotherapy, which began with three years psychoanalysis with Edward Glover one of the founders of psychoanalysis in Britain. William says that he has explored at least five hundred different approaches to personal and spiritual development, claiming this is not a shallow supermarket approach but a wise surveying of his field of study.

He lives with his family in Glastonbury where he is a trustee of the abbey. His main hobbies are motorcycles, his preferred mode of travel, literature and longform television series.

A Personal Note

The essence of my life is simple: In my early childhood I had several powerful experiences or instincts that have remained with me and inspired me. The first was a very powerful sense of the beauty and wonder of life; just looking at the blue of the sky was enough to make me experience and know that there was a power and goodness behind everything.

The second was that I kept noticing that there was more to me than just the child, the personality, I presented to the world. Within me there was another identity – watchful,

strong, loving.

The third was an instinctive outrage at and sense of compassion towards injustice and suffering.

My life has been about developing and integrating those three influences. I teach what I too am learning and deepening.

At the centre of my life is my meditation practice: an hour in the morning and usually another hour later in the day. [Read my blog on why I meditate](#). My history includes retreats and several long periods in which I sat for five or six hours a day. It is in meditation that I learn most – at all levels.

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For more information: <http://williambloom.com/about/>