Psychology today is in a state of confusion. It has failed to understand our true human identity and to provide a satisfactory answer to the perennial question: “Who AM I?” The scope of present-day mental health treatment has been reduced to purely profane considerations, ignoring the fullness of what it means to be human, and neglecting the sacred dimension of life altogether. Due to mainstream psychology’s rejection of its metaphysical roots, our relationship with other sentient beings and the natural world has been fractured, which has brought devastating consequences to our lives. In the interest of developing more holistic modes of therapeutic treatment, we need to restore the traditional notion of a “science of the soul” as it has been known since the earliest times across the diverse spiritual cultures of humanity.

Dr. Samuel Bendeck Sotillos’s words are a powerful prescription that restore true psychology to the soul. Sotillos—much like a traditional medicine man—takes us on a journey that traces the exact place where we lost ‘psyche,’ and gives us much-needed medicine for the maladies afflicting our deeply troubled times. Bringing back our lost and wandering spirit to the discipline is crucial to healing the world’s soul, and will help rehabilitate humanity’s relationship to the Sacred. The Quest For Who We Are is a significant step towards the fulfillment of Black Elk’s Vision of restoring the ‘Sacred Hoop’—a compelling read for all spiritual seekers.

—Eduardo Duran (Tiospaye Ta Woapiye Wicasa), Native American psychologist, author of Healing the Soul Wound: Trauma-Informed Counseling for Indigenous Communities

An indispensable guide for those seeking to approach psychology as it was meant to be: a ‘science of the soul.’

—Abdallah Rothman, Islamic psychologist, Executive Director of the International Association of Islamic Psychology, author of Developing a Model of Islamic Psychology and Psychotherapy: Islamic Theology and Contemporary Understandings of Psychology