

September 21, 2016



# Spiritual Counseling Training



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## **Spiritual Counseling Training**

Jennifer      There we go. I'm so happy to be with you. Yes. Thank you for joining me, I'm grateful, grateful, grateful. I'm going to unmute everyone in just a moment. I'm going to jump right in with a prayer here. It's my morning. It's 9 o'clock in the morning here in Australia. I'm just so grateful that we get to join together for a Holy purpose.

### *Opening Prayer*

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We take a breath of Love and gratitude. Opening our heart, opening our mind to the power and the presence of perfect Love happening right now. We are grateful and thankful to open ourselves to unprecedented, unlimited Love as our guide, as our teacher, as everything in our life. We are grateful and thankful to open ourselves to unprecedented, unlimited Joy and Happiness.

We consciously connect and commune with the Higher Holy Spirit Self for the purpose of remembering our true identity and the true identity of all our brothers and sisters, our fellow travelers.

We are grateful and thankful to open and allow ourselves to know the Truth that sets us free. We are grateful, we are thankful to dedicate our conversation to our healing and our expansion, and so we know that it's done.

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We share, share, share the benefits knowing that it's done, and so it is.  
Amen. Amen, Amen. Amen.

## *Face to Face Call Versus Phone Call*

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I'm going to take us all interactive and you can prepare yourself for unmute-tation. Here we go. Alright. So who would like to say hello, in the Northeast?

Angela      **It's Angela. Hi!**

Jennifer     Hey there! Hey. And who else would like to say hello?

Phil         Hey, Jennifer. This is Phil.

Jennifer     Hey, Phil. Good to hear your voice.

Phil         Thank you.

Jennifer     Anyone else?

Lorri        **Hi there. It's Lorri.**

Jennifer     Hey, Lorri.

Lorri        Hi, Jennifer.

Jennifer     Hi. So that's all of us right now. Thank you for showing up. We've got a few people listening on the webcast. Hello, hello. Remember, this is your time to ask whatever questions you'd like. So I'm going to let you take it away. Who would like to start us off with a share or question?

Angela     I will share.

Jennifer     Great.

Angela     This is Angela.

Jennifer     Yeah.

Angela     It's a feeling more that I'd like to express. My gratitude used as a process, I think we're all starting to, you know, we had these moments on our clinic how people are boasting how grateful they are for our own healing that's happening. I feel that after Sunday, then on through a call, then I just really got that it's almost like how—if I were to be in this session my whole day, so I'm just open as the client.

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You know as a counselor, like, the concept that we're learning is to be open to clear away the chatter, to clear away the agenda, and that is starting to pour out into other areas. I see all the freedom and expansion and I'm so grateful for that.

Jennifer      Hmm. Fantastic. Yes. I know what you mean.

Lorri          I have something actually happened with a call that actually helped me a lot realize the importance of being able to see the client, being able to see their face. The two times I have agreed to a phone call with a client during a session that they've been with someone totally new that I didn't know when I hold faith even after I explained the session.

If I'm just sitting there allowing them to speak and it goes silent for too long, they'll start to say, "Are you listening? Are you still there? Are you with me? Are you still there?" I realized that if that rapport was still—even just by doing one session where they could see me or we could see each other, then going to the phone might be an easier transition.

I don't know if there's any suggestions you could make, Jennifer. I just know---I mean I don't necessarily mean a suggestion I guess because for me I realized I would like the initial consult with anyone new to be either Face Time, in person, Skype, or some kind of visual contact. Yeah, that's just what I wanted to share.

Jennifer      Yeah. Well, I'm glad you really did share that, Lorri. A couple of things, one is that I talked about this. I meant to talk about it in our class last weekend but I didn't get a chance because there was so much richness that came forward. I'm not going to go into it in detail now but we're going to start using and trying out a technology called Zoom. It's video conferencing. I'm very excited about it. I have a colleague who uses it with classes and groups and certainly to be able to do some kind of Skype session, or Face Time session. Zoom might be the way to go.

It depends. It depends on the person and the client because some people with their energetic sensibilities, sitting in the computer for a session would be less than ideal. So I encourage you to try out those things. Also, one of the things I have learned teaching classes and doing sessions on the phone is that I do make sounds so that they know that I'm hearing them and they felt heard.

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## *The Sound of Silence*

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It's like just like when someone is facilitating a *Community Call* and someone shares, and that's why I ask the facilitators if no one in the group quickly said something, to say something pretty quickly because otherwise people feel insecure. So when there's a silence, you can tell that the client or the student has completed their thought, or even just pausing to be able to say something. So it could be—if you feel it completed, you could say anything like—if you're facilitating you could say, "Wow! Who's going to respond to that?" Or anything, any kind of an invitation.

You don't necessarily have to comment and say—though you could say, "I really appreciate that share. Who else would like to comment?" But if it's your client, just say things like, "Yes," or, "I completely understand," or, "Uh-huh," or any kind of a thing that you would say to a friend.

Does that feel unnatural to you, Lorri?

Lorri Well, I can—kind of. It's just because my listening style is just to be completely silent until somebody finishes because I really am listening. Maybe it's just because people aren't used to that style when I do that. I do have friends that have known me for years but still when we're talking on the phone, they'll say "Are you still there?" And I'll say, "I was just listening to what you were saying about," and I'll repeat something what they were saying back so that they know.

Sometimes for me when somebody is continually going, "Uh-huh, uh-huh, uh-huh, uh-huh, uh-huh," it feels like it brings out something for me, so I'm glad we're talking about this because I feel like I'm being paced, like, "Okay, keep going. Bring it out. Come on!" So I would love to learn a way that feels natural with doing that. We're not interrupting a flow, just there really getting into something.

Jennifer Hmm. So what do you think is happening if they're asking if you're listening or that they can be heard?

Lorri Could you repeat that? I guess I don't understand. What?

Jennifer I thought you were saying that clients were saying to you, "Can you hear me? Are you listening?"

Lorri Oh, yeah. "Are you still there," or, "Can you hear me?" Because with technology, they can't see if the call was dropped. So maybe even just—I

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- don't know. I'm trying to think of something. I could, yeah. I could just start saying as they're sharing, interjecting every now and then.
- Jennifer Yes. Uh-huh.
- Lorri It just don't feel natural to me. So it has something I have to learn to do.
- Jennifer Yeah, I can totally understand that. Yes.
- Lorri I'll work on that. Thank you.
- Jennifer Anybody else who have any thoughts or ideas around that? Yeah, I find that I do the same thing that you're talking about, Lorri. I allow big gaps of silence but I don't find the people are saying to me, "Can you hear me? Are you listening?" Maybe once in a while but I do allow people space to share and I let them share a long—I mean, space to contemplate and let them share a long time. So, yeah, maybe there's something energetic that's going on, too.
- Lorri There might be, I mean—
- Jennifer Not that you're doing something wrong but--
- Lorri I do have really thought of, "Are they expecting me to say something?"
- Jennifer Right.
- Lorri Are they comfortable with the silence? And you know, in both cases, there are people that shared later that they were uncomfortable with silence. So it was interesting because I am comfortable with silence. So I could even ask it, how --- What can I learn from that?
- Jennifer Uh-hmm. Uh-hmm. Yeah, I appreciate that.
- Lorri So, okay, I'll start if it's, one, if it feels natural, just to allow them to feel my presence just even if it's just like "uh-huh."
- Jennifer Yeah.
- Lorri Or "Exactly," or "I understand."
- Jennifer I find I do say that on the phone with a client. "I understand," or, I'll just say, "Yes," or, "Uh-hmm." I do. I make those sounds.
- Lorri Yeah, those feel like they can be natural. I'll just start trying.
- Jennifer Uh-hmm.
- Lorri So thank you.

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- Jennifer Uh-hmm. There, I just did it.  
[laughing]
- Lorri I know.
- Jennifer You'll probably become more aware of that now.
- Lorri I will. You are being a smarty pants. That's what you're doing.
- Jennifer Phil, do you have anything you'd like to bring up?
- Phil No. Actually I was thinking like in coaching, we generally, at least, my what I do is more like designing the relationship and then we will talk about, you know, and then I will allow you to speak. So there might be long silences, but I'm still holding.  
How do you want me to be? So I'm like co-creating with them.
- Jennifer Yes.
- Phil And that really helps, so they will say to me, "I would like you to say something," or some people will say, "Yeah, that makes sense," "I like that." I'll say, "Do you want me occasionally say something or would you like to have uninterrupted silence—me being silent," you know?
- Jennifer That's wonderful.
- Lorri I like that.

## *Session Guidelines*

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- Phil Because, you know, why do that even—when coaching I say, "Okay." Right at the beginning I'll say, "Okay, if you do not show up on time, how do you want me to address that?" Or, "If I don't show up in time, how do you want to bring that up?" Because I say this is a relationship or partnership.
- Jennifer Uh-hmm. Yeah, and it's—when you have a coaching client, you usually—the person has agreed to a number of sessions?
- Phil Yes. And we also schedule it based on the availability of both of us, which works well, and then we basically talk about it, you know? So if one of us is late, how do we want to address that? What do you want me to say to you? Rather than them saying you blame me for being late but I want it to be

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transparent. So I'll also say when I'm late, "What would you want to say?" Because I am going to acknowledge that I am late.

Jennifer With spiritual counseling I find that—because usually there's no agreement to a series of sessions.

Phil Yeah.

Jennifer That I don't do something like that because it would be time consuming in that first session. So it's a little bit different.

Phil Yes. Yes.

Jennifer But I could see that this could be something that would be written and sent to the client prior to the session.

Phil Yeah. Yeah.

Jennifer **Some session guidelines which I don't really offer** but I think that could actually be really helpful to people. So for me, I could write—I see part of it is it, too, that people don't read their e-mails. But I could write up something where, and this is for me. I could write up something where I would say, "So I like sessions to begin on time, and to respect everybody's time involved, and that in the beginning of the session, I like to begin as soon as possible with an opening prayer, which leads us into a couple of minutes of silence where we connect and be clear with our intention.

Then I pray us **into the session and you'll state your intention of what you would like to receive in the session, not just for me but from your Higher Self, from Spirit, and then we'll ... the session, and we'll pray at the end before we complete or something to that effect.**

Usually it takes 30 seconds to just say all of that at the beginning, which I would still reiterate. I would still reiterate. And I don't mind if people are late for my sessions, occasionally.

### *Releasing the Idea of Being an Expert or Authority*

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Phil I wanted to ask you a different question. I wanted to see if you had an experience like this. I was having a call with a new client. So I had explained everything, then I prayed us in. I basically said what was our intention. Then, so she said, you know, "Just allowing," and I said anything specifically that **you're thinking about allowing or what it is. Then she was like, "Just allowing."**

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For a second I was like, “Where do I go from here?” Immediately, this was like new learning for me that I immediately went to praying. I said, “Spirit, help me where to go.”

Then she said, “Can you give me an example of, you know, how do your other clients come to the call?” I said to many, “We talk about intention during the call. They set the intention and it could be something that they want to talk about. If they want to either have the healing or Clarity, whatever you want to call it.”

Then she turned around and she said, “You know, we are already healed and whole. We don’t need to be healed.” That was one of the call that I thought was getting a little bit sort into debating. But it was a powerful call in that I had this consciousness to resort to prayer.

Jennifer Uh-hmm.

Phil I basically prayed and I said—next question was like, “Hey, I totally get what you think. Yes, we are. Yet, we also, at least I,” I said, you know, “We do have some triggers which I like to heal and I have several of them. So I just wanted to see if I might have their attention. I said, “I want to have a call just to celebrate something. See if there’s something for you.”

Jennifer Uh-hmm.

Phil So I wanted to check with you if you have a client that puts back a thing on you and say what it is that’s—or how to go about it? That would be difficult for me. Only it made it easy because immediately I felt I cannot do this and that the awareness to sit and to pray about it, you know. Yeah.

Jennifer Exactly. I would have done what you did. Well, I have some thoughts for you but I also feel it will bring benefit to ask others in the group, if they’re having any experiences like that in what they might offer in that—

Phil Sure.

Jennifer Anybody having any kind of a similar experience or anybody have any ideas for Phil or insight?

Angela I would—yeah, I would say that although it’s not that my clients don’t have an intention per se, however I feel that what this is highlighting is what is what do ask us what to do, like it’s the same thing as in the middle of the call, “How would you handle it? What do you think? Have you ever had this happened? I mean, what would you do?” I get that often. It’s like

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did you know what they want healing around it when they present the story and experience they share, and then it's like, "Would you would have done that?" So I feel it's like a similar circumstance where it comes that they want an answer from us.

Jennifer Yes.

Angela And I feel, Jennifer, you're always in the classes, it's such a great model and so consistent. This is my feedback I had for myself when I question myself at all or when I sense room for growth and mastery. It's in—"Oh, I'm so excited. I try to feel like I might know it's a big help," or, "Oh, man, you're asking me." But now it's not even—remember, it's like, "Don't give your family advise unless they ask you. " And not it's even farther like, "Don't even give advice even if they asked you." You know its like, "Damn it!"

Okay, but then that's when you're like making a YouTube video." And instead, you send the question back to them in a way. I think this is helpful—

Jennifer And what's the benefit of that?

Angela It's just that they're going to eventually have their victory. They're going to see their answers are within my mother's feedback form was that, I loved it when it was coming from my mom. That she's like, "I discovered that I had the answers within," and I was like, and "This is amazing." So I think that's part of it. That's part of it and to really embrace my role is to guide them back. Guide them back to their Higher Self, to their own connection. That's where I feel my room for growth is. I feel it.

Jennifer Right. So one of the things—I just did a *Spiritual Counseling Intensive* in England, which was really lovely, and I can't tell you how different each one of these *Spiritual Counseling Intensive Trainings* is from the other. They're so different. We don't even cover all the same things. It's quite amazing, really. It's so exciting to work with people who, you know, their minds are opening up so much and sharing it together, it's seriously good stuff.

I said so many times in the beginning just like I did like the one in North Carolina over and over and over again, that the biggest thing for us being able to do effective spiritual counseling is to get out of the idea, get away from the thought that we have to know everything ahead of time, that we have to be the expert or the authority. It's really about holding the quality of space for Spirit to provide insights and a-has to everyone involved

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including the people that are being discussed. So that's the thing that we're really training ourselves to do and that's what we're training our whole lives to be able to do.

The biggest thing for most of us when we're beginning this work is to release this idea that we have to be the expert, the authority and know all the answers, and to be able to recognize that the one we're sitting with has all the answers. They have them all and we're holding that space for them to recognize it, to discover, to exercise that muscle.

## *Throwing Back the Question*

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- I'd like to ask, Lorri, do you have anything to say to Phil about this?
- Lorri Well, I do know that—I can't remember if it was a conversation I had with you, Angela, or was it the one I had with Christy but one of the suggestions that one of you have shared with me was that if you turn the question back to them and they still say, "I don't know," like, "What do you think?"
- And I've heard you do that in class, Jennifer. You'll say, "Well, what do you think?" And the person will then start talking. But even if the answer was, "Well, I don't know, that's why I'm asking you." One of you said to me, "How about if you did know, what would you think?"
- Jennifer Uh-hmm
- Lorri I like that one as well. My sense is when people ask me what I'm thinking, that's what I'm doing. I'm guiding them back to the realization that the answer is not outside of them. They don't have to look outside of them. They have it right there. And that's my desire, for them to have them curious, and that's when I go into wholeheartedly with that energy like, "I know you got it in you. It's there."
- Jennifer Uh-hmm.
- Lorri That's not what I'm saying to them. I may say it otherwise, but I feel like that's what we're doing like you just had with our spiritual counseling where we're retraining not only them but ourselves, not to look outside for the answer but to go within. We're modeling that and we're leading, we're reminding people through what we're doing in a way we're being with them to do that continually.

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Jennifer

Uh-hmm. Yes, that's a beautiful response. I also would add to that that we're training people to look within and so to be able to say—if someone resist, for instance if they're going to say, "Well, I don't know. That's why I'm asking you." They're annoyed that you're turning the question back on them because that can definitely can happen.

My counselors would turn the question back on me and sometimes I would say, "Well, I don't know. That's why I'm asking you," and feel their frustration. So a loving response in that moment could be, "I understand your frustration and allow me to just say, 'Okay, I get it. It feels elusive. You don't know. It feels confusing. You don't know. However, you and I both have that connection to infinite Spirit, the knower who knows, and so we're both training our minds and our hearts to hear and clearly feel and clearly recognize pure Spirit Guidance. So let's do it together. Let's do it together. Let's just tune in here for a moment. We could close our eyes, put our hands on our hearts together and say, 'I'm done with not knowing. I'm ready to know. I am willing to know. The time has come for me to know that I know and I am willing to know.'"

Then invite the client, "So what is the question?" Restate the question. Have them restate the question. Then see what comes. So you can have them to say, "Restate the question," and then if you get any insight, you can share that. Or just let it say, "Restate the question and let's listen." Give it a good 30 seconds. Sometimes people will be like, "I'm not going to get anything, this is ridiculous," in their own mind because they're so resistant.

So give them some space, see if you can discern. Are they opening to it or are they closing it down or they're refusing? In your experience of silence, call the angels, call the Violet Flame and say in your mind, "The answer is being revealed now. The Clarity is happening now. The Truth is known now. Our minds are open. Our hearts are free. We're completely available for Divine direct insight, so making those statements, really holding that field very strongly to give that client their very best opportunity for breakthrough. Because they're willing to have that breakthrough, that's why they're there."

Now all of this is a bit different than what you are talking about, Phil. I haven't lost the thought of that. I'm going to come back to that. But let's just comment on this.

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- Lorri            So it's taking what you're already thinking inside like if I'm going into prayer already and saying, "I know Jennifer has all the answers within her and we're in a counseling session and instead of saying, 'Inside of myself I'm actually making you part of the process,' but by just saying, 'Let's just take a moment. Let's be here together. Let's call on the Source. Let's know that the answer is within you and within us, and let's see what happens.'" It's like taking it from a two-dimensional to the three-dimensional experience.
- Jennifer        Well said.
- Lorri            That's so simple. I just never thought of doing that. Thank you for adding that little piece.
- Jennifer        Yeah. Thank everyone for their interest in really being of service and living without limitation because that's why this is coming through.
- Phil             I like the little fact that to do it together rather than just me praying for the guidance, so make them part of it. They also then know that whatever comes is really being guided.
- Jennifer        Yes.

## *Transparency Creates Intimacy*

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- Phil             I like that because I know that I have gotten into the habit of like me praying. Well, working in—this is person that I knew, and I knew that should resisting, too. I said, "No, I'm not going to go back to what I know." I will ask the guidance even though it seem like a difficult call at the beginning. It was a big a-ha and she really said the call came exactly the time that she needed it most.
- Jennifer        Right. Yes. So let me ask you, Phil, going back to your original sharing. If you had it to do differently, and what was it she said that at the beginning of the session that—why don't you just repeat it?
- Phil             She said that, "What was the intention?" She said, "Just allowing." So I said, "What is it really that you want to allow and what do you want to say?" She said, "Just allowing." She just stayed with it, "Just allowing." So when—then I said, "What is allowing really is for you? What does the area that you see that you are allowing?"

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But knowing her, when she was so staying with that, and it was getting a little bit frustrating, so I knew that she wanted some sort of form of my self-disclosure for her to feel comfortable to go—at least that’s what I got when I prayed.

Jennifer Right.

Phil So then I say, “Yeah,” because the next thing was we are whole, complete and there’s nothing to be healed. Then I said, “Yeah, that’s how we are, we are pure beings. I totally get what you’re saying. But I also know for myself that a lot of triggers that I like to bring to the light and to heal. Do you feel anything that way?”

Then she still did not want to talk. She said, “Give me an example of your trigger.” You know? Every time she did that, I would take like a brief moment and say, “Holy Spirit, help me here. What do you want me to say? What would the question you want me to ask?”

Jennifer Yes. Yes.

Phil And that was a big thing for me, that session, because I recognized how much I was able to just accept my Spirit and really go to my Spirit to do it rather than—I mean, I could have acted like a smarty-pants and said stuff and asked other questions, which I would in coaching I would have done. **I didn’t want to lose her and I didn’t want to make her wrong.**

Jennifer Yeah. So what I’m hearing in that, Phil, is that she—you knew that she was challenging you.

Phil It was more like I think she didn’t feel comfortable to disclose herself without me first disclosing. Yeah.

Jennifer Right. Right. And do you think in any way she was also needing to have the upper hand because she felt vulnerable.

Phil Yes.

Jennifer Like she wanted to send ... and to see whether or not how you would react to that.

Phil Yeah, because, you know, that way, she—one thing I—the Spirit has basically said to me, “It is for the highest good. You’re okay to say something.” So I just said, “You know, I can give you—you want an example?” At least a simple example like my daughter leaves stuff around, and it triggers me.

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- Jennifer      Yeah.
- Phil            Then, of course, then she came with the Truth. Then it became much easier and became a lot more powerful session. In the end, she asked me how the session was similar or different to other counseling sessions. Then I did say—I mean I was way transparent. I said, “I never had. So far, I never had. I had at least like about 30 sessions, I said counseling, and I didn’t have any one who had said that they don’t have—they came up but the topic was something that they want to talk about. This would was way different in that sense.”
- Jennifer      Uh-hmm.
- Phil            I said, “You know, it’s good because each one of us are different.”
- Jennifer      Yeah. Yes. For sure. You know I think another great benefit of this experience is that to recognize that you could ask or we could ask the intention question instead of, “What is your intention?” Because some people, that question, “intention,” is not a word they usually use in the way that we use it and it can seem confusing to people.
- Another thing is to ask what is the benefit you would like to get out of this session? What is the benefit you’re hoping for? That kind of a question might have helped her as well. But I totally hear that she needed to know that you were not going to be in your ego speaking to her ego.
- Phil            Yeah. Yeah.
- Jennifer      And you demonstrated that by going into prayer. Energetically, she could feel it, and the things that you’ve said let her know that you didn’t need to be some fake authority who’s perfect.
- Phil            Right. Yeah.
- Jennifer      Or to say something defensive like, “Well, this isn’t about me, this is about you.”
- Phil            I mean in coaching I would have done that but I wouldn’t do that in a spiritual counseling.
- Jennifer      Uh-hmm.
- Phil            Because in coaching I would have said, “You know in coaching, the focus is more on you and it’s about you, so let me not make it about me.” That’s how I would put it.

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- Jennifer Right.
- Phil Yes.
- Jennifer Yeah, you know, instead of that response, another response could also be something like—if someone’s asking about what you would do to be able to understand that they are trying to look for some kind of compassion, some relatedness. It’s not always that they’re just trying to deflect.
- Phil Say what you mean about that, Jen.
- Jennifer Well, sometimes someone could ask a question about you, let’s say, or about me in a counseling session and they’re trying to deflect talking about themselves.
- Phil Yes.
- Jennifer Or distract from that or avoid being transparent. So to meet that with some transparency, which is what you did, then that creates the intimacy. Because sometimes asking about you can be a way to avoid intimacy. But some clients, they’re really looking to know that they’re not bad. So they could say, “Well, have you ever—,” if they say to me, “Have you ever done something like that? Have you ever felt that way?” Then I can be transparent and say, “Oh, God, yes! Of course, but I don’t feel that way anymore.”
- Then they’re like, “Oh, okay, so I’m not a terrible person. I’m just working through something like Jennifer did.”
- Phil Yeah.
- Jennifer Uh-hmm.
- Phil Thank you.
- Jennifer Anybody else have anything else on this topic?
- Lorri I was going to say I’m one of those clients. I like to know that—sometimes I just need an example to put it in—because someone was giving me an idea of how to do something. Sometimes it makes it simpler to me if how would you do it so that I can see how it works rather than—sometimes it’s not clicking in my mind until I hear an example. Sometimes I do want that someone I’m working with is also doing the work themselves and they’re not just being to do as I say not as I do person. Because it’s important to me when I tell teachers to know that they’re actually walking their path.

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Jennifer Yes. Uh-hmm. Totally get that. Exactly. Yeah. Very helpful, all of these are very helpful.

## *For Counselor's Ears Only*

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I'd like to bring up something which is that confidentiality with clients. That it also extends in my practice. My confidentiality with my clients extends to, if let's say, well, for me, I could say—let's say I'm teaching a class or in a class environment and I've got a client there. If I were going to say, I wouldn't say something like, "Oh, and I also have counseling sessions available, and there's Lorri who has been a client of mine for some time. You could ask her about the benefits." I wouldn't do something like that. I wouldn't say something like, where other people could hear, I wouldn't say something like, "Oh, Lorri, when we have our session later, could you meet me at the room down the hall?"

I wouldn't, in a sense, out who my clients are. Now if I have a client, as I do have, I have some clients who—they tell everybody, "She's my counselor." You know, like in a workshop stand up and say, "Well, I just want to share that Jennifer has been my counselor for three years, and this is something we worked on for a long time. She really helped with it and this is what I learned." That's different. They're outing themselves.

But some people would be really upset if other people in the room knew that they were a client. They don't want people to know that they need counseling or want counseling or anything like that. So it's just a matter of confidentiality to really not discuss it unless the client brings it up. That's fine. That's no big deal because it's not a big deal, but sometimes, for some clients, it is. It's confidential information.

You know you could kind of like think of it like if you had a sexually transmitted disease and you went to a specialist and he told people that you were his client. You wouldn't like that, maybe. Any thoughts or questions about that?

I would say keep that as your practice even in a sense of, let's say, everybody in this group has been counseling each other that even going forward that you might not do something like at the end of this call, say, "Oh, Angela, I'll tell you about that later when you do your session." It's confidential. You know what I mean?

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Lorri            Yeah. Yeah.

Angela           I was going to add I even notice that, you know, I rarely talk about any sessions with my husband like to make conversation.

Jennifer           Uh-hmm.

Angela           Like the time that ever like, Richard comes to me to say something. The interesting is that he looks at me like—it's not that he looks with some kind of extreme faith. The energy is like, "Are you supposed to be telling me that?" And he has no name, he has no anything but it's like, he's kind of like, "It's great because the feedback is 'Mm, okay.'" Then he just comes to me like, "Yeah." I don't need to tell him, you know?

And even as we get reference like referrals through your website at times, you know if we do, its happened to me that I hear someone who's come to me share with you, I have no interest till like out or own anything. It's always a joy to see your client like someone who has ever been your client like—it's almost like a prayer partner when they're speaking, you just have that care for them. But there's no need to feel about—

Jennifer           Yeah. Right. Right. Uh-hmm. And you know, I should tell you that there are times I have a couple of people in my life who are very close friends who are spiritual counselors and ministers, teachers, they're in that category, and we have established a confidentiality in our relationship that we can come to each other and share certain things about clients, to get assistance sometimes.

"You know I have a client who's going through this, and this is how I'm supporting them and looking for additional insight. That's perfectly reasonable and acceptable because we've established that there's this confidentiality. I don't tell them who the client is. I don't out the client that way but I'm looking for assistance in a confidential environment. That feels fine and good to me. I don't talk about my clients conversationally, like if someone says, "I've been challenged with this client," I might say, in the course of the conversation, "I've had a client like that, too. I know exactly what you mean. But I'm not just like gossiping about my clients.

So in a sense, I can see how your husband is like uncomfortable because you're not necessarily going to him for assistance and you're not—you're just—you know, so interesting and exciting for you to be doing this work.

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You're sharing with your husband on an intimate level your excitement, your enjoyment, you're learning like you would about anything else.

Yeah. And that wanting to share like that, I think that the more we get accustomed to it because doing all these counseling, you have these incredibly intimate relationships with people, and you start to have so many incredibly intimate relationships. It's a flow of Love, which is healing, and it's exciting, and it's inspiring, it's invigorating, and it's totally understandable to want to share with friends and family.

I think there's a difference between consulting with someone in a confidential environment that has been declared confidential without giving details, names, anything like that. Then there's gossiping. Then sometimes there are situations where for instance like let's say one of you, somebody in *Masterful Living* class came to you for counseling and there were challenges that came out of that. You came to me to ask for assistance and we're talking about that person for the purpose of helping them or even sometimes working through our own stuff.

But it's with me, that person is in class with me. I'm their teacher, I'm your teacher, so we're talking about it confidentially for the purpose of:

- A. Supporting the other person, student, the client;
- B. Working through our own stuff.

That's perfectly understandable and acceptable and oftentimes very necessary.

Phil            So just for Clarity's sake for me, are you saying, Jennifer, that it will be okay for me to say -- suggest to the person in the class I'm counseling and I'm having whatever difficulty or whatever and to say the name of the person would be perfectly fine?

Jennifer        With me.

Phil            Yes? Yes?

Jennifer        Yes. Yeah, that'd be perfectly fine, especially if I have any insight I could offer you about that particular person.

Phil            Okay.

Jennifer        Because you're coming to me as a counselor. I'm the going to hold it confidential. You know that.

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Phil Yeah.

Jennifer And whatever you share with me, I have the ability not to let it influence **my relationship with that person**. For instance, I've had an experience where there's someone in Venerable's community that I had a challenge with. I went to Venerable about it not so she could fix it for me but so that she could assist me with it. But also so she could know what my experience was with that person or just do whatever she would do in her wisdom.

Yeah, and to some degree, this I can tell you. I had this experience one time where I saw in a spiritual community that the—the leader of the spiritual community was having a challenge with a—well, **let's put it this way, the leaders of spiritual communities always have challenges**. There's always stuff being healed in the field, and so that is what a spiritual community is about. So leaders of spiritual communities frequently have challenges with the people in the community.

I was aware of the leader realizing that one or two other people in the community were having a challenge with someone in the community that they never told the leader about. Then—I'll **just assign names to make it easier to comprehend**. Let's say that you've got Nancy is being aggressively sexual with a couple of the men in the ministry and the leader has no awareness of this. He has no idea that this was going on.

**The two men that are approached by Nancy sexually, they don't tell the leader. Then it's discovered later that all kinds of things were going on but** no one told the leader that Nancy was doing this stuff. Then Nancy has a huge freak out and meltdown and just all kinds of destructive things. Whereas the leader had any indication of what was going on with Nancy from anyone else, the leader could have given Nancy some Love and support, help to correct or clarify her situation.

Sometimes, things will happen that no one says anything about because **they're being confidential** or not wishing to burden the leader. What **they're really doing is also obstructing the leader's ability to offer** assistance. Then things can boil over when something had been said earlier.

It can be a tricky business not to be complaining, not to be judging or criticizing, but sometimes it can be really helpful to go to the leader and say, **"I'd just like to alert you that this has been going on and I'm holding it in**

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the light but you may wish to add some light to it, too.” But the mentality is, ‘cause I have seen this actually with staff members, that someone on the staff is having an issue and somebody else on the staff doesn’t tell me, or maybe they’re just making a choice and someone on the staff will say, “I don’t think that’s the right thing to do but I’m not going to tell Jennifer because I don’t want to tattletale on anybody.”

Then I find out about it six months later and I’m like, “Oh, why didn’t you let me know?” And the person didn’t want to tattletale on them. I’m like, “But I could have helped that person but if I had known.” And the person, “Why I didn’t want to tell on them because I thought you’d be angry.” I’m like, “I’m not angry, I just want to be helpful.”

So people have different points of view and their point of view colors things, so sometimes the opportunity to be helpful to someone is missed because someone is judging what’s going on as being bad. Does that make sense?

Angela

Yeah.

Jennifer

I mean to everyone? Because you’re all growing into leadership and this is leadership conversation. So for instance, let’s say, I’m just making stuff up. If someone says, “This person keeps saying they’re going to facilitate a *Community Call* but they keep canceling and canceling, and they called me and asked me if I can substitute for them. So I just do it. I’m happy to do it.” But no one tells me. I don’t know that’s going on and I understand maybe they want to protect me from some kind of judgment of this person as being dysfunctional or not keeping their agreements.

But in reality, there’s an opportunity for some what I would call pastoral care. So that’s when the pastor is caring for the congregation. So there’s an opportunity for me to just reach out and say, “Hey, how are you doing? Are you okay? I haven’t heard from you in a while. I want to let you know I was thinking of you,” and then that might open the door for some healing.

Just thinking about this as a larger opportunity to hold the space for the whole community and the kinds of things that happen in a spiritual community.

There are times when talking about things is really helpful, and for **whatever reason**, there’s a flashing in my mind of my dear prayer partner, Leon Campbell, who is a minister and a staff at Agape now, the leader, Head Minister of the Youth and Family Ministry for many years now. Back

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in the day, when we were in classes together, I remember one time saying to him, “Leon, some of these guys, these men...” he started the Men’s Ministry. He started the Men’s Ministry a long time ago.

I said to him, “Leon, I’d like to bring up a topic to the men, if you would, please.” I said, “Some of these men, I get that we’re a hugging community. I’m all for hugging but some of these men, the way they’re hugging me is not appropriate. They want to hug me so much, it’s not appropriate, and I don’t appreciate it at all. I don’t need to hug everybody. I don’t need to hug everybody like they’re my lost best friend.” I said, “I would love it if you talk to them about that.”

And he said, “Well, I’ll talk to the men about that. Will you talk to the women about it, too? Because some of these women, I’m so tired of them hugging on me and hugging on me because, you know, gee, I’m not just here to have everybody hugging on me.”

Then I realized, here he is, he’s this drop-dead gorgeous huge, beautiful man, and I realized, “Oh, yeah, he’s getting the same thing that I’m getting.” I was like, “Yeah, that’s not appropriate. People, calm down.” Anyway, but I was so glad that we talked about it, you know?

## *PDFs, Dropbox, E-mail Attachments*

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Alright. I’m sure we’re overtime. Yes, we’re way overtime. One more thing, I heard the conversation about PDFs and the evaluations, and one thing is I know in my Word program, I can go to print something and one of the print options is to make a PDF.

Also, I’m endorsing that Dropbox idea. It’s pretty simple to create a Dropbox account for free and then you can upload all of them in there. If you like, feel free to also, please, or I appreciate sending me an e-mail. You can just say, “I uploaded 10 more sessions to my Dropbox,” and that might be easier for everybody. Then you have got a place to store them all. You don’t have to store them in your computer although they don’t take up a lot of room. You don’t have to worry about attaching them to e-mails and things like that.

Phil But we still have the option to attach, right, Jennifer?

Jennifer Yeah. Yeah.

Phil Okay, because my Dropbox, my space is full.

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Jennifer Uh-hmm.

Phil And if I want more, they're telling me I need to buy.

Jennifer Right. I understand. Alright, well, I'm going to pray us out then.

## *Closing Prayer*

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Let's take this breath of Love and gratitude. So grateful and so thankful to open our hearts and minds to the power and the presence of Love even more. So grateful to open our hearts and minds to the power of Love in every client, in every connection, and opening ourselves to greater levels of intimacy with Spirit, and knowing each other as Spirit, living as Spirit.

We are grateful, we are thankful to allow ourselves the freedom to be authentic and transparent.

So grateful and so thankful to claim our healing, to claim our expansion and our awakening. We are grateful and thankful for the healing that is happening, and it is happening now.

In gratitude, we let it be. In gratitude, we know it's done, and so it is. Amen. Amen. Amen.

I love you all so much. Thanks for joining me today and I look forward to when we next meet. Mwah!

Phil Thanks, Jennifer.

Female Thank you, Jennifer.

Jennifer Thank you.