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**Resumen:**As I look back on my life, I wonder, 'What was all that about?' . That invokes a further question: What does it mean to be human? This paper does not attempt a definition of humanity or to cover the entirety of human experience. It is a reflection on life as a series of relationships. It references two major influences 1. The person-centred approach of Carl Rogers; 2. The metaphysics of Unity of Muhyddin Ibn 'Arabi. In it, I consider 1. Relationship with self: from Rogers's 1959 working definition to the assertion of non-self of mystical tradition. 2. Relationship with others; experiencing in large groups, unity out of multiplicity, and the possibility of co-operative working with others. 3. Relationship with nature, the cosmos, the phenomenal world. What are the implications for therapy of these widening spheres of experience? 4. Witnessing and presence: identifying with 'being the witness to the story rather that the actor in it' (Ram Dass). Presence in the counselling room, and in the wider world. 5. Relationship with death: can I make friends with the Angel of Death? (Reb Zalman Schachter Shalomi) What might this last relationship have in store?
**Autorizo la publicación del resumen.**