

Opening the Inner World Press Release

FOR IMMEDIATE RELEASE

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Royersford, PA, March 5, 2025: Chelsea Odhner, Robert Falconer, and Jonathan S. Rose's new book ***Opening the Inner World: Spiritual Healing, Internal Family Systems, and Emanuel Swedenborg*** is set to release on May 15, 2025. With mental health challenges on the rise, *Opening the Inner World* addresses the vital need for integrative, effective approaches. By pairing the evidence-based model of Internal Family Systems therapy (IFS) with the first-hand spiritual experiences of Emanuel Swedenborg that offer a detailed study of the nature of the afterlife, this book serves as a crucial resource for readers seeking insight into the nature of life and the mind.

Opening the Inner World provides readers with practical tools for better understanding the “parts” that make up one’s inner landscape and highlights the ways that spirituality can enrich and empower therapeutic work. The principles of IFS align remarkably well with Swedenborg’s description of our spiritual nature. Through a conversational-style, organized by subject, the authors provide the reader with a guide to cultivating inner awareness and navigating the spiritual influences in our minds. The authors share with readers important insights for both spiritual and psychological growth, as well as healing from trauma.

Chelsea Rose Odhner is an IFS practitioner and expert on Swedenborg’s teachings with over 20 years’ experience combining scholarship, creative expression, and holistic healing to help others. **Robert Falconer**, author of *The Others Within Us*, is a pioneering IFS therapist and global educator, drawing on five decades of clinical expertise helping others heal. **Jonathan S. Rose, Ph.D.**, is an internationally renowned scholar and translator of Emanuel Swedenborg’s works dedicated to bringing Swedenborg’s spiritual insights to modern readers.

“Until about 1800, healing was primarily still spiritual. I think it’s super important that psychotherapy be re-spiritualized,” says Falconer.

“For those interested in the spiritual side of IFS, Swedenborg points to worlds we have yet to explore.”

—Richard C. Schwartz, PhD, Founder of Internal Family Systems Therapy

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[Pre-order available now](#)

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For more information, review copies, or to schedule an interview with Chelsea Odhner, Robert Falconer, and/or Jonathan S. Rose, please contact: Felicia Chavez at editor@swedenborg.com

About the Swedenborg Foundation: The Swedenborg Foundation is an innovative multi-media nonprofit publisher dedicated to expanding the reach and understanding of Emanuel Swedenborg’s writings. Since its inception in 1849, the Foundation has evolved from a simple publishing house into a multi-media hub of education and enlightenment. The Swedenborg Foundation bridges the gap between spiritual ideas and modern issues by publishing works that explore the connections between spirituality and other fields.