Abstract

The primary goal of this presentation is to introduce the concept of "Physis in Action" in the course of personality growth and self realisation through the speaker's own understanding spanning more than 20 years, with an emphasis on the years since 2011. The speaker’s personal experience has connected the concepts of Metanoia and Physis; as a result, both concepts are introduced with a greater emphasis on Physis. The concept of Physis is discussed from different perspectives including Transactional Analysis. Furthermore, the speaker introduces an innovative diagram that presents "Physis in Action" in Transactional Analysis.

Keywords: Physis in Action; Physis; Metanoia; Personality growth; Self realisation; Eudaimonia; Transactional Analysis