

August 16, 2016



Spiritual Counseling Training



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Jennifer We had sessions with—I think you or Elizabeth?

Elizabeth I did have one session with him. Yes, he's lovely.

Jennifer Yes, he is. He is extremely lovely. He sends his regards. He really enjoyed his session with you.

Elizabeth Oh, that is so nice.

Jennifer Yeah. Alright. Well, let's just jump into our prayer here.

Opening Prayer

Let's take that breath of Love and gratitude together.

So grateful, so thankful to give ourselves a gift of Love and that is definitely what prayer is, a gift of Love.

We're grateful and thankful to open our hearts and our minds to Divine Inspiration, wholeness, Freedom, Wisdom, Clarity. We Partner UP with the Higher Holy Spirit Self. We are grateful and thankful to open ourselves to an unlimited, unprecedented flow of Divine Wisdom and Clarity. So grateful.

Grateful to declare that this conversation is a healing conversation. It's inspiring and uplifting. So grateful to join together for this purpose. We

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bless everyone that we come in contact with. We bless every client, every person in our lives with our conversation.

In gratitude, we share the benefits with all being. We let it be, and so it is. Amen. Amen, Amen.

Focusing with What the Client Wants

I'm going to invite everyone to say, "Hi." We heard Carla. We heard Elizabeth. Anybody else like to say, "Hi."

Phil Hey, Jennifer, this is Phil.

Jennifer Hey, Phil. Hi.

Phil Hi.

Angela Hi, everybody. It's Angela.

Jennifer Hey, Angela. Hey.

This is your time. You can ask any question that you would like and how can I support you.

Angela I have a question. This is Angela.

I had a session where—it's about a new client. There were sort of like a little catching up and letting me know what's going on and then what she'd like to have happened. It felt like—it ended up feeling like there were so much that came up that it seems from my point of view that there would be some mastery around, sort of—what I'm realizing is, there's really only one problem. We talk about that a lot. But in session, sometimes it becomes clear that there are several thoughts or actions that are contributing to the form.

My question really is I sensed that I need to learn how to give someone a manageable chunk...

Jennifer Yeah.

Angela ...because I felt like what happened was so much came out. I think it was very beneficial. I told the client, taking as much time because she felt like maybe she had some—like she was supposed to go through all that in a week and get back to me. I was like, "No, take as much time. There's no time." But that was really what I could see is, that it takes mastery to see where it's a manageable chunk for your client.

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- Jennifer I want to see if I'm understanding you correctly. You felt like the client was having trouble laserizing in on what they wanted to work on in the session.
- Angela Well, it came up, because what happened was when she was sharing, I was listening and observing and taking, you know, sort of awareness of how she was presenting the story, so that it was—some of the ways that things were framed, it was clear to me that those were some of the blocks, like how the past was being explained and things like that. It was like—it just came to me that it's like I'm noticing this, this. It's like, okay, before me saying, "I'm noticing all these things." It was even for me to be laser with what to share back to the client.
- Jennifer Okay. Did you ask for the intention? Did you have clear intention setting at the beginning of the session?
- Angela Yeah, I remember that her—yeah, I remember she did state, but it was **something...**
- Jennifer Hey, Phil. Could you—Phil, could you self-mute? We can hear what you're—yeah, thank you. Go ahead, Angela.
- Angela I think it was that—maybe this is that the intention was pretty general. It was just that—it kind of that sense of, "I thought I forgave this, but I'm still not over it," kind of thing about a past relationship which is actually still going on. It's just—I think that shows me that it can help us, the intentions are really laser.
- Jennifer Well, alright. The client said, "My intention of the session is to forgive this thing or to work on this because I've..."
- Angela Uh-hmm.
- Jennifer Yeah. As they're talking, you realized that they have a lot of thinking that is not helpful.
- Angela Uh-hmm.
- Jennifer Well, here's—the thing is I think in that situation is to work on the thing the client came there for.
- Angela Okay.
- Jennifer While it might appear to you that there could be some bigger issue, if you see an underlying issue that could be helpful. For instance, if they're having trouble forgiving on what seems like a betrayal, and then if they're talking

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to you, you realized that they're giving you evidence that they betrayed themselves.

Angela

Uh-hmm.

Jennifer

Then they have this multiple betrayal experiences, then you might say, "I know you came here to work on this one forgiveness issue. But as you're talking with me, I'm getting some clues about perhaps a bigger issue. I wonder-- would you mind if I bring that up to you? We can talk about that for a little bit." You might say, "I know you feel betrayed by this person in this instance. Let me just ask you, do you betray yourself? Because some of the things you said to me made me feel like you betray yourself. Would you say that as accurate—or could this incident be a self-betrayal? What about this one? What about this one? Maybe the world is reflecting to you on how you treat yourself."

Angela

Uh-hmm.

Jennifer

You might say, "Would you like to work on that? Because that seems like a more pervasive issue. If we work on that, it would help you to more easily forgive many things."

Does that make sense?

Angela

Yes, because **what I got from this is, I'm still getting**—I'm still learning to lead the client toward an intention clear of it.

Jennifer

Yeah.

Angela

Instead of sort of picking up on any little thing that seem out of alignment with spiritual principle is to find any themes if there's a lot of themes mentioned—if there's an underlined theme repeated that's very obvious, we helpful to bring up. But instead of collecting every little piece of—and it does.

Jennifer

That's right. Yeah, forget that.

Angela

It's like, what's really grimy, let's clean the grime, grimy, and what they're bringing up. Okay, that's what's really helpful.

Jennifer

Yeah. Because that's what almost every—most clients are going to do is they're going to give you many things. Many, many things, unless they're really doing this work for a long time. They're going to give you many, many things while they're talking with you. That's why the thing is to stay focus on what they would like help with.

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Angela Hmm. That's very helpful. Thank you.

Having Clear Intention During Session

Jennifer That's why we're setting up the intention at the beginning of the session is important. The other things is, remember, I said, too, that if there's a sense of confusion—if you have a sense of confusion or if you have a sense of judgment, if you have anything that feels uncomfortable, if you have don't have Clarity, then just keep asking for Clarity, you know.

However you'd like to do it, just keep Partnering UP. I am perfectly clear. My mind is perfectly clear. I am completely available for Divine Guidance and inspiration. Spirit, help me now. Whatever works for you, but just keep allowing Spirit to guide you and if you don't feel clear in that guidance, do not say anything. With most clients, that is not a problem. They will talk and talk and talk.

Occasionally, there are some clients that are not talkers, but most will talk a lot. As I said in our intensive time with men, you know, sometimes men, you have to sit—be willing to sit in silence for 60 seconds or more, just waiting while they're getting ready to talk.

Angela That's helpful.

Jennifer Does that feel like it completely answers your question or....

Angela I feel like I'm grateful because I feel like a keen observer. It's just maybe also having my own intention, instead of that it's, "Oh, let me be so helpful and let them be aware of what's happening." It's like, for my intention to be very, very clear that I'm there to be helpful to what they're saying, not everything I'm noticing.

Jennifer Yes.

Angela It felt like I've been in a flow with it, but there were two times where I felt like there was so much that it was for me to—how to make it feel manageable was to come back to the intention that—and just make sure that gets addressed.

Jennifer Yeah.

Angela Not to overwhelm someone.

Jennifer That's right because you won't have enough time for sure.

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- Angela Uh-hmm.
- Jennifer Nobody is expecting you to fix their whole life.
- Angela I know.
- Jennifer In one session.
- Angela Yeah.
- Jennifer But as I said in the intensive, one of the most valuable things for me is going in to every session thinking, "This is the only session we'll meet about this issue."
- Angela Uh-hmm.
- Jennifer It wasn't always the case, but I always went into the session feeling that way and knowing that to be the Truth. I've no control over other people's minds, but there were many times when we never needed to have another session about that particular issue.
- Angela Uh-hmm.
- Jennifer I always rely on the prayer to do the healing work.
- Angela Hmm.
- Jennifer It's like I was interviewed for a documentary one time and they asked me for *A Course in Miracles* people. Is it okay to charge money for healing? I said, "Well, I don't charge money for healing because I'm not the healer. Everybody heals themselves and I can only heal me, but I do charge for my time." We're the two or more who are gathered. We're creating a healing field. It's up to them if they wish to be healed.
- It's also a delicate balance between taking full responsibility for everything that happens in our lives and not feeling like we have to fix someone. The idea that we have to fix someone is a huge burden. It would just be unbearable. It would be egotistical anyway.
- Very glad you asked that question. That's a good one.
- Angela Thank you.

Releasing Resistance and Reluctance

- Jennifer Uh-hmm. Who else has something?

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- Elizabeth I don't really have a question. This is Elizabeth. What I am dealing with is so much resistance. I really relate to everything what Christy said in our July joining in community call that every little thing is just like popping up.
- I guess my biggest concern is to having a schedule. I don't want a schedule.
- Jennifer Uh-hmm. Why do you have to have a schedule?
- Elizabeth Well, if I'm going to book sessions with someone, I need to have a schedule. I mean, you know, I need to be able to give them my time that I'm available or if I'm going to book a session on with Angela or with Linda or Carla or Laurie or any of my classmates, that I've got to be able to show up on the phone at **the time that I say I'm going to be there.**
- Jennifer Right. Do you make plans with anyone?
- Elizabeth I mostly don't, Jennifer. No. I've spent the last 20 years mostly as a hermit in a wreckler, I do things with my family. When my son and daughter-in-law need me to pick up their kids, their little kids, so they're at daycare, then I helped them out because they both work. They're tap dancing and juggling trying to keep the balls on the air. I have not had a social life in so long. I almost don't even know how to go about doing that.
- Jennifer Right. Well, the first thing that comes to my mind will make you laugh.
- Elizabeth Okay.
- Jennifer I would suggest that you have a session with somebody about that.
- Elizabeth Well, I think that is a good idea. As a matter of fact, I met with Angela on Friday of last week. I drove down and she drove up and we met and had lunch. Most of it turned into like a session with Angela being the counselor and maybe a client. I was like a grappling gun. I couldn't shut me up. That was very, very helpful.
- Jennifer Well, that's great!
- Elizabeth It's such a nice meal. I mean, most of all, it was just so wonderful to be in her shining presence. Oh, my gosh! It was just fantastic.
- Jennifer How far are you from Angela?
- Elizabeth I'm probably two to three hours depending on the traffic which is usually horrific. I seems like—she's in Rhode Island and I'm north of Boston.
- Jennifer Yeah, yeah.

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- Elizabeth I think about an hour north and I drove about two hours or so fast, but part of it was like stop and go traffic, 5 to 10 miles an hour. It was bad for a little while.
- Jennifer I'm just going to mention briefly. I think I'm going to be in that area on the 30th. I'm having a *Masterful Living* gathering.
- Elizabeth Oh! In the Boston area, you mean?
- Jennifer Well, Rhode Island.
- Elizabeth Oh! Well, I will be there.
- Jennifer Yeah, I think so. You could drive down with Lawrence. I'm sure there's couple others from Boston area, too. I'll keep everybody posted about that.
- Elizabeth I haven't discovered Lauren in the Boston area.
- Jennifer Lawrence. He's in the *Ascension Pathway Class*, but we can talk about that in another time.
- Elizabeth Okay. I would love to meet anyone.
- Jennifer Yeah, yeah, yeah. The other thing is resistance and reluctance to something I'm extremely familiar with. I really was—I felt plagued by it for a long time. I did a huge amount of prayer work around releasing the resistance and reluctance. I think resistance and reluctance is one of our major issues.
- The good news about resistance and reluctance is, it was better than being totally stuck. At least we're aware that we're resistant and we're reluctant. Being totally stuck usually means we're just not even paying attention at all.
- What I hear you say is, you're—do you think you're actually resistant and reluctant to doing the work or is it you just really—it's the hermit factor?
- Elizabeth Well, no, I don't think I'm resistant and reluctant to doing the work because I am doing the work. I mean, I am counseling people on the phone, but it's not like a session. I am counseling folk, you know, that I bumped into somewhere at the grocery store that I see almost every day because I'm in that same grocery store. I mean, its little things, but not real session, you know what I mean?
- Jennifer Uh-hmm.

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- Elizabeth At the time that that happened, it's like I'm in the zone. Everything else falls away. I don't know how much time passes by. I'm totally focused on the other person and what they are attempting to communicate to me. I mean, it's like I'm sending my response or whatever. It's like time at a time. I love that when that happened.
- Jennifer Uh-hmm. You're just resistant and reluctant to making appointment?
- Elizabeth Yes. I think that is it. I think part of it is just that I'm overwhelmed. I'm behind the eighth ball. I'm tap dancing and juggling. I feel like I'm a hamster on a wheel. I'm running as fast as I can go, girl.
- Jennifer Then maybe it's not resistance or reluctance at all.

Having Top Priorities

- Elizabeth Okay. What is the word for it then?
- Jennifer It's not just the priority for you right now.
- Elizabeth Definitely, yes. Yeah, that could be true. I mean, my grandbabies are my top priority.
- Jennifer Right.
- Elizabeth Yeah, because they're only going to be little like this for a short amount of time, but I don't...
- Jennifer Yeah. Here's a thought for you. Do you ever have time in your day where you feel like, "Oh, I have time later this afternoon," and then you could be more spontaneous?
- Elizabeth Oh, yeah. I'm still doing my best to prioritize my prayers and devotion and meditation that are the morning ones. I actually do them in the morning or before midnight. I'm now prioritizing my aspirations, intentions and goals, thanks to Carla, who texted me hers yesterday. It's like, "Oh, geez. I knew I was supposed to be doing something and I haven't done that yet." I turned around and got it done and I texted it to her and to one of my Prayer Partners last night. Then Carla texted me hers again today, earlier in the day, and I said, "Oh, I haven't done mine yet," but then I get them and sent them back to hers. It's nice to have a response, you know, for somebody to say, "Wow, good job," you know, or "Atta girl!" or whatever, you know. It's nice to have a dialogue and communication, actually, with other human beings. It's all good.

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- Jennifer Yeah. Well, it feels to me like there's some avoidance in there.
- Elizabeth I think you're absolutely right.
- Jennifer Yeah. Here's—this is really good that we're discussing this because everybody gets this with their clients all the time. This is very common human thing.
- The thing is that if there's something that you'd like to do. If there's something you're interested in, what do you naturally do? You start thinking I'd like to do that. I'm interested in that. You start thinking about it. When we're in resistance and reluctance, the thought comes into our mind. We get the prompts from the Spirit and then we push it away. "I don't have time for that. I can't do that now. No, something else is more important." To consciously counteract the egos trying to get you to not wake up, because doing the spiritual counseling is a great way to wake up and it doesn't matter whether you're doing it as the counselor or the counselee.
- Elizabeth Right.
- Jennifer You will have a healing experience both ways. If the waking up is the most important thing, then Spiritual Counseling is a wonderful way to do that and you enjoy it.
- Elizabeth I do enjoy it.
- Jennifer You clearly do and you clearly enjoy it whether you're the counselor or the counselee. Just come up with an affirmation, a statement, and affirm it just even once a day, like it's part of your work in the morning where it's just I AM, whatever it would be.
- Elizabeth Okay. Give me an example really.
- Jennifer Well, I think it would be different for different people, so someone might say, "I'm an excellent spiritual counseling and I get to do what I love. I love Spiritual Counseling and I get to do what I love. I'm interested in having opportunities to do spiritual counseling today."
- Elizabeth Well, I like opportunities.
- Jennifer Yes. This lane that feed opening your mind to it, so that it's—it's your idea. It's not something that Spirit is giving you and you resist it. It's not something that Spirit is giving you and you resist it. It's your goal. It's your goal. It's important to you.

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- Elizabeth I think there was something that you told us at the training at North Carolina that you actually use for yourself. You said that you made a deal with God. Those are my words, not yours, but you were willing to sit with whomever God sent.
- Jennifer Yes.
- Elizabeth I totally embraced that. I totally embraced that thought. I do have the willingness to that every single day. I'm pretty good at doing all the prayers, devotions and all that stuff every single day without fail. I think that's a great suggestion. I think that would work for me.
- Jennifer Yeah. It really does work because then you know you're not fighting the ego as much.
- Elizabeth Well, and then it has to be it, Jennifer. I mean, I'm just doing it with my ego, is that the deal?
- Jennifer Uh-huh.
- Elizabeth **Okay. Alright. Well, then...**
- Jennifer What it feels like...?
- Elizabeth Okay. Alright. One of the things I'm using to help myself—thanks to Carla. She made some spiritual counseling card and I purchased a set of the card. It contains a lot of the thought out of your mouth at the training in North Carolina. I encourage everyone to get a set of those cards. They're absolutely remarkable. They're in different colors. It's just nice to flip through those and to say some of those just like I say out my willingness statements or my I AM statement that I say.
- Jennifer Wonderful.
- Elizabeth Yeah.
- Jennifer Great! This is one of the resistance and reluctance, one of the most common issues people have with clients. Alright.
- Elizabeth Thank you, Jennifer

Benefiting with Each Other

- Jennifer Who else has a question? You're welcome, my Love.
Anybody else want to say, "Hi?"

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- Christy This is Christy and I say hi. I'll also say it was great to see you this last weekend.
- Jennifer Yeah. Wasn't it?
- Christy Yeah, it was a lot of fun.
- Jennifer Uh-hmm. Yeah, that was nice. Lucy went to one of the workshops in Atlanta and we get to go out to dinner.
- Phil Hey, Jennifer.
- Jennifer Hey, Phil.
- Phil Hey. I have a question. I have a client. You know, I **don't even** -- I guess this is coming more from the ego. It almost feels to me that I am benefiting from those counseling. How can I say this without getting into comparison, but I'm just going to put it out there?
- It just feels to me she does not—I just feel like I am getting more out of those sessions. I feel like she is awakened and yet she is wanting to have the sessions. I did bring this up to her. I just wanted to bring it up to you, so that I don't feel like I am using her for my advantage, which I think I am not because I brought it up to her. I said to her—I said, I don't feel like—I feel like I can't even tell who's the counselor because it seems like partnership. I also said to her, "I'm getting a load out of this, too."
- Jennifer Hmm. The feeling—it sounds like you're saying that you feel a little—maybe guilty or something like that?
- Phil I feel like, probably, maybe she doesn't need it and maybe she's doing her **favor to me, maybe...**
- Jennifer Ah, okay.
- Phil I expressed that I brought it up to her and she said, "No, I actually wait every Friday morning for this call."
- Jennifer You think maybe she is not telling you the Truth?
- Phil No, I don't doubt her because I feel she's very transparent. I feel—I don't know. Maybe the feeling is she's more awakened and God Conscious than I am. Yes.
- Jennifer Well, the thing is you are giving her a space to have a healing. You were giving her a space to make an appointment with her own consciousness to do some healing and clearing.

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- Phil Okay.
- Jennifer Yes.
- Phil Because I don't know—even in my evaluation forms, I write daily, you know. It seems like more that we are in this partnership and I'm getting more out of it. I, of course, know what she says. She is—it's bringing more Clarity to her and all that stuff. In my evaluation to you, too, I put down all that stuff.
- Jennifer Yeah. There might be an occasional—there are some clients that will, perhaps, do a session as a favor. But there are very few people in the world that will do multiple sessions.
- Phil Okay. Yeah.
- Jennifer Unless they were like your mother or something. I wouldn't necessarily recommend counseling your mother. I mean, it really feels to me that this, first, we're getting benefit out of it. They're being authentic with you. Even if you feel like you're getting more benefit than she is. That's okay.
- Phil Okay.
- Jennifer That's okay.
- Phil Yeah. Okay, thank you.
- Jennifer **Yeah, I mean because...**
- Phil Because I have been feeling this for a while now and I sort of put it down on my evaluation form. I guess I have not flagged it or anything, you know.
- Jennifer Uh-hmm.
- Phil Yeah.
- Jennifer Yeah, that's perfectly okay.
- Phil Okay.
- Jennifer Don't you feel that way? Even if it were, if we could measure it and say it's a fact that's still okay. If they have freewill to make the session or not and if you are enjoying it, then fantastic.
- Phil Oh, yeah, I am. I am, definitely.
- Jennifer Yeah, yeah.
- Phil And the whole session feels like a prayer to me.

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- Jennifer Hmm. That's beautiful. Well, in another way I would look at it, Phil, as this is—God giving you a gift.
- Phil Yes.
- Jennifer You don't have to earn it, you know. God gives us many gifts and we don't receive many of them, but some of them we do, and you're just receiving the gift.
- Phil Yeah, yeah.
- Jennifer **I'm glad you brought it up.**
- Phil One thing that gave me little—comforting word, I said, “I'm here to be truly helpful.” If this is the way God is using me, so why do I question it?
- Jennifer Uh-huh.
- Phil Yeah. Thank you.
- Jennifer Yes, that's a whole other line of inquiry is, why do you question it?
- Phil Yeah.
- Jennifer It does have to do with feeling like you deserve it, like there has to be an even score all the time.
- Phil Yes.
- Jennifer One of the things I found as a minister is I had to completely give up the idea of keeping score. I just give everything to God and I receive everything from God and therefore the score is always perfect. Everything I give, I give to God. Everything I receive, I receive from God.

Apps for Recording

Linda wrote in a question here. She says, “In case I'm unable to make the call today, I will ask these questions here. I'm still working on getting a Dolby Windows 10 does not play on my computer. I have almost 20 evaluations that I would like to send. Is it possible to send them in PDF format?”

That is my preference that you send them—that's what I request, actually, that you send them in PDF format.

Second question is, “What can I use to record sessions to send as an e-mail-able file to my clients? Thank you. Much Love.”

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Okay. Let me just see if anybody else has any questions before I get into that. Anybody else have any questions?

Okay. It depends on how you would—is anybody doing anything like that that's found something they really love?

Elizabeth I'm not exactly Miss Technology as everybody already knows. This is Elizabeth. I do have an app on my iPad that one of my dear friends told me about and it's called—oh, geez. It's called HT recorder. H as in Henry, T as in Tom. It is a wonderful little gadget. I ordinarily record your calls, Jennifer, and I'm recording this one. I don't know if I can send a file, but it records them. I haven't really retrieved many. It's like I'm reluctant to push the button. It may record a file, but then could be e-mailed to a client. I'll have to ask my friend who recommended it. I think she uses it with her client.

Jennifer Is it recording because you've got the call on speaker phone?

Elizabeth I've got the call in speaker phone. I've learned not ever to put my phone up to my ear anymore because I got a little skin cancer by my ear, so I stopped putting my phone up there.

Jennifer There are many apps that you can get for your phone or your iPad that record. I have three or four of them on my phone. My phone is strange. The majority of them, though, do not work with recording a phone call that's happening simultaneously. There are some apps that do that. I've never used them, but you can search in the app store, recorder app for phone calls. It might cost you a few dollars or something like that. But there are lots of free apps for smart phones that are just recorders. Then what they'll do is, they will give you a file and they all have different ways of getting the file, but one of the ways is that they can—you can—it will give you a link to the file, and then you could give that link to your client. The files for a session, even a 30-minute session will be too big.

For instance, my daily prayers will be usually between 3 and 5 megabytes, as an mp3. It's pretty hard to mail a file much bigger than, say, 10 megabytes. A 30-minute call is going to be 12 or so megabytes probably. An hour could be like 18 megabytes. You won't be able to e-mail the file, but you could e-mail the link to the file. What it does is it uploads the file to what's called an FTP server, some kind of a server, and then the person can go and access it from there. There are other kinds of options, just give me a second.

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Well, there are some other similar kinds of options where for those who are more technically adept. If people would like those, I could suggest those. There's also—I used to use something called AudioAcrobat. If anybody is interested in using that, I would like to send you a link because they give you a percentage for a new customer and the money just goes through the ministry, of course, or whatever. If you sign up that, that AudioAcrobat is \$20 a month.

The way it works is when you have a client on the phone, you patch in another phone line and the other phone line is to AudioAcrobat, and then the call is recorded there and then that you get a link from there and they can—you can e-mail that link. That you can do on your computer. You can go log into the AudioAcrobat site and then you get the link for that particular session and then you can send that to them, and then they can download it there.

You see, I don't use that really anymore because I use Instant Teleseminar, but Instant Teleseminar, I think the cheapest is \$45 a month. I definitely recommend AudioAcrobat.

Now, the other choice for something similar would be to use TalkShoe. TalkShoe. Then, again, you're patching in a second call, just like you do if you do the facilitation for the *Masterful Living* community calls. You patch in a second call. It records the call. Very much like AudioAcrobat. The thing is, you would have to set up, for instance, a podcast with each client. Actually, you wouldn't have to patch in TalkShoe if your client is in United States, you could have them call TalkShoe directly. You could just set up a different podcast with each client. Sometimes when I've had clients who do multiple sessions for over a period of time, I'll do that. I'll use TalkShoe. Then they can have them all in one podcast and that makes it easier for them to download them all and listen to them all.

One thing I do recommend to my client is I highly recommend that they listen multiple times to the sessions. It's amazing how I've had sessions sometimes with people who while we're in the session, it's really clear that they're not listening to themselves or to me. I will strongly recommend that they listen and re-listen to the session with the hope that the intention that in doing that, they would hear what they couldn't hear during the actual session. TalkShoe is another option, but you do have to create a podcast for each one, whereas with AudioAcrobat, it's a little bit simpler, but it does cost \$20 a month.

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- Christy Jennifer, it's Christy. I have a suggestion.
- Jennifer Sure.
- Christy I see this with my coaching client. I haven't done it with spiritual counseling, but you sign up for a free account at freeconferencecalling.com.
- Jennifer Yes, you can do that.
- Christy You get the phone number and you tell your client if they need me on this line, there's the pin, at 2 p.m. Once they got on the line, you hit with 4. You can do that on your phone or your computer. It records the session and then you can upload it to your computer. Once that got it on my hard drive, I can do anything I want with it. I can e-mail it to them. Normally, what I do is I put it in Dropbox.
- Jennifer Yeah.
- Christy I share it with them in Dropbox, so that it doesn't seem to pick up room on their computer or some—they have to have a Dropbox account. From there, they can do what they want with it. They can access it from their phone or burn it to a CD if they want to listen it in a car or anything like that.
- That's completely free up to a certain number of people on the call and that have worked really well. I only think that it is a little labor intensive as—once the call is made, you label it, like Christy Session, August 15th, then you will have to get into the account and then send it to the client. It's all on account, a client doesn't have to do any of it.
- Jennifer I'm just going to elaborate just a little bit. First thing is, you give the client the phone number. It's not a free phone number, but it's just a US number. That gives the two of you the opportunity to meet on the same phone line similar to TalkShoe. You start the recording. You end the recording. Then you have to go to freeconferencecall.com. Download your recording, label it. Then you have to upload it to Dropbox. You send a link at Dropbox link to the client. The client has to create a Dropbox account and then they can access it. Dropbox accounts allow you to have—what is it? 2 gigabytes?
- Christy I think so. It's free.
- Jennifer I think 2 gigabytes. That would cover a lot of session. That would work for **most clients. The only reason I don't do that is because this is a little more work for the client. No more work for me, but—yeah.**

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- Christy The only thing the client has to do is—some of my clients are nervous. I say, "Would you like me to watch you through how to get a Dropbox account?" Once they signed up, they can go through the link and I'll be able to go in and reach through their file.
- Jennifer That's very easy to set up an account. It's just setting up an account to anywhere else.
- Christy Yup.
- Jennifer Right?
- Christy It's free all the way around until you reach like—I think you jump up to a terabyte and then it's like \$9.99 a month. But I have some client who don't want another account to pull with and so what I say is, "Well, then I'm going to e-mail you this link to your recording and it's just been sitting in your e-mail and there are various things to do what you want with it." It's easier to store in a Dropbox account, I think. That's what I tell them.
- Jennifer Yeah.

Dealing with Self-Doubt

- Carla Okay. Alright. This is why I'm kind of distanced because this is all—it's really something. I'm like—I don't even have clients besides other counselors. I'm like—it brings me to tears. **Part of it is like,** "I'm not willing to invest all these, what's the use?" It's the same thing that came up in the class, right? What's the use? I'm doing all the spiritual classes. It's the same. **That's what I think.**
- Jennifer Well, what is the use?
- Carla You said in the class, I mean—this is what—that question is just—it's plain resistance. That's what it is, an indication of my resistance actually.
- Jennifer Yeah. Yeah. Well, you know, it's such a good question. What's the use? Seriously, that there's real value in answering that question because the ego would say, "Just ask that question and then there is no use. It's just pointless." That's not true.
- Carla I think the Truth is I'm afraid of hearing myself. I think I'm fine. If I hear myself, all this stuff comes up. **I think I'm not open to that. I'm not open to...**
- Jennifer Exactly.

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- Carla ...**staying in the Love** and not judging myself.
- Jennifer By exactly, you are open to it, but the stuff, the resistance, the old patterns, always of not being open to it or coming up for healing, but you're definitely open to it. You're so open to it.
- Elizabeth Each step is a part of the clearing of the layers.
- Jennifer Yes, it is.
- Elizabeth It's part of the clearing of the layers.
- Jennifer Uh-hmm.
- Carla I get some of it like I have a client—well, I had one client. I think—whatever, whatever it was, it wasn't me. It wasn't me. It wasn't me. I kind of remind myself. She's isn't really healed around. It was a great purpose, beautiful. I just see a part of me being sad that I like that girl that I constantly turn that over and—I will proceed to give caution, but I'll leave that girl. I forgot what I was talking about.
- Jennifer Yes, you'll definitely meet clients who are not open to healing. If they are still there for healing, that's why they're there.
- Carla Here's what it is. I get it that everything is for my healing, really. Everything is for my healing. I had this stuff that wasn't even related to clients. My neighbors offered me this spring chair, I didn't want it. I took out my door for months, I didn't do anything with it.
- A client called me when they're coming to my house, **I'm not ready. I'm** like, I'll put that furniture in that room and I got it all ready and she cancelled. I knew it's for—I'm ready now. I'm ready for this to happen now. I know that this is the next step is now recording the calls. It's the next step and we're getting ready. I really am holding—I'm really able to hold that more than the disappointment of her cancelling. I'm really doing—I really **feel like I'm firm in that. I think everything** is helpful. Everything. I know all this is helpful. I guess right now, I'm coming its coming up for a healing. I don't know what it is. Probably, self-doubt again.
- Jennifer That's what it feels like, Carla.
- Carla I swear I'm not going to say anything. **I don't even have anything to talk** about. I swear I'm not going to speak in this call. It doesn't matter. I'll just listen. I'll just absorb and get everybody else's. Then, here I am. I can't do it. I cannot do it. I cannot heal. I guess that's the Truth. That's the Truth.

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- Jennifer Yeah. Alright. Well, you're time. I know you have your community call later. I know you had—folks who'd wanted a transcript for these calls. Did you get the transcript for the last one?
- Carla I didn't realize where they at. I **didn't know there were** a transcript.
- Jennifer Yeah. They are posted. You can log in and get them. There's this one so far. We just started transcribing them and the last one.
- Carla Okay.
- Elizabeth I tried to look for it today, Jennifer, as I logged in before I got on this call. It wasn't posted yet.
- Jennifer Oh! That surprises me. Alright, I will look into that. Yeah, I'll look into that.
- Elizabeth The transcripts particularly helped me because I'm such a visual learner and I feel like I sometimes missed things in the auditory, but then if I can hear it again and have a transcript in front of me as I'm listening, I get it so much better.
- Jennifer Well, that's why we're transcribing them.
- Elizabeth Yay! I appreciate it. Thank you.
- Jennifer Alright. Well, let's take that breath together.

Closing Prayer

I'm so grateful and so thankful to speak this word of prayer right now.

So grateful to open our hearts and minds to the Higher Holy Spirit Self and to open ourselves to a healing and a blessing. So grateful to say, "Yes," to the unlimited, unprecedented flow of Love and Partner UP with the Higher Holy Spirit Self. So grateful to recognize that there is just as One life and we're all part of it.

So grateful that our life is the Life of God, our hand is the Hand of God. Our heart is the Heart of God. It is our very nature to be in tuned with the infinite. What I know for each and every one of us is that we are blessed and we are a blessing. We are a blessing in this world. What I know is that we support many, that our life is the life of Love, that we are a fulcrum point for healing. I'm grateful and thankful to know that we are releasing any and all sense of resistance and reluctance, all sense of unworthiness.

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We are grateful and thankful to open our hearts and minds to an infinite flow of Divine Love and Wisdom at all times in all situations. We are a beneficial presence and we share the benefits of our life of Love with everyone because we're One with them.

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

Yes. It's so lovely to be with all of you. I look forward to it each month and I look forward to everything that unfolds for us.

Next month, we'll have more people on the call because I will have been—has done for British Intensive early September. That'll be fun.

Elizabeth That'll be exciting.

Jennifer Yes, more people to do sessions with.

Alright, alright, alright. I love you. God bless you.

Elizabeth I love you, too.

Carla I love you. Thank you.

Jennifer Bye, everybody.