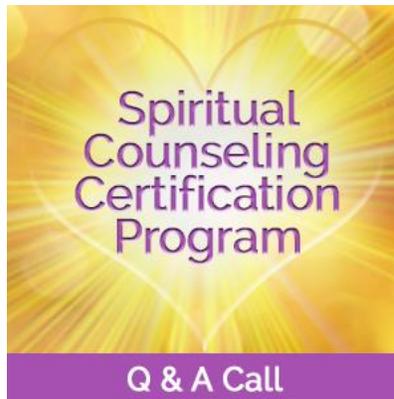


January 16, 2018



Spiritual Counseling Training



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Spiritual Counseling Training Free Call

Opening Prayer

Jennifer We are grateful and thankful to join together as the Love of God.

So grateful, so thankful, to come together for the purpose of remembering and recognizing the Fullness of Love that's happening in our hearts, in our minds.

So grateful to join together for the purpose of Partnering UP with the Higher Holy Spirit Self to download Divine Instruction, Guidance, Insight, Wisdom and Clarity. We are joining together to let go of the past, and to open to pure Wisdom and insight.

We are grateful to declare our willingness to be of service to those around us, to be of service to our clients, as well as to ourselves, our loved ones and this Power of Love Community.

We are truly grateful and thankful to open our hearts to the pure insight. In gratitude, we allow it to be. And so, it is. Amen. Amen. Amen.

Yeah! Alright!

This is really a time for you folks to ask your questions and share your questions that come up in your counseling sessions.

Look there's Alison! Aw! So nice to see you! Very, very nice! Yeah! Wow!

Alison Good to be here!

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- Jennifer Yeah! Oh my gosh!
- Alison Yeah. It's good to be here.
- Jennifer Yeah. How's your mom, Alison?
- Alison You know, I sent you an e-mail, so you can catch up, but she's doing amazingly well. She's very, very weak from the chemo. That's the biggest thing. I'm staying with her full time. She's decided to finish this round of chemo and then stop the chemo, which I support 100%.
- Jennifer Wow.
- Alison Thank you for asking.
- Jennifer Yeah. Well, give her a big hug from me.
- Alison Thank you. I will.
- Jennifer Yeah. Mmm.
- Anybody have a question?
- Alison Well, I do. Now that I'm staying with my mom full time, I want to start back in the groove, so to speak, of the spiritual counseling. I thought maybe I would contact Jeanne, possibly, into getting everybody's e-mail. I know there's a lot more people in the group than once was.
- Jennifer Well, Angela, actually, can be a big support to you.
- Alison Oh, good! Perfect! I'll be talking to her later.
- Jennifer Good. There you go. Yeah. She can get you on track.
- Kevin, how about you? Do you have any questions there?

Learning to Trust Inspiration

- Kevin Um, well, I've really had some great success with my counseling sessions so far. I've really not had too many difficulties come up.
- I just had--I think that the biggest thing that I've kind of experienced with one of my sessions was, I felt that the client had a predetermined idea of what I might say, and what the outcome of the situation should be, instead of maybe just following the Divine Inspiration of what was coming up. And so, I felt that there was minutes when I was starting to overthink what was occurring versus just allowing it to happen, and so it created a little anxiety for me. It still turned out pretty well in the end, but it was kind of a different

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experience than what I had experienced so far. It was a little challenging for me.

I think what it brought up, for me, was to continue to trust the inspiration, and to not have my **own** expectations of outcomes. It helped me, for sure, with the process. But it left me, in the end, feeling a little bit--I'm hoping they got what they wanted, or what their desires were.

Jennifer Yeah. Yeah. I can certainly relate to that.

I've had a number of times where a client, I could tell--I've had it be many times, that people come to me in order to get permission to end a relationship, or to walk away from somebody. They present their case, their evidence, that they should be able to leave, right? "I can go now, right?" Of course, they could go if they would like to go. They could leave. They can never speak to that person again. They can do anything they'd like to do.

But, of course, I'm going to be counseling them to take the path that's going to bring the Peace in the long run. People think that "ending" the relationship is going to bring them Peace.

Was it anything like that?

Kevin It was a situation in a similar kind of like tone, for sure. It was where they were struggling with the relationship with their mother. It basically all kind of went to the way they were treated in childhood. They were having a hard time seeing how that related to the current situation, and they weren't willing to let that go. They wanted to find another reason for it, and kind of what it made you buy into the story of why there wasn't really an answer for it.

So, for instance, "My mom is never happy. I can't make her happy. There's nothing I can do to convince her of this," instead of looking at what is the cause of that unhappiness, and what can we do to get to that root cause. When I would try to go back to that, it just didn't seem to work. Does that make sense?

Jennifer Yeah. Yes. Let me just feel this for a second.

Healing is Not Reliant on Finding the Root Cause

You know, in my Science of Mind training, on a certain level, the main thing that they gave us--and see if you agree with this, Sue, because it might be the Unity training as well--that it was all about looking, searching, searching,

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searching for the root cause. I would, as when I was starting out as a counselor, I would **really** be looking hard for that root cause, trying to figure out what it was, and then I could say, “Ah ha ha! I figured it out! This is the root cause here, so now we can approach the issue from that awareness of the root cause, and we can see it all differently now.”

What I have come to learn in my own healing experience, and others, is that the instantaneous, miraculous healing that we can have now is not in any way reliant on understanding the root cause. Sometimes it's helpful. If you have termites in your house, and you can't figure out where they're coming from, and you figure that out, you can deal with that place they're coming from. But it's not actually going to be healing. It's just information, on a certain level.

A lot of times, the thing to do is just be so present in the moment, to not regard anyone as having a problem. They have a belief, they have an attachment, which isn't necessarily a problem. It can **cause** a problem, or cause the **appearance** of a problem, but it's more about are they willing to have a healing? Are they willing to let it go, regardless of if they even know what it is they're letting go? Just at the level of the **effect**, we could say, “Are you willing to let go of being upset?”

Kevin Yes. Makes sense. Mm-hmm.

Jennifer I don't know if that's helpful at all.

Kevin **Very** helpful. Yes. Absolutely. Mm-hmm.

Jennifer Yeah. Because the intellectual spiritual counselor will become like a detective, looking to cleverly find that root cause. But a client can have a miraculous healing in an instant because they just have a realization. That's why I so frequently quote that Ernest Holmes quote about “The only time that it takes to have a healing is the time that it takes to have a realization.”

How would you describe the essence of that issue they had with their mother? Just the core of it.

Giving up our Identity in Others

Kevin It seemed an emotional attachment of some sort. Almost like there was an expectation for there to be an upset, and if there was an upset, it was almost like, “Well, what's going on?” I think it was a kind of form of some dysfunctional compassion going on in the relationship. Like, she needed to

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feed her mother attention to kind of keep that kind of hamster wheel going. And when it wasn't there, it created even more tension.

Jennifer Yeah. Is it like, who is she if her mother doesn't need her?

Kevin Exactly.

Jennifer Yeah. Yeah.

Kevin Yes. yes.

Jennifer Yeah. The vast majority of people are in relationship of that nature. "If this person doesn't need me, who am I?" There are so many things that happening this world where people get so wrapped up in their identification as caregivers, or just "I am a being because of my relationship with this job, this person, this dog, this whatever. And this spiritual community." It becomes our identity. Then the thought of giving that up is frightening to a lot of people, because then they don't know who they are, or the only thing they can see who they are is something they don't like. If you're trying to pry that out of their hands, they're not going to appreciate it.

Kevin Mm-hmm. Absolutely.

Jennifer Yeah. We have to help them see, "Well, what else would you like to experience in your life? What could you--if you weren't doing this, what would you **like** to be doing?" Sometimes they feel **incapable** of doing anything else, so they don't even want to entertain that. But to begin to see that, as long as they are so focused on that they're not able to have other life experiences, **can** start to help them loosen up on things.

Kevin Absolutely.

Jennifer Yeah. Most of us are pretty convinced of what we were believing.

How are you, Elena?

Elena I'm good. Thank you.

Jennifer Anything going on with you?

Taking Care of Ourselves Through Priorities

Elena Yes. Well, the most--the question, actually, that I would like to ask is--it came aware to when I was in the Spiritual Counseling Intensive.

I realized that I kind of have this pattern of--well, the fact that I often have overwhelm in my life is not new, but I also realized that I create the spin. I

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would so get in this overwhelm and then neglect myself, and then I will be useless as a spiritual counselor now, because I cannot counsel people, because I'm so--I have nothing to give. You cannot counsel, essentially, so that's--

And I think that it's--what I see now, it's getting better, but I still have this pattern. I look at my schedule, and I think it is **so** packed, there's so much already in it, the only thing I want is "Leave me alone. I just want to sleep. I need a rest." And then I think, "Where in the schedule can I even imagine to put a client? One client." I don't know. It's like, "Which time I would--?" I don't know. That's--and I would like to heal it.

Jennifer Yeah! Well, you know one way to do that is to look at the things in your life, really, and prioritize them. Did you watch that "Big Rocks" video?

Elena Oh, yes! And I did--I worked. I worked for almost--over several hours, definitely, on this. I defined my "big rocks". That's good. I am clear on that. It gives a lot of Clarity.

But--I won't say this, but I know it's all thinking. I got clear on it. But I still see it, like even those big rocks, I'm still overwhelmed with them, somehow. Even with those. Spirituality, and career, family. And here, we have it. My son needed attention, more attention than usual, and that's it. You've got to put the space for them. And it was my big rock. I don't want to have a career and know when my heart is broken. Thank you. So now, I'm on it. But, you see? And it seems to me that I'm just--it's like there's something. There's a pattern there that I would like to break.

Jennifer Yeah. I think you might need to get rid of the kids.

Elena Yes, well I thought about it. Yeah. I really am honestly thinking about it. [laughs]

Jennifer They are very time consuming.

Elena And today, while driving back home after a very, very busy day, I was like, "Somehow I don't feel tired, and I actually feel good today. Why am I feeling good? Because I just realized my true essence is Joy, and that I can allow myself this Joy." I was really feeling **good**, you know. I thought, "Oh, maybe this is the key, that if I don't torture myself, and I just do things, and I go through my day being enthusiastic and Joyful, and I will be tired, and I can still take a client when I come home. Maybe this is the key. Maybe it doesn't have to be less."

You know, you shared once about--who was it that said that it's still going to be less, but you are going to do it with less effort. It's going to be easier?

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Giving Up on an Ideal Self

Jennifer Yeah. Yeah, how we look at things as being challenging and difficult, or easy and relaxed, **that** actually contributes a huge amount to how things go. Just what kind of things that come up.

For instance, I have known a number of people who are really--who have a lot of energy towards complaining, and I just see that, oh their car breaks down a lot, and their animals are sick a lot, and the weather creates problems for them a lot, or this, and this, and this. Those things are very time consuming.

It's also very much about--and this is a great thing to know in terms of working with clients, too, as well as ourselves. I used to have these ideals and these standards, and I realized that I was judging everything against the standard of the ideal woman. Everyone I judged against that standard of the ideal woman, including myself. Everyone was terrible at being the ideal woman. All the men, all the women, the children. Everybody. Nobody is good at being an ideal woman.

I really gave it up, and I just started to focus on the things that I **enjoyed**. For a long time, I would have all these 'shoulds' about "I should have all my paperwork filed." When I was seeing clients in my home, and I had these piles of paperwork, and magazines, and different things, and I thought, "You know, all of this needs to be organized and put away." I'd look around, "Well, who's going to be doing **that**? Who's in charge of that stuff, because good Lord, I don't want to do it!" But I really felt that it should be done, and I wanted it done, but not by me, and I didn't have money to have somebody come in and do it.

So, I came up with a solution, which was I put it all in a suitcase, and I put the suitcase in the closet. When my clients were there, I'd just take everything off the desk and put it in the suitcase and put the suitcase in the closet. Then I'd have to get another suitcase, because I'd just run out of room in that suitcase. I'm not kidding. But I didn't want to file any of those papers, and I didn't really want to go through of them. But I couldn't just throw them away, because you have to go through them before you can throw them away. I would just wait until I had a couple of suitcases full, and then I'd sit down and do it.

But I just wasn't one of these people that I would take ten minutes a day and clean off my desk. That is not me. That is **not** me, and it's not ever going to be me. There's just things like that. Some people don't do their laundry until

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they just don't have any clean clothes left. I'm not that person, because it's easy to do. For me, it's easy to do laundry.

There's also being efficient, that we can learn to be efficient. It's like if you're going to be cooking one meal, maybe you can cook two at the same time, and then you just chop twice as many onions, and twice as much garlic, or whatever. Do you know what I mean? It's learning to have another level of efficiency, so that you can have more time to relax.

The other thing is, is to do things--you know, I was thinking about this myself yesterday as I went to the grocery store, and I bought \$120.00 worth of groceries. I kind of thought, "Well, how many meals is this really going to be here?" Then I started thinking, because I like to make soup, so I was going to make a couple of different things of soup, and I thought, "You know, I wonder if I'd be better just going to Whole Foods and buying their soup." Seriously. I mean, I like cooking, and I like to have fresh food, but they're making fresh food over there every day, and it's a five-minute car ride. I'm just thinking, "Hmm. Really. Seriously. What? Maybe just a couple times a week I'll go get the soup from Whole Foods."

It's things like that. How can you find an hour here and an hour there, and then take that hour and just chill?

Surrendering Our Specialness

Elena Yeah. So, it's exactly the part that's missing. Simply chill. I was describing to my mom on the phone, that if I can just sit and look from my window, doing nothing, for half an hour, my life would be just great! It's like, all I need is this.

Jennifer Yeah.

Elena Nothing major, but truly this, and all.

Jennifer Well, make it a big rock. Just see. I mean, the house isn't going to burn down if you do that. It's not going to explode or anything. Just see. Do it for a week, and just make that something you do first.

Elena I was laughing about the papers, because-- well, I'm not going to turn my computer, but you'd see. I already need three suitcases, probably, here.

Jennifer Yeah. Well, you know, then maybe sometimes, maybe once a month or something, you just have to say to your husband, "I have to have Mom's Day. You can have Dad's Day, but I've got to have Mom's Day." You know,

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Mom's Day is the third Saturday of the month, or however it works out, but you claim that.

Elena This will be so great.

Jennifer Yeah. And he has to take the kids out of the house, and you get to--unless you want to go somewhere else.

Elena Yeah. I like being here.

Jennifer Yeah. If you want to stay home in your pajamas and read, and eat chocolate, and stuff like that. Yeah. It'll be important, too, because it will make you a better counselor.

Elena Yes. I know. I know, that's what --I just realized it there, and I see now that it's how I'm getting into this pattern. I will definitely be going to use this advice. Yeah.

Jennifer Yeah. I'm just getting over the flu, but I spent most of the weekend being unproductive, in a sense. It was really necessary for me to just rest, and not do much of anything.

Elena I know that my body--I mean, in the past, my body would just do this for me. It would just knock me out, and I would be staying--I would go on sick leave, stay one week at home. As soon as I go to the doctor to get the sick leave, I come back home, and I'm fine. I don't need to be ill anymore, because all I needed is this time for myself.

Jennifer Right. Yeah. And coordinate those playdates and get those children out of the house.

Elena Yeah.

Jennifer Yeah. Or coordinate a bunch of playdates to have them come over, and **you** leave the house. But your husband's there, or something.

Elena Yeah. Yeah, I will think about it. It's really just thinking about it as a possibility, and then it will be shown. It's like, even when I was home, I always thought I was irreplaceable. Yesterday, I was depressed out of my mouth. To my own surprise, my husband said, "Well, you know, mathematics I can do with them." I was like--I was [mouth moving in surprise], and I said, "Okay."

Jennifer Great! Now he's got that job.

Elena And he would go--he's so good! He's really just amazing.

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- Jennifer Yes. So that's it. You don't have to do everything. It's the specialness. Yes. It's because you get points for doing everything, right? You have to give up all the points. Yeah. Really important to stop keeping the points. Let other people do as much as possible.
- Elena And he is more present now, when I allow him, suddenly, too. Because he used to be always outside somewhere, just--he was not at home, and now he is here. He's present. Because I let him do this. Because I'm so much elated to be a good counselor. I so much needed to do this. I can let him do the other stuff.
- Jennifer Yeah. Yeah. Good!
- Elena Thank you. I took too much time for myself, oh, but it was so necessary. It was really in my heart, "I don't want to live this pattern anymore."
- Jennifer Well, I see other people nodding their heads. They can relate.
- Elena Thank you.
- Jennifer Yeah.
- Any client questions? Any client challenges?
- Alison I have a question.
- Jennifer Yes?

Setting Intentions with Clients is Important

- Alison When I had that client that was in a relationship and it ended up being a couples counseling, I had the sense, first of all, that I wanted to give advice. **Major advice**, and I wanted to tell them what was right. Just control the call, basically. They ended up breaking up on the phone call, which was--I didn't see that as a success at all.
- When that stuff rises up, the inclination to jump in and try to give advice, or the inclination to want to direct the call to rainbows and butterflies-- when it's not really going that way, what do you suggest?
- Jennifer Yeah, that's a good question, Alison.
- At the beginning of the session, establishing what's the intention--
- Alison Yes. Okay.

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Jennifer --that the people have. What is their intention? Remembering that that's whatever their intention is, so that I don't have a **superseding** intention. Do you happen to remember what their intention was?

Alison Well, you know what? I'm trying to remember. Actually, the first call--and this is something that I, just by you talking about it, makes me take control of the call. In the first call, he just happened to come on to the call, and was kind of a late-comer to the call. I really hadn't planned for the coupled counseling situation. So, when it happened, I don't think we set a clear intention for the two of them. It was just more that individual's intention.

Then the second time we had, when they broke up, the intention was to have clear communication, and each to be heard. Then it turned into just a ping-pong match, kind of, of all their stuff. I just--at some point I just didn't know what to do, and I didn't do anything. I just kind of sat there and listened, and then it just kind of spiraled out, really.

Jennifer Well, if it just becomes a ping-pong match, what I think I might do is to interrupt it. Really get in there, and go, "Hey! Hey! Hey! Hey! Right now, if you continue this way, you don't need me."

Alison Exactly.

Jennifer "So, would you like to continue this offline, or would you like to do something different?"

Alison Perfect. Yes. Very good.

Jennifer "I'll talk to you if would you if you'd like to do something different. But if you'd like to keep going the way you are, I think we're good."

Alison Yeah. That's good. Because I felt like it just got away from me, and that would be an appropriate way to reign it in. Because that's kind of what needed to happen. Like, "Hey! Time out, dudes!" It was just a little too back and forth, back and forth. That's good.

Jennifer Yeah. You know, couples counseling is--it's so important to establish the ground rules. So, what I hear you say--or not just the ground rules, but the very, very strong intention of why you're meeting in the first place, and have both in the couple agreeing to that, that they both agree to that.

So, what I'm hearing you say is you're having a conversation with one person, and then the second person jumps in. They haven't agreed to the intention that was set by the--

Alison Right. That was the first call.

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- Jennifer Okay. So, if something like that's to transpire, then you have to say, "Okay. We set this intention at the beginning. Is this the intention that we're going to go forward with? Are we going to recalibrate this intention, now that there's two people here?"
- Alison Yeah.
- Jennifer I mean, I'd be willing to be flexible, but that's where I would start. Always with that intention.
- Alison Okay. That's great. Thank you.
- Jennifer Yeah. It's not just to say the intention. It's important that it's understood among everyone why [tech issues] What's important to establish is, not just what is the intention, but **why** is that the intention **now**?
- In other words, let's the couple has--their intention is better communication. "Steve, so why is this intention about communication important to you right now?" "And Dave, why is it important to **you** right now?"
- Alison Right.
- Jennifer See if they're on the same page.
- Alison Exactly. That's good.
- Jennifer Because if they're not, that's fine. It's fine. But if they **are**, right there, that's clearer communication. That's helpful.
- Because so often when people are arguing, and having trouble in their relationships, the number one thing is **often** that they feel threatened that they are falling apart, they're drifting apart. Out of that fear, they even want to push the person further and further, just to see, will they actually go, or will they snap into action and get involved?
- Alison That's exactly what I think the situation was or is. Just to have that time to have a free-for-all kind of a little bit.
- Jennifer Yeah.
- Alison That's good.
- Jennifer And they don't need you for that.
- Alison Right. No. No, no, no, no. It's very uncomfortable.
- Jennifer But it's uncomfortable because why?

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- Alison Because in the conversation, it was just out of—it was irrational, and it was anger-filled, and I was just a participant in that kind of madness. I didn't know what to do to reign it in, and what you just said would have been perfect, if I could have done that.
- Jennifer Yeah. Live and learn.
- Alison Right. Right. Oh, I think I'll talk to them again, so I'm looking forward to it.
- Jennifer Angela?

Establishing Parameters of Sessions

- Angela I actually had my first couple's session as well. I didn't expect it, either.
- It started with a woman—like, it was a couple. I met with one of the women. They're two women. It was about her really not feeling at Peace, and so it was about her, and her life, and how she was feeling in her relationship. So, she was meeting with me privately.
- But then her partner came in, not only delivering meals—like, we had appetizers, and then we had an entrée that was amazing—so she's coming into the picture. But what I noticed was, that I felt in this dynamic was, here I have my client— I would say my client expressing her—and being vulnerably expressing how she's feeling uncomfortable in her life, and her relationships. Then her partner came in, and it was really interesting because the dynamic that I had to maneuver with, was blaming my client that, “Yeah, you see. **She's** the one breaking our relationship down.”
- It was like, here she is professing and admitting how she's uncomfortable with herself, and then the partner's coming in and saying, “She's making it impossible.”
- Even though I know these people, it was that little tone. It was really subtle, but I felt it, and I started to feel this really strong call to just really even the playing field with responsibility, without being like a cop. But I had to put that there, because she was such a softer—I don't know, I could just **feel** her being the target.
- And so, now I see where setting the tone together is so important. Because the way that this other person joined in, it was like, “Yeah, she makes it so hard for peace in this house.” I was like, “Oh! I'm not okay with this.”
- But it was really interesting. It was really new for me, but I kind of calmly rose up, and just was like—I was like, “Well, you're taking it personally.” But

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anyway, this is a really interesting--it's really interesting to do. But I saw that as my first learning was, even the playing field. Everyone's responsible for what's happening.

Jennifer Right. So, was it your client's choice to invite their partner into their session?

Angela It wasn't her conscious choice. However, I knew that the client's--her relationship with her partner was her biggest challenge, so that's what she really wanted to heal, and somehow, we were talking about her sister. It just happened. So, she wanted to steer it back to "No, no. I want to fix this."

So that was the other thing. It was like a multi-layered session, which honestly was three hours. It was in person, which I find is a **very** different thing. I almost have found in person, it's like we have a table that we're sitting at, and it's laying all the cards out. We have more space. I don't know. It's just very different for me in person.

Jennifer Yeah.

Angela And I flowed with it, but I think that there's also me establishing when--and it flowed to the saturation point, however three hours is quite long.

Jennifer Yeah!

Angela My husband was stuck at work. It was like, I got in a time warp. I was like sucked in, and so present, that everything else stopped for me, except for the issues. So, that was another thing to learn.

Jennifer Yeah.

Angela Because then I'm like, "Wow. That was three sessions, maybe five, I don't know, in one."

Jennifer So if you had it to do over, what would you do differently?

Angela I think first, since I'm always learning, "What's your time? Let's establish our time boundary. Like, what's the best time for us to work until, for both of us?" Number one, on the table.

And, "What's your number one thing you'd like to talk about?" Since I'd never met with her before, so we're going through the whole history of what's creating discomfort in her life. So maybe, "Let's really establish what would you like to focus on?"

Jennifer Yeah.

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Angela Because even the intention of feeling not at peace in her life is so large that then we're not sure where we're going with application of mind training, really. Like, "What example can we work with for you to see how you hold this in your mind affects how it feels?" I think that's the other thing I would have done.

And now, with an awareness, I would say, "Would you like your partner in the session, or would you prefer a private session?"

Jennifer Yeah.

Angela And also, for her to know my rate. Because at the end of the night, she was like, "So how much is this?" I was like, "Well, this is my rate, and since we didn't establish a time, please pay what feels okay for you. Because we didn't contract this, really."

Jennifer Yeah. Yeah, it's good to establish those parameters. You will find that 99% of the time your clients will feel more comfortable if they know what the parameters are. They know what your rates are, they know how long the session's going to be, and what the goals are. Establishing all that stuff up front.

Also, to establish it even before they book the session, or before you get together, for that level of Clarity is good.

Angela Yeah.

Protocol with Specific Intentions

Jennifer Yeah. I would advise, often times, that even you could establish this as a protocol. I don't, but maybe I will, to establish it as a protocol that once someone books the session, that you contact them and say, "What is your intention for this session in one to two sentences?" That they have to—and you could say to them, "Will you please e-mail that to me within 24 hours of our session?" or something like that. That's going to get them thinking about it more.

I find that people book sessions with me, and then they'll say, "Jennifer, I don't even know why I booked this session." Or people will be like, "At the time I booked it, I was hysterical, but I don't feel that way anymore, so now what?" Which is fine. For me, it's fine, but I would recommend that you get your clients thinking more about specifics. Because it just loosens them up for changing their mind, being more conscious, being more aware, being more available.

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- Angela And I could see with a new client, they don't have to start with their life story, then. We're starting with this really identified focus, for her and me. Because she was kind of like, "Where do I start?"
- Jennifer Yeah. I try--you know, some people, they really just want to know that you know their life story before they can relax. Because they don't trust that you can weigh everything, and understand everything, if you don't understand all the context. Which I was of a similar mind, so I can relate to that, and I can see why people do that. Yeah. It's very helpful to people to become aware, "Oh, we can just deal with this one issue. They don't have to know my life story."
- People will sometimes write **very** long e-mails to me before a session. It's like they don't want to use their session time to tell me the backstory, but they want me to sit and take ten minutes to read this detailed e-mail.
- I just say to them, "Oh, no I didn't see that." I just don't read it. But I have perhaps, on occasion, I might have said, "I can go find it and read it now, if you'd like." Then they're like, "No, no, no. it's not necessary."
- But you know, I also get a lot of long e-mails from people about how they feel about things. I can tell a lot of them, they've sent them to many, many people, and this is just one that they've doctored a little bit for me. Yeah.
- That's why I say, if you're going to have them send that intention by e-mail ahead of time, one to two sentences maximum, and do "maximum" in all caps. Yeah. So that they don't labor telling their whole story.
- Angela Thank you so much.
- Jennifer Yeah! You're welcome! At least you got some good food, I guess.
- Angela Great food! It was just like, "Are you free now?" I'm like, "Yeah, where do you live?" "Down the road from you." Then it just--the whole thing flew away from there.
- I saw Deana had her hand up, so I'm going to mute.
- Jennifer Okay. Where did Deana go? There she is! Hey, Deana!

Working with Clients and Physical Challenges

- Deana I wonder if you could give me a little--I don't know if you'd call it homework, or something like that.

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I found that quite a few of my people in the Activation sessions, their challenge is basically healing their body at the level of the mind. That's been something that I've been more and more interested in. I had planned to try to learn a lot about this year. I have very little knowledge of it now, so I feel a little bit disingenuous, I guess would be the word. When I'm telling them—when I get to the bottom of the script, and I'm saying, “Yes. This has been activated for you now, and you'll watch what's unfolding in the next week, and I'll check back in with you.”

So, one lady who had a lot of physical, and it's severe. I think she almost died at one point. When I contacted her back to check in on her, she's like, “I've never been sicker! In fact, my pets were so sick this week, right after the Activation.”

I was just really honest with her. I said, “You know, I'm also learning about healing the body at the level of the mind. I don't really know a whole lot about it. So maybe you and I, between us, could set an intention that we could both learn together, and ask the question that we both be shown what it is we need to know about that.” Then I just offered for her to send me an e-mail, or a text, as those things of interest unfold for her. And she has done that. Not to any abusive or uncomfortable degree. Just when certain things happen.

So, I guess my question is, I'm definitely learning. I think this is a really large area, healing the body at the level of the mind. It's **big**, especially for a counselor in training.

So, what would you recommend I do, maybe, to help guide me a little bit. I don't really know. Do I just let it unfold as I learn, and not worry about it too much, or what do you think?”

Jennifer Well, first of all I really love the answer that you gave her. I think that's beautiful. Really excellent. And, another thing is that this idea that it's big. Healing the body at the level of the mind is big.

Deana Oh, you're right. It's not! That's right! Everything--there's nothing larger or smaller, right? It's all in the same--okay. Okay!

Jennifer Levels of difficulty.

Deana Levels of difficulty. Okay! Okay!

Jennifer There are no levels of difficulty.

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- Deana Alright! So, I can look to other things that I know more--I have more confidence in, though, for sure about, and just that's the same thing.
- Jennifer It really is. What makes it different, healing the body, is our belief system. That's the only thing that makes it different.
- Deana Okay! Thank you! I appreciate that!
- Jennifer Yeah! I did a class in either 2015 or 2016 called "Healing the Body at the Level of the Mind". Or, "Healing the Mind about the Body". "Healing the Mind about the Body." It might have been a free class. Either that, or it was a bonus class for *Living a Course in Miracles*. I cannot recall, but I can see the logo.
- I'll ask Glazy to find that class for us. Yeah. We are going to be talking about healing this year, for sure. And physical healing.
- But I think you gave her a great answer, and you can come back now--we're going to wrap this up in a minute. I was going to see if I could find a quote for you. It's not coming to mind right away. I'll be on the lookout for it. Maybe I'll do a radio show about that.
- Great! Thank you for that good question! Does that feel like that leaves you with anything else?
- Deana I think that was perfect insight. It's kind of that simplistic no-brainer from *A Course in Miracles*, but my mind does want to make that hugely--"Heal your body!" She's got really serious health issues. And I think another client had a uterine tumor. I seem to be getting a lot of these people with really serious kind of things like that. But you're right. It's my perspective that one's bigger than the other.

Counselor Biographies on Website

- I do have just a quick question. You mentioned in last night's class that the spiritual counselors in training have their biographies and information on the website. I've never submitted any of mine. What do I need to do with that?
- Jennifer You can send it in.
- Deana Just e-mail it to Angela?
- Jennifer Or Glazy.
- Deana Or Glazy. Okay. Do we send a picture or that type of thing? Okay.

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- Jennifer Or you could just put one of those handprints, you know.
- Deana Okay. Thank you.
- Jennifer Yeah. Photo and a bio, and then you can be listed on the website. Same with everybody else if you haven't already done that.
- If you go, Deana, to what's there on the website, and you see everybody that's there, you can read the different flavors. Everybody's got their own things that they say. There's no two alike. Yeah. express yourself.
- Beautiful!
- Alright! Anybody else like to, feel a need to say anything before we close it out here?
- Oh, did you get my e-mail today about the websites? The survey. Did you fill that out? Thank you very much. Anybody have any questions about that?
- Sue has a question.
- Jennifer I'm going to give you all a heads up. Nobody knows this, but so far of the people who have responded to the *Year 1* survey for the time of the class, 10 a.m. is what they're voting for. 10 a.m. on Mondays, which could not make me happier. I would love that!
- Sue [speaking on phone with Jennifer]
- Jennifer She's saying that in the State of York you have to be ordained or licensed before you can do any spiritual counseling. So, you can't do spiritual counseling as part of a training program?
- Angela Can you call it coaching?
- Jennifer [to Sue] Can you call it coaching? No. Can you just share with me where that comes from?
- Alright. Well, we'll do some investigation. Yeah. Yeah, I think it's on a state by state basis, I'm sure. I would think that--anyway. I don't know what to tell you about that.
- And I sent out an e-mail to everyone yesterday that the *Year 3* class is at 3 p.m. on Wednesdays. 3 p.m. on Wednesdays.
- Alright! Okay! Thank you for everybody's patience with that technical stuff so we could get Sue's questions in.

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Closing Prayer

So grateful, so thankful for the Love of God shining in our heart, in our minds, in our experiences.

So grateful and so thankful that right where we are all is well. What I know for each and every one of us is that we are truly in this Divine Partnership with the Higher Holy Spirit Self, with the Love of God shining in our mind, in our hearts, and we are broadcasting it to all of our clients, to everyone in *Masterful Living*, and we're opening ourselves to true and lasting transformation.

We're willing to be that fulcrum point in our life, in our counseling sessions, in our classes, to be that fulcrum point of healing. We are open to changing our mind about the body. We're open and available to let go of any idea that anything is hard or difficult. We are willing to let the Holy Spirit do the heavy lifting of removing all these false beliefs.

We are grateful and thankful to shine the Light of God in our awareness, and to share the benefits with everyone because we are One with them. So grateful that God is organizing our schedule, our 'big rocks', our life, and everything around us.

In gratitude, we let it be. And so, it is. Amen. Amen. Amen.

Love you all! Mwah! Great to be with you, as always!