

July 19, 2016



# Spiritual Counseling Training



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*July 19, 2016*

## **Spiritual Counseling Training**

### *Opening Prayer*

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Jennifer      Hey there! I am so happy to be with you today, very much looking forward to our time together. I'm going to jump right in into a prayer here and let's get started.

We take a breath of Love and gratitude. So grateful and so thankful for our life of Love. So grateful and so thankful that we're calling forth deep healing for ourselves, for our brothers and sisters. So grateful and so thankful to allow ourselves to live our calling. We're Partnering UP with the Higher Holy Spirit Self for the purpose of remembering and recognizing our true nature, our true identity is perfect Love.

We are grateful and thankful to open ourselves to infinite Love intelligence, personal wholeness and healing. We're doing that right now. This is the moment now that we're saying, "Yes," to our healing. So grateful that we don't have to wait, we can have our healing now.

Truly, we are sharing the benefits of our expansion, our awakening, our Clarity, our Freedom with everyone because we're One with them.

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

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## *A Special Note for Appointment*

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I'm going to unmute everyone here, so that we can just have an open call. Just before I do that, I would like to just see if anybody has any burning questions that you have, things that you really would like to get answered. We'll start with those because that's the main focus of our time together is for me to answer any questions that are coming up for you. Then, I thought we can discuss the definition of a spiritual counselor. I think that that will be helpful. I know it's something you're interested in. I can share my definition with you **and more. I'm going to unmute everyone now.** You have a chance to self-mute. We're going to go interactive here.

Laurie has raised her hand. She has a question, something to share. Hey, Laurie.

Lorrie Hey, Jennifer. I am wondering if we do a session that we would like to talk in depths with you about. How would you like us to send it to you? In other words, was it some kind of note or do we just note it in the evaluation form?

Jennifer Yeah. No, I would send it with--flag it with a special note and then we could make an appointment to do that. If you like, we can talk about it with a group. It might be helpful.

Lorrie I didn't have anything coming up. I'm just thinking there'll be at some point and if I do, like how would you like that to be done.

Jennifer Yeah. For the last couple of years, what people have been doing is, they either bring that question to this conversation or they will make a separate appointment to talk with me about it.

Lorrie Perfect. Thank you.

Jennifer In terms of making a separate appointment in the certification program, a part of your certification is the three one-on-one sessions with me, but you can always book additional sessions with me. You can do half an hour, 15 minutes. We don't have it set up for 15 minutes, but in case like this, if you had something you really want to talk about and you didn't want to wait for the next session, you could do that. I've not found that anyone has found that to be necessary so far, but it might be. Sometimes strange things happen.

Lorrie Thank you.

Jennifer Yeah.

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## *Time Allotted for Prayer*

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Lorrie I have a second question. It was just because I realized it when I was doing a session the other day. I had put in an hour, then I have something following that like 15--I can't remember. 15 minutes--no, it was half an hour afterward. When I chatted with the person, they immediately wanted to just tell me about their life and they were someone I knew. We ended up not starting the session until a little later. I had a little bit of a window. I started to notice, I went into judgment as it was getting close to the full hour being over with because I wasn't present and I was thinking, "What about my next person?" I kept releasing the judgment and it was funny. I saw it turn into that which I created it, obviously. My question is, is there any phrase or anything that you've used in the past to bring attention and awareness to the person that they might have, like five minutes left, or 10 minutes left that they booked an hour with you?

Jennifer Yeah, yeah. It's "Get out!" No. Just kidding.

Lorrie I thought you were talking to that squirrel because you mentioned a squirrel yesterday.

Jennifer Never say that.

Yeah. This is a really valuable, helpful thing. I wish I had had somebody to talk about this with when I was starting.

A couple of things, especially in terms of the situation where you have someone you know and it can even be a client that you've known for a while. You have someone you know and it could be a brand new client, too, because sometimes brand new clients, they think they have to tell you the history of their life. They can take up a lot of time with that. It's just not necessary.

One of the things to clarify, especially with someone you know that the session has started, "We're going to begin our session with a prayer and a setting of intention. Is there anything you'd like to say before we do that?" Then, **okay, so now I'm going to pray and** then we'll set the intention for the session together. Sound good? Good. Okay, let's go.

With a longer session, as you know, I'll say, "I'm going to pray us into a few **minutes of silence. In that silent time, I'm going to tune in. It's going to give us an opportunity to leave the past behind to become fully present in the "now" moment where Love is, where miracles happen, so we can be in that**

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miracle zone together. I'm going to pray us into a couple of minutes of silence. We'll sit together in silence. Then, I'll pray us into the session and then you can tell me what's your intention for the session, we can agree on that, we'll work on that together, make that clear. Then, we're going to have an amazing session together. Any questions? Okay, great. We're going to pray us in into a couple of minutes of silence now.

Especially, the people who are unfamiliar with it, just being repetitive like that, so people are crystal clear, because a lot of times when people come in, their mind is bouncing around. "Where do I start? What should I do? Is this chair comfortable? I don't know. Oh, I didn't get my water." They just--all kinds of stuff that people's minds are bouncing around because their ego is very, very nervous, because the ego is about to get undone.

The ego can be very, very distracting. Sometimes it shows up with--they keep dropping the call. There's a lot of noise in the background. They can't quite hear you. The ego will just create all kinds of stuff. All kinds. There's that.

Then when the session is coming to a close and if you feel like the person doesn't have any sense of the time, because a lot of times, they won't. They would just rely on you to be in charge which is a good thing.

Sometimes I have clients who'll go, "Oh, my God. It's almost time. There's only 10 minutes left." When I do sessions in person, I have the clock so that I can see it, but they cannot. If they'll say, "Oh, what time is it? I just don't want to run over time." I say, "I got you. Don't worry about it. I'm in charge. We'll work on it. I'll let you know." Then, they can just like, "Yes, I got you, girl. I got you, man. You can relax and be safe here. I got you." That can be helpful to them.

## *Love Offering*

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I always like to leave five minutes for prayer and extra stuff. I always like to take care of the payment ahead of time before we begin the session, so it's not left to the end. Nowadays people can pay online. That's all taken care of.

You can also have if you're setting up appointments for people with Love offering and things like that, you can send them an email ahead of time saying, "This is on a Love offering basis. This is how you can make your

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Love offering." Afterwards, there's no set idea of what the Love offering would be. You could say, "In my normal work, I charge this." So, for instance, I'm only asking you to charge a Love offering with the clients I refer to you. With the clients you find, that's up on you. But if I'm promoting you so that you will get more sessions and one of the ways I'm making that more attractive is, it's a Love offering. Also, so that the people will understand you're in training. I'm encouraging them to really go for it with all of you.

You could say, for instance, you, Laurie, might say something like, "My normal fee is," whatever it is, "\$150 an hour," whatever it is. You can make your Love offering in accordance with what feels good to you. Here's the link to do that because you probably giving him an online link.

If people need help setting that kind of stuff up, PayPal is really, really easy. I'm sure Angela could help anyone who would like help with that. There's also a service now called Venmo, V-E-N-M-O, which in many ways is way better than PayPal, if you might explore that. I've had people pay me with Venmo. It was really easy. You can get the app on your phone. You can set it up in your computer, using PC, I don't think they take a fee. I can't remember now, which is nice, because PayPal definitely takes a fee. It goes right into your bank account what goes to Venmo, then you transfer it to your bank account just like with PayPal.

Ask me, did I answer your whole question? I think that there's a little piece more, Laurie.

Laurie Yes. Yeah, that was very helpful. I'm going to check out Venmo. Thank you.

## *Extending Time for Healing*

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Let's say, this scenario, you're my counselor and we're in a session and you say that you like to have five minutes to do the payer and everything. It's 10 minutes off and I have no idea that I have basically five minutes left to share with you. Would you say anything about pointing on how would you guide me into knowing that there is 10 minutes left or **we're coming** to both.

Jennifer Well, if you felt like at the 10 minutes left point that nothing has been much accomplished, is that how you were feeling in that particular case?

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Laurie I was feeling like, yes, it was--when I got into that session, I was like, huh, this is the kind of--this is one of those that could be easily a three-hour session where she just needs to get it out before we can come to anything, and I just didn't have that availability in that moment. Though I'm trying to figure out how to...

Jennifer One of the things I do, and I'm not recommending this, I'm just telling you what I do. I usually leave a half an hour between sessions. Like when I did MLC check-ins, that's not a counseling session, so I don't do that with those, I leave five minutes with those. With a counseling session, I like to leave a half an hour because sometimes things do go way over. Sometimes there can be a little trickiness to the start, but sometimes there can be a challenge with the recording, or there's a typo in their phone number, you know just little things happen. I will, from time to time, go over the time and I'll say-- but I will say, I'd say--because you learn to feel it. You just learn to feel it.

With experience. It's like anything. It's like if you're a cook, you learn to gage things. You don't have to just say, "Oh, I'll set the timer for everything." You can feel it. You can look at it. You can taste it. You have a sense of it. If it comes like that, like cooking or something, where you are experiencing it and it's not by the book.

But if you're feeling that the session is not really on track and things are not really being accomplished and the person is just talking and talking, you can rein them in and that's helpful to them. I'm not--this is very rare to have anyone go, "Hey, I don't appreciate that. You're interrupting me. That's not helpful." That just doesn't occur really. I will, from time to time, interrupt and say, "I want to be clear here. Our intention is this, right? I just want to make sure we're going to be able to really help you in the time allotted. Let me just see if I can focus us in here. You're telling me this, this and this. These are your concerns. This is what happened and this is the meaning that you made of it and this is what you desire now. Is that correct?" or, "I'm not clear what you desire now. I get what happened. Can you help me what is it that you'd really like to have happened now? What's your heart in this?" They're like, "Oh, okay, right. Thank you." That's helping them to focus. There's that kind of an option.

Sometimes out of my own generosity in my desire to serve, things will go longer. I told you all about the session that went four hours. That was a life changing for my client with four hours. I think it was four hours. Three or four hours. Maybe it was three hours. It was a long time ago. It was life

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changing for them and it was a life changing for me. They had a complete life healing, a complete life healing. I mean, seriously, everything changed in their life. I just **knew in that moment, I'm here, I'm doing this**. This is what we're doing. My sessions back then were 90 minutes. When we came up in the 90-minute mark, my client said, "Hey, I don't even know how much this cost. I don't have much money. I can tell we're not at the end. I don't know what to do here." That's when I said to them. I said, "I can feel that we are having a healing here. I'm in it to win it. I'm cancelling what comes next. I'm totally available for this. Whatever works for you financially, works for me. I AM abundant. I AM prosperous. You are not the source of my income and you need to know that. Your healing is my healing. It's healing for everyone. There is my dedication. We are doing this. I'm all in. Are you all in?" My client said, "Yes. Yes, I am." I never had another session with that person, but I can tell you because I would see them from time to time. They looked completely different the next time I saw them. They had dropped a bunch of weight. They had a new haircut. They look radiant and vibrant. They had a new job. They were following their heart's desire. They had completely changed their home environment. I mean, shazam! As a result of that session, I know it.

I got a call later that day that basically these people said, "We're going to transfer this piece of business to you and that was an extra \$2,000 to \$3,000 a month in my bank account for years." For years. I mean, literally, it could easily have been \$60,000 to me. I mean, I never do the math on it, but I think if I did, it could easily have count it as that much money. I got the call like an hour after the session was over. But I wasn't giving to get anything, not at all. It was the first thing from my mind. My client gave me \$40. I don't remember what my fee was then, but it was at least \$100. The session went three to four hours. I tend to be in the moment with my client because that's the only place where the healing is.

There are times when I will have something coming up that I need to be present for and we're going over time. It just depends on how it feels. You learn to feel, "Can I wrap this up and tie it with a bow the way that feels the highest and best in five minutes or 10 minutes or is another session really what needs to happen here?"

Remember that one of the things that I said in the training is that I was trained as a science of mind practitioner that we're not going to need another session for this issue, that the prayer work and the power of us

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coming together with high intention, it will be shifted. We won't ever need to talk about it again. It will be done. That's the intention that I carry into everything. I don't carry in the idea that this is like, "We're going to need 10 sessions for this or five sessions for this."

It's a bit difference than the coaching model that many people have and I understand that because I understand that people sell packages of sessions, like, "We can get your career on track, let's do a 10-session package." I've worked with coaches, spiritual coaches, where I bought a package of sessions, but I didn't think I was going to be working on the same thing for all those sessions.

You learn to feel it. It's like a lot of things in life. You learn to feel what feels good and what you learn to recognize the signals. But it's not a helpful idea to just think you're going to go over on every session or if that's okay in all situations, because then your clients will start to anticipate that your sessions are longer and that they can manipulate you. They will know that. They will start testing that and testing that, and it's a slippery slope. It's perfectly--

On a frequent basis, I will say something like, "We have 10 minutes left and I want to make sure that you have total Clarity of your next steps and you feel complete. Let me ask you this question. Let me help focus us in here." They are always grateful for that because they don't want to have a session end and feel like nothing changed.

Laurie            That was so helpful. Thank you.

Jennifer        You're welcome.

## *Being Ordained and Licensed*

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Anybody else have some questions you'd like to get answered today?

Christy        Jennifer, this is Christy. How are you?

Jennifer       I'm great. How are you?

Christy       I'm good. I'm good. Thanks.

Jennifer       I'm looking forward to coming to Atlanta.

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- Christy I know. I talked to Ron on Saturday and we were brainstorming ideas for you. Yeah, he's--I had words to Angela this morning and she said that he's kind of your Central organizer.
- Jennifer She's helping me a lot.
- Christy Yeah. He is the person in Atlanta who kind of orchestrating your classes **and workshops**. Yeah, I'm excited. I gave him some ideas and some names and numbers.
- Let me ask you something really quickly. Yesterday, in our *Spiritual Counseling Community Call*, I confessed that I'm finding lots of stall and delay tactics for getting started with my spiritual counseling, okay? I can laugh about it now because yesterday I was laughing about it. But on a deeper level, I really want you to call me on this if you think this is just another smoke screen because I'm refusing to be [unintelligible] the salvation of the world, right?
- Jennifer Right.
- Christy I have this idea that I'm not qualified. Okay, but this has to do with--you may just roll your eyes at this, but this has to do with the professional use of the term "counselor."
- Jennifer Uh-hmm.
- Christy Okay. You're an ordained minister, and as an ordained minister, you do pastoral, spiritual counseling and coaching, and not get tripped up with using that term in your advertising or your--with the services that you offer.
- [The moderator has left the conference.]
- Jennifer Oops. Hello.
- Christy Hey, we lost you.
- Jennifer Yes, sorry. My computer's battery just warned me it's about to die, so I switched to my cell phone. Sorry about that. I didn't do that very gracefully, but I heard everything you said, Christy.
- Christy Okay.
- Jennifer Up to "You're an ordained minister," et cetera. Yes.
- Christy Yeah, since you're ordained and licensed, you are able to use the term "spiritual counseling," "pastoral counseling," it would never be a problem.

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Nobody could call you out and say, "Hey! Why are you calling yourself a counselor?" which is a term that has a professional or occupational designation.

In all of my--as I call them shenanigan, to delay-install, I've created this idea in my mind--and I don't know if it's true or not because I've not done any research. I did a little bit of it last night, but I think it's a state-by-state issue.

States handled it differently when you're using that term "counselor," I just wondered if you'd ever had anybody ask the question or delve in or do any research on whether or not we would need some type of a disclaimer.

From what I can tell, most states have their own rules and in general, they say, "Just don't put anything on your advertising that makes people think that you are a psychotherapist or a therapist. Like don't mislead the public about what your true credentials are and you won't get in trouble."

Some states go one step further and say, "Not only should you not put anything on your advertising that makes it look like you're professionally credentialed, but you also need a tiny disclaimer that says, "Hey! I'm not a licensed mental health professional or counselor, whatever." I think it's fairly state to say, but I just wondered if this was ever anything that had come up or if this is something new that I'm looking at.

Jennifer That's a great question. That has never come up in my professional experience of the last 16 years as the licensed spiritual practitioner. I do think that, obviously, we wouldn't wish to mislead anyone. On my page, my counseling page at JenniferHadley.com, I--let's see if I can pull that up here. I'm operating on the phone now. My power cable from my [blank]

Christy Uh-oh. I think we're losing you a little bit.

Jennifer Can you hear me?

Christy I heard you saying, "My power cable," or something.

Jennifer Oh, yeah. I have to replace my power cable for my computer.

Christy Well, this is probably nothing--yeah, you probably never went into this because you are already licensed and ordained. I did look it up. Licensed ordained ministers are able to freely advertise pastoral or spiritual counseling. They would never get a complaint or get snagged. Again, this is probably not a big deal. I feel like there's this part of me on these other

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issues that's just throwing up smoke screen. Do you see I'm kind of on the sense about how serious this topic is?

Jennifer Yeah, I get it. You know what, I think also that--you'll never know. There might be something here that I need to address or the ministry needs to address. What I'll do is, Angela and I can just take a look at that and do some investigating.

I think that what is helpful to the clients is to understand--I mean, I have a spiritual coach that I worked with and I also do--Venerable is my mentor. Venerable Dhyan Ywahoo is my mentor. My coach is--my spiritual coach is--her credentials for me are--her mind is open, very, very open. I don't have to explain things to her. She totally gets everything. From a spiritual perspective, she understands that I'm only interested in looking at it at a spiritual perspective. I'm not interesting in managing coping or finding, coping strategy. I'm grateful for her expertise as a coach. She has other expertise that I also am grateful for in business. She's very helpful to me. What I feel is that, for instance, you have particular kinds of coaching experience and expertise, you're an attorney.

Being able to put all those credentials on your website and let people know, "I'm bringing all these skills to the table," I think you can only--the more clear you are, the more transparent you are, the more people will be grateful.

Christy Yeah, thank you.

Jennifer Yeah, because, gosh! I mean--especially with the kinds of issues that you deal with as an attorney, I think knowing that you are also a life coach and you are training to be a spiritual counselor that you bring all these skills, I would imagine that would make you so much more attractive as an attorney in your chosen field.

If you were doing corporate mergers, maybe not so much but...

Christy I see what you mean, because of special needs, because of disabilities.

Jennifer Yeah, yeah.

Christy Yeah. Okay. If Angela decide--if you Lorrie Angela talk about this and you guys decide that you want to look into what the professional designation of counselor requires in terms of advertising, tell Angela she can reach out to me. It's very convoluted. I can't say that I would research all 52 states, but I might be able to help her figure out, like do we need to put a little tiny

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disclaimer if you're going to call yourself a counselor in, I don't know, Idaho. Idaho has a rule that if you claim to be a healer or--I also came across things like energy medicine. Some place are kind of wonky about you using, anybody using the term like a "healer" or the word "medicine," do you know what I mean?

### *Love Is the Healer*

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- Jennifer I do. I would discourage from putting that on--not just for those kinds of reasons, but I believe I said this in the Intensive. It's very important. I remember someone asked me, they were interviewing me for a documentary about *A Course in Miracles*. They asked me the question, "How do you feel about getting paid for healing and doing healing work?"
- Christy Yeah.
- Jennifer My answer was, "Well, I'm not a healer. Love is the healer. Spirit is the healer. I can heal myself and you can heal yourself, but I cannot heal you. What I can do is I can support you in finding the way that you can heal you. That's what I Love to do. I don't charge for healing because I don't do healing work. I charge for my time."
- Christy Very good. Okay. I think, mostly, it has to do with duping the public who they [unintelligible] like the word "heal" or "medicine" or "counselor." They might think, "Oh, well, I'm with you. I have mental health issues" or this person is licensed or maybe later claiming, "I thought you're someone who was licensed and now I've gone and done this, messed up somewhere in my life and I'm going to try to blame you." It's so rare.
- That's why yesterday I was laughing about it and knowing that this is--that little voice in my head that is throwing up smoke screens around this and I don't think it's an obstacle. I don't think it's a barrier. I was just curious to see as you'd ever--had ever exploited. This has been helpful to talk about.
- Jennifer Good. If you--all of you, I encourage you to go to the counseling page which you probably look at because you're all listed there and then you can quick through to sessions with me. You can see there what I have written about my session work. I'm open to any discussion around that. I think that could be helpful. I drafted something that I will share with all of you. I think I may just need a moment to--I just ran out of battery on my computer, so I can't quite access it. I'll email it to all of you.

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But basically, what I find is helpful in describing spiritual counseling is, is helping people understand that we're going to focus on where you are, where you would like to go and how you will get there. Whereas in a more traditional therapy session, people will focus on, "Where are you now? How did you get here?" Often times, there can be a big focus on, "Who did this to you, who's to blame, are you to blame, what are the mistakes that you made." Not that some of that can't be helpful, but by focusing on where would you like to go, how will you get there and, of course, the means of transportation to get from here to where you'd like to be is changing your mind.

We don't have to tell that. We don't have to necessarily have to say that much about that because sometimes that will throw up red flags for people like, "Yeah, I don't think I can change my mind." But when there are the two or more who are gathered, they can instantaneously change their mind. In a certain sense, I think that describing is, less is more.

## *An Elevator Speech*

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That's the main thing that I say. You probably know this, Christy, but when you're starting out as a coach or in business or as an entrepreneur or sales person or something like that, they encourage you to have a 30-second elevator speech, right?

Christy      Yeah, right, describing what you did.

Jennifer     Yeah, for somebody who might not have heard of that, you want to just explain what that is?

Christy     Yeah, they call it an elevator pitch, it would be the equivalent of, let's say, you jumped into the elevator with someone and you had a ride to the 30<sup>th</sup> floor. You had about 20 to 60 seconds and someone says, "What do you do?" You start off by typically describing the benefit that you give, not what you do or how you do it, but the result. You would say, "I'm looking at your page, Jennifer, so I'm going to like mooch off of your language, but I would say, "Hi.

"I used intuition and my knowledge of spiritual principles and I help my clients release beliefs and patterns that are bugging them down, that just start helping them get from where they are now to where they want to go. What end up happening is when I work with clients, they have a healing, a

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spiritual healing, a lot of them take quantum leap. There'll able to heal these patterns and basically create a really bright future." That's kind of an elevator pitch.

Jennifer Yeah, well said.

Christy You wrote it.

Jennifer Exactly. I would say something similar. When people do ask me, sometimes they'll say, "What do you do?" Now, I say more, "I teach classes on spirituality." Back when I was really focused on being a counselor, I would say, "I'm a spiritual counselor." They say, "What is that? I have no idea what that is." I'd say, "Well, you know how a traditional therapy session, you'll look at the past and think about how did you get here and who's responsible and who do you blame and whose fault is it and all of that. What I do is I help people focus on where you want to go and how you're going to get there, because I'm really interested helping people live their life they'd like to live rather than revealing how they got in this mess. That's what I help people do is figure out how to get where they want to go, so they can go there and quickly."

Christy Uh-hmm.

Jennifer People are like, "Oh, yeah. That could be helpful."

Christy Yeah.

Jennifer I don't talk about the spirituality part at all.

## *Treating Your Clients as Brothers and Sisters*

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Christy What if they ask you, though? What if they're like, "Well, what religion are you? What denomination?"

Jennifer Then, I'll say, "I actually am a part of a spiritual philosophy movement, trans-denominational. We respect and honor all faith and we don't believe in sin. We believe that what other people call sin are mistakes, but we can learn from them, and then they serve a beneficial purpose. Part of the focus on my spiritual counseling is to help people quickly learn from the errors they made in the past, so they don't have to repeat them anymore."

Christy That is awesome.

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- Jennifer      Yeah. Here's the thing is, as you all know, part of why you're interested in studying with me and learning from me is because I have Clarity and because I can articulate things succinctly in ways that people can quickly understand them. That comes in large parts from my own understanding. My own understanding comes from my desire to know.
- That's the thing is, if you're more focused on the desire to know the Truth, to live the Truth, to be Truth, rather than to figure it out, rather than to grow your business, everything just comes much easier and faster. That was one of the primary lessons that I learned in the beginning was, I've got to stop looking at my client as though they are my paycheck. No. They're **my brothers and sisters who are helping me to heal my mind, just like I'm helping them to heal.**
- Christy        Yeah, that's beautiful. I was thinking this morning when I was doing the *Masterful Living* journal that I thought, the deep desire of my heart around spiritual counseling is to not worry about the construct, not worry about the construct of the business, of how clients come to me of the payment, of the advertising, but literally to say--I think you told us that the Intensive that something that was so profound, you said, "I made a deal with God that I would sit, whatsoever, he sends me."
- Jennifer        Right.
- Christy        I Love hearing your stories about how open you are and trusting you are with Spirit to meet all of your needs and you completely keep that separate from anything else. You are not doing this work for any worldly ideal or any--am I making sense? Any job related concern.
- Jennifer        Yeah. That's right. That's the approach that I take to my life and I course correct every day. That's the approach that I take to my life that what am I doing it all for, **I'm doing it to remember my true identity** and to help others do the same.
- Christy        Everything else flows from there. That's like focusing on the Kingdom within and then everything else takes care of itself.
- Jennifer        It does.
- Christy        That was more of a question.
- Jennifer        Yeah.
- Christy        I wasn't stating it in total faith, right.

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Jennifer It does. Phil is raising her hand and then Lorrie.

## *Interfaith Counseling versus Spiritual Counseling*

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Phil Hey, Jennifer.

Jennifer Hey.

Phil I'm here. I had unmuted myself. Just when you answered Christy's question about the religion when the client asks about what your beliefs are. That's where I also have the question. How do I handle that because what I do is not religious-based, it is out of Love. I really want to know what my faith is. I think I have a little bit of unclarity with that because I practice one thing, but that's not what I lead by.

Jennifer Right, right.

Phil How can I really authentically say to them that will not come across like I'm manipulating it?

Jennifer Yeah.

Phil I know in my heart I'm not kind to do that, but I just want something that can be solid and they can really feel it. I have a client, who is also had the Faith, but is **moving away from it. Sometimes I'm not going there.** I'm also saying to her Love is the healer, then I feel that somehow, her knowing that what I--my religion is, I think it gets a little bit mushy there.

Jennifer Yeah. Perhaps, you might say something like--anyone could say something like, "I was raised in this faith and that's the faith of my family for which I'm very grateful. I've learned a lot from that. Now, I am not a member of any religious group and I study spiritual philosophy which I'm very passionate about and my belief is that God is Love and God is all that there is and that we're living in the field of Love and that our purpose in this life is to Love each other and to care for each other, to be a loving presence in this world, not to judge each other, but to be kind and caring with each other and with ourselves. That's what I'm living now."

Phil I am a member of the church because I want to raise my-- daughter in that, so we do go to church and stuff like that.

Jennifer Well, then tell people that. Yeah, tell people that.

Phil Okay.

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- Jennifer I mean, just be transparent.
- Phil Okay.
- Jennifer That's my policy. If I'm transparent, then I never have to remember what did I tell anybody.
- Phil Okay.
- Jennifer There you go.
- Phil Okay. Thank you.
- Jennifer I just tell them the Truth.
- Phil Okay, okay.
- Jennifer **But less is more, because I'm telling you I have** bought so many plane rides and things like that. One time I was even working in a corporate setting with someone. They said, "Oh, you're a minister. What is it that you believe?" In that moment, my guidance was to say, "Well, I believe that God is Love and Love is all that there is. I don't believe in the God, the old man in the sky, who gets upset with people." I said, "What about you? What do you believe?" He said, "I believe in God that gets upset with people, the old man in the sky." I was like, "Oh, okay." Next topic.
- Phil I think this has also brought up something because after the Intensive, it kept on coming to me. What would it would be like if, Jennifer, spiritual counseling was more like interfaith than of counseling?
- Jennifer Right.
- Phil Spiritual counseling--yeah.
- Jennifer Well, Jon Mundy, who's speaking in *A Course in Miracles* today, he is the head of an interfaith--I think they even call the seminary, a ministerial training program. It's a one-year interfaith program. They started the world's religions and things like that. That's great. You can do that. You can study the world's religions for a year. I have no idea what else its further curriculum.
- For me, that would be an intellectual exercise that wouldn't be that helpful to me which is why I am actively creating a ministerial program and a practitioner program from the *Masterful Living* classes to meet the needs of people who would like to be spiritual counselors and teachers. I'm really looking forward to expanding the classes into teaching how to do a

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workshop, how to do workshop really well, how to lead retreats, how to give a talk, how to create a curriculum, all these things, because I'm really interested in having the Power of Love Ministry be a powerful teaching ministry where there are many teachers. I'd like to train teachers to do what they would Love to do.

If we were to call it interfaith that--and, you know, study the world's religion, I did that in ministerial school. It was kind of interesting, but I'm not interested in teaching about religion. It was helpful to me a little bit in understanding this about the Muslims, and this about Judaism, and this about Buddhism, but it wasn't healing to me. I haven't been able to use it in healing with other people.

But if I did have a client who came to me who was really struggling with their, let's say, their Catholic faith, of course, I know more about Christianity, having studied more about Christianity and been exposed to more Christians. But if someone came to me and they said, "I'm really struggling with my Muslim faith or my Islam faith," first of all, it would be very interesting that they would come to me, but if I did, I would make an effort to remind myself more about what that faith was. But it wouldn't be necessary to counsel them. It would not be necessary.

Phil I know I took you off the track. I didn't mean interfaith comes of learning the religion more. How can people--I'm going to have some friends who--they're Muslims, how they could be participant in the spiritual counseling and how--basically, the use of Jesus or Holy Spirit, it gets them a little bit off. When I'm counseling what else could I use in my prayer.

Jennifer In that case, I use life, Love, Universe, sometimes, Spirit.

Phil Okay. Thank you.

Jennifer Yeah. Like I said in the Intensive, I've done counseling sessions. I've even done counseling sessions where there was no praying, maybe a pray out. But I would do it this way, as I demonstrated, I would say, "Let's just get still for a couple of minutes here and as we're preparing to get still, just be grateful and thankful that we have a Higher Self. We have a higher power that's our own intuition and inspiration. We're calling upon the Higher Self to lead us and guide us as we're preparing for this meditation and having a really great session. We're just moving into that place of really being grateful, opening our loving heart happening right now that we're just relinquishing the past and to hold on the past. We're relinquishing the

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worries, the thoughts of fears about what comes next. We're allowing ourselves to just be really present right now to the Love that we already are." You can pray in and nobody even knows you're even praying. You're just talking.

Phil            Yeah, yeah. That's great. Thank you.

Jennifer        Yeah.

Phil            I'm very thankful.

Jennifer        Good, good, good. Yeah.

Laurie?

## *Learning from the Older Calls*

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Laurie        It's all good. I'm laughing at myself. I'm good.

Jennifer        Okay. Alright.

What I'm going to do is I'm going to create a Google Doc like I did with the bio, so that you can all teach other's bios and get ideas from each other. I'm going to create a Google Doc with a spiritual counseling definition. Also, the things that I have on my website, I'm going to post Linda's there. We didn't get--we ran out of time, we didn't get to discuss it, anyway. I'll put that in the Word Doc as well.

I'm going to invite people to create their own version and we can compare them in the context of that Word Doc. You can see what everybody else is working on. Maybe you might have some questions or thoughts about it.

I believe you have access to previous calls that I did with the last group from the Intensive in 2014. Don't you have access to all those calls as well?

Elizabeth     I haven't found those.

Christy        Yeah, we do.

Elizabeth     Okay.

Jennifer        Yeah that was something that I heard in your community call in June was that you were having trouble accessing those things, Elizabeth. Angela can support you in that.

Elizabeth     Okay. That's fantastic.

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- Jennifer Yeah. I think that's about two years' worth of calls that you can also listen to.
- Elizabeth Oh, wow. Okay.
- Jennifer Yeah. I think it's really valuable to have that library of these calls. That way, we can make each call really super productive. There'll probably a lot of questions answered through listening to those calls. As you'll see, as you listen to some of those calls--anybody been listening to the older calls?
- Christy I have. This is Christy.
- Jennifer Were they helpful to you?
- Christy Oh, yeah. I've listened to--maybe the first five or six when it was just Rainbow and Amina, I think.
- Jennifer Okay, great.
- Christy Yeah, he's like covering a lot of territory. It's huge. It's a whole archive.
- Jennifer Exactly. What was I going to say? If going forward, it was really valuable to you, I would transcribe these calls starting now.
- Christy Yes. That would be good.
- Jennifer Okay. Alright, we'll start doing that thing.
- Christy That's great. Thank you.
- Jennifer You're welcome. Okay, so we'll start doing that. You'll notice, too, in the past that sometimes there were calls where it was just one person and it became a counseling session. I don't think that that will happen in the future because we have more people, but that didn't happen in the past. That's one of the reasons why I don't that I would go back and transcribe all those calls. If there is one from the past that you would literally like to have transcribed, just let us know. You can let Angela know or me, know.

## *Closing Prayer*

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Let's take that breath of Love and gratitude.

So grateful and so thankful that we're saying, "Yes," to living our calling, to be a loving presence in this world. So grateful and so thankful to Partner UP once again with the Higher Holy Spirit Self to the purpose of our Healing, Clarity and expansion.

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So grateful and so thankful to bless all of our clients, past, present, future, all One. So grateful, so grateful to open our minds to Divine Insight and Clarity that allows us to be truly a healing balm in a fitful world. We are grateful and thankful to claim, claim, claim our spiritual destiny. It is happening now. We give thanks for it.

We share the benefits with all. We allow the healing to be and so it is. Amen. Amen, Amen.

Christy Thank you, Jennifer.

Laurie Thank you, Jennifer.

Jennifer Thank you all. We've got a class with Venerable at the top of the hour. It's a great day. Then, Jon Mundy at 3 o'clock. Whoo! It's a full day.

Christy Yay!

Jennifer Much Love to you all. Mwah!

Christy Thank you.

Elizabeth Thank you.

Laurie Thank you.

Phil Bye. It's very helpful.