

November 21, 2017



Spiritual Counseling Training



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Spiritual Counseling Training Free Call

Opening Prayer

Jennifer I'm going to start us off with a prayer.

So blessed, so grateful, so thankful for the Love of God shining in our mind, shining in our heart, shining in relationships, shining in the activities of the All-Good, in every aspect of our life and awareness.

We're Partnering UP with the Higher Holy Spirit Self. So grateful and so thankful to open ourselves to the unprecedented. So grateful and thankful to open ourselves to the unlimited.

In gratitude, we declare our conversation as a healing dialogue that serves everyone we serve. So we are grateful to come together for this holy purpose in the Light. In gratitude, we let it be. In gratitude, we know it's done, and so it is. Amen. Amen, Amen.

Thank You Cards and Discounts

I am going to say that we're going to have a bit of housekeeping here. I'm going to have our call go a little bit longer so we make sure we get plenty of quality time and don't take up too much with the housekeeping. But I'd like to ask your thoughts about something. Some of you may have received the thank you cards that I made with the photos. Have any of you received some of those thank you cards that I send to the donators? Well, I send these photo cards and the photos of me on the cover, then I write something. I

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send the photos and then I send what I'd like to write for each card, and it gets printed and mailed.

I like it because I can really personalize cards every month and make unique whenever I'm sending them. You know we're doing the fundraising campaign and we've got some of you here have contributed to that. I just wondered there was a question about a handwritten thank you card versus one of my cards that I make online. Does that make a big difference to you? How do you feel about it? Any thoughts about that? Anybody? Vanessa?

Vanessa Well, I'm older and I'm kind of old school. I'm very old school. I always like handwritten notes. They feel very personal but I do realize that's not the common way now. It would mean the same to me to get an e-mail but I love handwritten notes.

Jennifer Yeah. The thought is between one of these cards that I make online where I'm not—I'm doing it online. I'm not actually physically touching it myself versus one that I physically write in but I haven't made the card or it's not—you know, it's a store-bought card. It's kind of one-or-the-other kind of card. Yeah, because I'm old fashioned too, which is why I send thank you cards. I like thank you cards. Yeah.

Vanessa Yeah.

Jennifer Anybody else have a thought?

Reiko I tend to value handwritten cards more. It feels more personal to me, but that's just the meaning I make of it and I understand that it's not always practical or like economical to do handwritten cards for so many people and have to pay for postage and all that, too. But I always do love receiving handwritten notes. It feels very special to me because we receive so few things on the mail that are personal these days. I always love receiving handwritten notes.

Jennifer Well, thank you. Thank you for your feedback on that. Ronnie?

Ronnie Are those our only two choices, handwritten or the computer, that you're asking for an opinion?

Jennifer Do you have other kinds of cards that like to send?

Ronnie Well, I really appreciate the card but I could do without it. I mean I am just grateful that I can do that. I don't really feel like I need a thank you for a thank you.

Jennifer Hmm. That's sweet. Yeah.

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- Ronnie And then your time and money could be used elsewhere.
- Jennifer Yeah. Thank you. What I do is I make one card per month. I actually give it to someone on the team. I tell them what I'd like, and I write the message, and I personalize the message. I enjoy doing it, I have to say. I like the personal touches in an online world. I think I would feel like I was missing something if I didn't send some kind of an acknowledgment. But I appreciate that. The online cards are, in a lot of ways, at the same cost or less cost than store-bought cards, and you don't have to go and get them. I like them because you can put photos on them and things like that make it personalized on screen.
- I love the thing that Reiko made, the all-in. That is adorable. Yeah.
- Reiko The thing I posted on Facebook? Yeah.
- Jennifer I love that.
- Reiko Thank you.
- Jennifer Yeah, that was so fabulous. Alright, one other housekeeping thing I'm just going to mention because it came up today. I got inspired by Spirit to offer to people who are enrolling in *Masterful Living* for the first-time next year that they would get a 300-dollar discount if they also enrolled in the retreat, in the *New Year's Reboot* retreat. Some people who are in other years of *Masterful Living* are asking if they could have that discount, too. You know I originally—it just was an incentive to have people take the plunge and enroll in the first year of *Masterful Living*, but I would like to say that if anybody would like, if that would make it possible for somebody to come to the *New Year's Reboot* retreat, then, yes, definitely. No problem with that. Yeah. I just want to say that because you folks are sometimes the more likely to come.
- We have new people joining us, which is so wonderful. Some people might not know each other. Maybe if there are some people in the group here that you don't know, then how about an introduction. I'm just going to mute you out there, Sue, for a second. If you can see that there is somebody there in this group that you're not familiar with, then why don't you introduce yourself, then those who don't know everyone here can get to know everyone here? Alright, maybe you all know each other by now. That's great. Okay. That's wonderful.

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The Wonders of Google Docs

- Let's just jump right in here to your questions then. Well, then it's been very lovely. Kevin?
- Kevin Alright, my question is I'm not certain how we're supposed to accumulate our evaluations and how we're supposed to get them to you.
- Jennifer Alright. You know what, I'm going to take Linda take that question.
- Linda Okay, so we are working on rolling out a Google doc that will be e-mailed to each of you individually. You have one for the client and one for the self-evaluation. I have to think about that for a second. Then those will automatically go into a folder of that has your name on it that we'll be able to view. In the meantime, if you can hang on to them as a PDF, you can upload them into a Dropbox and then you can add Jennifer as a person that can view. But we are working on it so that we can have it uniform for everybody.
- Jennifer You know, Linda, I'll just say, I bet you that Glazy could do that in an hour.
- Linda Oh.
- Jennifer Yeah. What it is, is we're using Google forms, so sometimes we sent you surveys. You may remember last year, I sent you a survey about what time you'd like to have a class. I sent you a survey about when you'd like to facilitate *Sacred Circles* or be in a *Sacred Circle*. They are simple forms that are powered by Google. What's great about Google forms is every time you fill it out, or your clients fill it out, when you look at the results, you can look at every client together, and you can look at all of your evaluations together. They're all in one place. All your answers are in one place. One form for you to evaluate yourself, one form for you to evaluate your client. It's easy to send them the link. They can do it totally online. No PDFs are needed. No uploading, no downloading.
- I don't know why I didn't think of it before but it suddenly occurred to me or however it came to us, "Oh, my gosh! Let's do it this way. It will be so much easier." I think Glazy just needs to create one of each for each person and send them to them. That's all. Seriously, I bet she could do it in a half-an-hour. Make sure she can do it tomorrow, Linda, because she's not cooking a turkey. She's in the Philippines.
- Linda Right. Yes. I'm going to inform her right now.
- Jennifer Cool.

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- Deana Then do we have to download—what did you call it, a Dropbox app or something like that?
- Jennifer You won't need Dropbox with this at all. No.
- Deana Okay.
- Jennifer That's the beauty of it is you just need that link to the Google form. Most people have a Google account. If you don't have a Google account, we'll set it up in hours, so you'll be able to access it either way. Yeah, then you just go to that link. Because you would be one of the editors of that form, you'll have the choice to either work with the form or to view the results.
- Deana Would we e-mail the client form to the clients and they e-mail it back, and then we drop it in?
- Jennifer Yeah, such good questions, Deana. You would e-mail the client the link.
- Deana The link, okay.
- Jennifer Yes. Then you can ask them to let them know when they've done it or you can just check to see, whichever you prefer. You know what we could do is maybe Angela, or maybe Linda, could make a simple video explaining how it all works because it really is very simple. I don't know about you, Deana, but when I see things visually it's usually, "Oh, I get it. I get it. Okay, I'm done." But sometimes conceptualizing it without the visual is harder for me when it's in the world of form.
- Deana So the client wouldn't e-mail it back to us, then we just it to the link.
- Jennifer You know what, I'm going to give you—I'm going to show you how it works.
- Deana Okay.
- Jennifer Right here. Just give me a moment. My internet is a little bunk-a-doo. Right, so I'm going to—let's see here. Share a screen. For those of you who have Google accounts, once you are in your Google account, you go to this little monkey here. Then you go down to more and you'll see forms. Once you have access to the forms, you will be able to—oh, maybe I don't have it in here. Right, I guess I'll just use this *Sacred Circle* sign up because a form is a form, really.
- It will look like this from your perspective because you will have editing rights to it. It will look like this and you'll have the questions and whatnot like that. But you don't need to do anything with that aspect of the form. What you're going to want to look at is the responses. You click on

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Responses and then it will show—whatever the questions were, it will show the answers. We ask for the e-mail address, then the names, then the last name. Here, the responses and the choices, but it will look more like this with comments. You'll see each person's comments. This is two person—two people that had comments.

In your case, there's about half-a-dozen or so questions, so you'll see the list of the answers to each question. It will have the question here, and then it will have all the answers to that question. They'll be in the same order that these people answered it. What you can do is you can go to, you can take this, and you can export it into an Excel spreadsheet. What else can you do? Oh, there you go. You can turn on e-mail notifications for new responses and you can download the responses in a spreadsheet, you can print them, things like that.

That's the summary. Oh, here's the individual—here's the... My computer freaked out. It became overwhelmed with our goodness. Oh, boy. You can look at the responses. I think my computer may need a moment. You can look at the individual responses this way. You can see here is one person that, you know, she put in her name, her choices. If these were questions with written answers, it would show up in this section. So that's great, you can set it up that you get an e-mail when there's a response. You can go and look. I think it's going to be 100% easier.

I love these Google forms and docs and sheets. We use them all the time in the ministry. It's so great because we can have several people editing a doc at the same time which you're not going to need to do. These forms can be really helpful. Just FYI, you can use something like this to collect testimonials from your clients. In fact, maybe we could add a question in the form that says something like, "Would you be interested in giving a testimonial about our session? If so, you can write that here, and so that I can share with others," something like that. We can put that on the form. I think that would be a good idea.

Testimonials are really wonderful. I'm not sure about the rest of you but a lot of times when I'm going to make a purchase of something that I don't really know well or I can't really see or touch, I'll go read customer reviews and testimonials and I just can feel, "Is it true? Is it real?" My intuition will tell me and I find that helpful.

Deana Thanks for showing that Google app. That helped lower my anxiety.
Jennifer Oh, good.

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- Deana Yeah. I have—like I have about, I don't know, 17 or 18 that I have been stashing and—I don't know. Some kind of folder that Angela was helping to scribe it.
- Jennifer Right.
- Deana My husband has helped me—so I can take those that I've already been storing and then just send them over to this Google app once I get it.
- Jennifer Well, I think you're probably going to need to—you'll give me those in the Dropbox, or something like, or send them over e-mail, then from this point forward, you'll use the Google forms. We'll have to see if Angela or Linda can make a video of how to work with it. Yeah, it'll just be so easy because you can e-mail it to your client, the link, because most of you aren't doing an in-person session anyway, so that'll work really well for you.
- Deana Okay.
- Jennifer Yeah, Reiko? Remember, too, I really can ask questions about working with your clients.
- Reiko Yeah, I have my existing evaluation forms in a Google Drive. Would that work for you if I send it to you if they are already in the forms or Google docs?
- Jennifer Sure.
- Reiko Thank you.

Starting a Session

- Jennifer Does anybody else have questions about working with clients or how you're feeling about something? Ronnie?
- Ronnie I've done two.
- Jennifer Yay! That's fabulous.
- Ronnie My question is can those that have been doing it for a while or you, Jennifer, give me some ideas on how to start the session? For instance, so we start with a prayer, then an intention, then silence, or the other way around so that the intention is part of the prayer. I mean, what seems to really work for the people?
- Jennifer What I like to do, it depends on what I like to do. Mostly, what I do now is I do a lot of shorter sessions, 30-minute sessions and things like that. But I used to do a lot of 90-minute sessions. I raised my rate so people don't do 90-

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minute sessions anymore. That's fine because I would like them to do sessions with you folks. That's why I raised my rates partly so that people would book sessions with you folks. In a longer session, I'd like to pray into a moment of silence. Be silent for about a minute and then pray into the time together.

But most of the time, I just say a prayer, then in the beginning after the prayer I say, "So what is it you'd like to get out of our time together? What is it you'd like to get out of our time together?"

Ronnie Okay.

Knowing the Client's Intention

Jennifer You'll be surprised a lot of people don't have any intention when they start. Some do, some don't. It's kind of 50-50. A lot of people they just want a support. But it's really good to get them to focus on an intention. The more that you do counseling, the more you'll see how people—they have a need to talk and talk and talk in order to feel like they're understood. The more I do this, the more intuitive I am. A lot of times, the words are just not very necessary for me to have a sense, a strong sense, and Clarity about what's going on. But they still have a need to feel heard. It's good to let them talk but it's really important to have them be clear about their intention upfront.

Does anybody have experience with people—or is it very common for people to be challenged in setting an intention? Is that something that people find? Who's on the phone there?

Ronnie I think it's Tammy.

Jennifer Tammy... Yeah, I think you're right.

Tammy Hey there. I'm sorry. My phone was in my pocket, I have sat on it. I can't pull it out, if you ask me. Did you hear me?

Jennifer No problem. Did you want to say something, Tammy?

Tammy I would like for you to repeat the last question.

Jennifer Oh, I was asking if anybody, in doing a counseling session found that it was common for clients to struggle with coming up with an intention.

Tammy Oh, yeah. Always. I mean, not always but I get a lot of the time. Like you said, 50-50.

Jennifer What we're you going to share, Elena?

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- Elena Yeah, I have experience with working with people from physical training session so it was easy like, “No. What are we going to have?” Then when we have people—I have kind of like a couple of clients who ask me from like outside—even outside of *Masterful Living* community, they can come and say intention like, I don’t know, to heal their whole life. It’s just like too—I don’t say it’s too big—and then it starts from one way to another like I have to focus. I mean, today, let’s just pick up relationships for today, whatever. Like she said work and relationship and career and children and everything went there. It was a long intention. It took 15 minutes.
- Jennifer I think what you do is give them a menu and you say, “Either relationships or this cause and what stuff is this? And you can do this is a side order or you can have a side order of self-esteem things.” No. I’ve got so many therapy jokes about—well, you just say to them, “Of course, you do. Of course. Everybody wants that. Gosh! If I could do that, I’d be a millionaire.” Deana?
- Deana I’ve only done two sessions. One was outside with an energy healer friend of mine, and she was kind of helping me out. But it was kind of fascinating when she set the intention because she actually didn’t know after we did the prayer and the silence. She was trying to think what would her intention would be. Her energy—I guess she’s very energy-centric, and suddenly she got a choking feeling in her throat. Then I tried to tune in, “What is this?” Then she started crying when she realized that it had to do something—so, there is perhaps an awareness in people. We’re given that maybe tuning into body sensations they can come across. It was something to do with her children and her life. She had gone through two breakups and it was very almost like a guilt, and it was strangling her and some fear, so I thought that was really interesting.
- Jennifer Yeah. I’m so glad you brought that up, Deana, because this was something I learned right away in doing sessions with people is that a large number of people will come with this idea that they have to select from a list of choices like I was talking about, that the choices are limited. We work in the unlimited, in the unprecedented. When I first started counseling people, I would say, instead of asking what was your intention or what you’d like to get out of this, and I would say, “What would you like? What would you like for your life?”
- Sometimes, people would be like, “What do you mean?” I’d say, “Well, we live in an unlimited field. What is it you would like to experience? What would you like to have in your life maybe you don’t have now?” Some people would be so rattled by that because they weren’t used to thinking except in

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limitation. Asking people to focus on their intention it actually in a way it helps them get out of the limited thinking and go into the expanded thinking but not become overwhelmed by the unlimited nature.

You know, I'm so glad, going back to what Elena said. I think it's really valuable and helpful this idea that someone says, "Well, I want to choose this and this and this." You know they've got a laundry list of things, and I can't remember feeling that way. If you said to me what would you like to change in your life, I could start working on a list of things easily. It would become a list of things I'd like to change.

What I would do with a client who came with a laundry list is I would say, "Let's get it all out. Get the laundry list out." So, they feel really heard and we are getting it all, we are capturing it all. Then I would mirror it back to them in a way of saying—I'd say, "Okay, here's what I heard you say. This and this and this and this and this. If this, then that. If this, then that. Then if really possible, this and this and maybe this. I'm not sure about that." A full reflection. I would completely reflect back to them so they would feel right in the beginning that they were heard.

Because that then they are thinking, "Okay, the therapist is tracking everything, so I can relax a little. I don't have to track everything and make sure that everything is being packaged into the deluxe offer here." Then I would say, "Once we got all that cleared up and established then I would say, "What is the one thing that you could shift in your mind that would change all of these things?" They may not know, but Spirit will tell you what it is, and then work on that.

But you probably have to explain to him and how shifting that one thing will change everything. You might have to tell him a story from your own life.

Elena That's very helpful.

Jennifer What happened to Kel? She was here. She dropped off.

Linda I know that she did have to go to work.

Jennifer Oh, okay.

Linda Very close to this time.

Jennifer Okay. Okay. She'll listen later. Hi, Kel. Linda?

Linda So I had a client just recently that had—when I asked her what her intention was, she had this huge laundry list of things she wanted to—well, it was really a laundry list of complaints about what's going on in her life. She said

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she had done some journaling work around it and I just said to her that—when I talked to her about everything that was going on because I didn't want to hear exactly what she was dealing with, that she'd write a forgiveness letter like one a day for 30 days, and really take her time with them. Just like sit with that 30 to 45 minutes every day and write a forgiveness letter on each individual thing and go really, really deep focused into that individual thing.

Then at the same time keep a list going of what she would like, how she would like to feel and just keep it somewhere she walks by every day. And when she thinks of something that she would like, just write it down on the list like you're writing a Christmas list to Santa Claus. Just what would you like. She had done forgiveness letters before but she had kind of put everything into one. She said it felt like doing something that was more focused like that might be helpful.

Jennifer That's brilliant. Did she do it?

Linda I don't know. I haven't talked to her again yet, so I will in a few more days.

Jennifer Fantastic. This is the whole thing, you know, having people actually do it. We know that, right? We know from our own experience. And that's where the group energy really helps people to get them to do things. It's that camaraderie, it's that Prayer Partnership, and that's what going to a spiritual counselor for is.

I was talking with someone yesterday doing a one-on-one with them from *Masterful Living*. Well, actually a couple of people this week where I just said to them, "I'll just be really clear with you. I think that doing a counseling session one to two times a week is what's going to break up this energy here and really move you along because it's more than just talking about it. Doing a one-on-one with me a couple of times a year isn't going to do it. You have to get in there and let go of those thoughts and beliefs. It really just—it is so deeply transformational to work with someone who's tracking things with you, who's helping you be accountable, who can give you homework assignments, and view them with you. It's so fantastic. But it is the thing that the ego will, you know—The ego will throw itself down the stairs to break its legs and arms so that they can't write anything down or fight."

But then we have to say, "That's fine. We have a little recorder app here. We can do that instead and have it transcribed or whatever." It's like, "Yeah, where there is a will, there is a way." Uh-hmm. Because God's Will will win. Yeah. Angela?

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Learning Not to Be Empathetic

Angela I have a new question. I don't know if someone else wants to comment on the other but it's like coming up on my body and I'm like, "Whoa!" I don't know if I could present a new question.

Jennifer Go for it.

Angela Okay. There are two things on my mind and I'm hoping they would merge into one coherent thing. One is that I feel that when I'm with my clients, and even my friends who are very willing to be very transparent with me, I feel like I have a—I don't want to call it a moral code but I have clients who. Literally. when I'm hearing them and I'm repeating back, I'm literally asking them, "Are you interested in loving your brother?" like their literal brother.

Jennifer Right.

Angela And because the conversation is like in a state of argument and it's like all I'm hearing is—you know, I'm hearing the *Living A Course in Miracles*. That's what I'm hearing. In my mind, I'm like, "Alright, do you want to suffer or like do you want to love your brother or cut them out?" It gets to this point where I'll guide them to this point where it's like, "Here's the choice I see..." And even with friends, I have them telling their life and all I'm seeing is the other, like the other. And I'm like, after breathing deeply, because I find myself in groups and when I'm with people I just want to say, "There's no other."

So, it's this level of—I think it's my own—maybe it's my own passion of living the *Course* and then it's just being present to what is the guidance in the moment versus, "Do you want to live *A Course in Miracles* or you want to suffer?" You know. I'm trying to present my question.

Jennifer Yeah. What I'm hearing you say, Angela, is that you get a bit provoked by people's attachments to the blocks to Love. Totally understandable, that's a common thing for Light Workers to work with. The more you work with it, then you don't have an attachment to what they do with their attachments. You're just holding the high watch just knowing that whatever they're attached to, it's falling away even now as they're clutching it. They're—it's still falling away because, first of all, they're talking about it.

Talking about it—when a person is talking about the cause of their suffering, seriously, they're like 85% of the way to letting it go when they're talking about it. And when they're talking about it with someone like a spiritual counselor, there's no reason that it would be not be possible in this universe

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for them to have the conversation with you if they didn't have a desire to let it go.

I've said that so many times to clients. I've said, when they're clinging to something, I'll say, "Well, let me just say this, I'm just going to point this out that there's nobody who walks in my door and whatever have a conversation with me that wasn't interested in transforming their life because that's 100% what I'm about." There's no way—if anybody could even see me, they wouldn't see me, they wouldn't hear me, that I would not be anywhere be showing up on something that would resonate with them—they wouldn't see me in the grocery store. Nothing. They just wouldn't. They wouldn't see it at all.

I would say to them—so, sometimes in that instance what you can do to help people is just really get them to say how they feel. Then their own recognition of their own upset will bring them closer to letting it go. There is a tendency with our spiritual teaching to be in the intellect and to be cut and dry with it, to be a little bit like somebody going, "Yeah, well, don't forget all thought produces form, you know? And all healing happens at the level of the mind. Yeah, when you're ready it will come."

But, really, letting someone tell you how they feel, not take it on at all—see, that's the thing is that that's how our training is, not to take it on at all. And now, I hear you say that that's where you're getting a bit identified with their sense of separation and the suffering that it's causing them. We learn really not to be empathetic with it and magnifying it at all. By really staying in our heart and knowing that just as you—I mean, Angela, you've shared in class a lot about the challenges in your marriage with your mind working with the differences of personality from your husband's personality, and those kinds of things in how it can be you've—for all of us.

We've all had experiences where it was like we tore ourselves to shreds and then we put red hot pepper sauce on it and salt on it and lemon juice, until we're hysterical with our pain and suffering. We just want to take a relief from our mind. It's all about the mind. Being able to know that them getting to that point where they can't stand it anymore is really—some people just say, "You know, I see there's a better way," but most people is like, "I can't stand it anymore."

You know Jon Mundy—I went to see Jon Mundy talk in New York, and he and I were then talking about this when we were together sometime year. He had—you've all had heard him tell the story. He told it in maybe the March

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class in these Miracles in Manhattan things, which by the way I think I'm going to go the one in January maybe. Reiko, if you're in Manhattan, we could go and hang out together, because December, I'm going to be with Sue and Kel, I hope, too.

He was talking about when he was sick in the hospital with cancer. He was literally on his deathbed. He had so many—he had like 80 chemotherapy treatments or something like that, like a huge number of chemo treatments and he was just so wasted from the whole experience of illness and those drugs and all that. He just said to Spirit, he said, “You want to take me, take me. I'm not going to fight it anymore. I'm just whatever. Just do whatever.” Then he starts to get better, you know?

But he went to hell first, then finally he just said, “Okay, whatever. Just whatever. I give up. I surrender.” If we all have to do that, you know, like I say, some of us do it with our face in a heap of dung with an elephant standing on our head, before we finally realize there's no way out of this. I have to surrender. But a lot of people don't have to go that way anymore.

In talking with your clients, sometimes, what can help, in this case of these couple of people you that were talking about, Angela, did they recognize that they are the cause of their own suffering?

Angela One has yes, because she's more in our community. I think it's almost feels like, “I know this but I'm not able to live it yet, like I know it intellectually.” The other person, yeah, it's really a little different but...

The Power of Making a Decision

Jennifer You know, sometimes, it can help to ask the question, “What is it that you really like?” Going back to what Linda was talking about, really asking that question, “If you can have whatever you'd like, what would you like?” In this instance, and this is the question, “What would you really like?” Because I know for me there were times in my life where I said, “I want them to admit they were wrong.” I want them to whatever. I want them to grovel and beg, and things like that. I mean, I felt that way at times. Most people just want to say they are sorry, to acknowledge they've been hurt. So, exploring things like, “What if you'll never get that? What if that's never going to come?”

Because I had a conversation with my mom once and I have talked about this a few times where we got into this big brouhaha and I didn't realize it at that time but I had spiked the fever. My fever jumped up to 102. I didn't even

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realize that I was sick, and so I was kind of out of my mind in this conversation with my mother. But as God would have it that's what was needed. She said to me, "Why can't you just get over this? Why can't you let it go?" It was about some stuff from my childhood. I was so glad she asked that question because when she asked it I just kind of—my head kind of went back like, "What do you mean, why can't I get over it?" you know? In my ego mind then it was, "Because you caused my suffering, that's why I can't get over it."

But as soon as I started to think about it I realized, "I knew exactly why I can't get over it." But I just said to her, "Because you've never acknowledged it. You never just said, 'My, sweet, sweet darling, I'm so sorry that I didn't see that what I was doing was hurting you. It was not my intention. I didn't know. I didn't realize.'" That's exactly what I said to her. "I just never heard you say anything remotely like that. There's no responsibility, and so that's why I feel like I can't get over it." She was like—she couldn't really do that in that moment. Even then she wrote me a card later because she was so ill-equipped to talk about her feelings. She kind of defended herself and whatnot.

In that exchange, I finally got she doesn't have it in her. It's not that she is withholding it from me. It's not that she doesn't want to give it to me. It's just like it's not really—she's not comprehending it really and I need to accept that. I can't get from her what she can't give to me. So that was a big shift in my relationship with her because then I was like, "Okay, I don't need it anymore." I don't need it.

It's like if you really want the blue shoe in size 8 because you just love that shoe and you really, really want it, but they don't make it anymore and you can't get it. What are you going to do, spend the rest of your life feeling a loss that you don't have it? No. I mean, you know it's a poor analogy but you got to move on. You got to move on. You're not going to keep looking for it. One thing is to really have people understand what is it they need that apology for, and are they going to delay their happiness trying to get something from someone else.

Sometimes, I have said to clients that they didn't want to forgive something. They were really hurt that their spouse, or their sweetheart, or whomever it was who did something and they end or they have a breakup, and they were just mourning and mourning and grieving the breakup. I'd say, you know, maybe we do a couple of sessions and they really pour it all out. Then sometimes I just get moved to say, "So, let's just set a date for how long you

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would like to really just experience this feeling and get it out, really immerse yourself in it, so that you feel like you've really experienced it, and expressed it, and felt it. Let's just set a date for when you'd like to feel better. Let's just set a date for when you'd like to start dating again. It can be five years from now. It doesn't have to be soon. Take your time. There's no hurry. There's no timeline. It doesn't matter to anybody else really, so just what's going to work for you."

I have found almost always people are like, "Oh, well. Hmm." "Like three more months, six more months, a year. two years, what feels good to you." When you put it that way, people are usually like, "Yeah, I don't want to walk out the door feeling this way. Now! Now! I want relief now!" So, I'd say, "Okay, so are you willing to make some changes now?" Then they're like, "Oh, yeah. Yeah, I am." A lot of the time. But if it's more open-ended, they will keep it going for a long time. I kept stuff going for a very, very long time.

But if anybody had ever said to me, "Do you really want to be having this conversation five years from now?" They'd be like, "Oh, no. I don't want to have this conversation five weeks from now." But there was no one presenting that idea to me so I really thought I'm going to be—I really used to think I'm going to be dealing with this the rest of my life. Have you ever felt that like after a breakup or some offense or slight or fight with somebody, like the rest of your life you're going to carry this load? I see people nodding their heads.

The power of decision—remember that all beliefs and attachments that we have were decision that we made. The power of decision is so strong. Like people who really struggle with money, the decision was made probably in a previous lifetime that money was evil. That was a decision that was made. Money corrupts, power corrupts, things like that. Then that decision is now driving their poverty consciousness in this lifetime. That's the power of decision. So, getting people to decide what's actually important to them now.

Asking the Client What They'd Like

We can definitely go for another 15 minutes or so, because we took all those housekeeping time at the beginning. Do you have a follow up question about that, Angela, or did I really answer your question?

Angela No, I appreciate it. So many nuggets. And I realized the theme, and I don't need to necessarily address it so other people can talk. But the theme both

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people share is wanting to protect themselves from another person, and I'm so curious about how that's within me because it's showing up they can't—and I think of when I was a schoolteacher and you're like, "Oh, I can't control this kid in my class." It's that kind of thing that's showing up, "I can't control my ex-boyfriend from stalking me. I need a warrant. I need the police." Actually, that's both of them, they need the police, so and so.

It's just when you were talking I became clear about what they're sharing and how that's so curious to me.

Jennifer

Yeah. Well, that's what the ego wants to do with everything is control, control, control. It's not possible a lot of the times the things we'd like to control. If it were, I wouldn't have eaten all that popcorn, you know?

Love is our protector from people who are really—their Love is mostly conditional won't get that Love is the protector. You can't really go down that road with them but a good start to talk to with them about what helps them to feel safe. For sure, if they feel that someone is stalking them, I would not discourage them from getting a restraining order and stuff like that because stalkers are no joke. You know, it might seem like it's something that only happens on soap operas and stuff like that, but it's no joke. I've had experiences with people who became obsessed with me. It's weird.

Angela

This is my thing is where my friend's—what I said to my friend is, "Whatever you're feeling—I trust whatever you're instinctively feeling to do, do it. In the world of from, you know? And we can talk like that. It's just so curious when you live *A Course in Miracles*. If you're on the other level, I just know that if she keeps trying to protect herself from the other, that's like a lifetime of trying to protect, so I am just so curious. I think as I'm listening I'm like, "What would heal this at the root," you know? Because it's like I'm never going to say—she's like, "I met with the victim specialist. You know, here it's like..." "You don't want to be a victim but you're meeting with a victim coordinator."

Anyway, this is just why I have a lot of curiosity and is actually very interesting, but that's what I hear. Then I don't say, "Don't do that," but I also—my mind is looking at the root. So, I have to often negotiate that in my mind.

Jennifer

Yeah, one of the best questions in situations like that, Angela, is to really think and help them get clear about what it is they would like as an end result, and are the steps they're taking going to lead them that way, or is it just the only path they could think of.

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I can remember situations where someone in, say, *Year 2 of Masterful Living*, and I've had this more than once that, say, their best friend is somewhat that is also in class with them or very spiritual and their relationship has become challenging with their best friend. And the only answer they can think of is to cut that person out of their life. I've said to them, "Well, how is that actually going to work? You all probably heard me say that, "You're one with them, you're one with them forever, all eternity." I get that you can cut them out of your life in the world of form, but how is it really going to work when you share the same mind. If there's healing that is needed, wouldn't it be more helpful to call forth the healing rather than just say, "I'm done with them."

Had that conversation with multiple people multiple times. Same people multiple times. Sometimes, they're really are just determined to cut that person out of their life. For them, it's emotionally easier. It's not. It's not but on the surface, it looks like it.

We just have to know that what their choosing is their path of learning, that that's the curriculum the Holy Spirit has designed for them.

Angela Thank you.

Jennifer Yeah. You know so much of this world just doesn't make sense. It doesn't make sense. Why is one person is traumatized by this and another person isn't? One person is inspired by that and another person isn't? It's a nonsensical world. Anybody else have—Vanessa?

The Nitty-Gritty on Love Offerings

Vanessa I have a question or welcome thoughts about the Love offering conversation. I had a client that had come to me through the website and she had spoken with you in the *Sacred Circle*. We had—it felt like we had a good connection. At the end of the session, I didn't even think—I wasn't even talking about the Love offering and she said, "Oh, I should—how do I pay you?" I hadn't thought that far, I said, "You know what, I need to hook up a PayPal and then I'll give you that information. So, then we talked about the evaluation, the *Spiritual Counseling Evaluation*. I sent that off to her with the PayPal information.

She sent me some money and then we already booked another session and the first thing that she talked about is her shame and mortification that she wanted to know did I get the money and sorry that it wasn't very much. It

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was less than even what she thought because it was from Canadian to US dollar. I don't know, of course, I could hear the shame that she's not enough. Then she said, "I know this is bullshit but I was mad at Jennifer because of telling me to come twice now. I was mad at you because you guys just want money." She said, "I know that's bullshit." I mean, she knew it. She can hear it and she knew it, and so I spoke about a bit about money as the exchange and the feeling that she's not enough. She's got it and we—I think I had a rich conversation about it. I just...

The next time—I guess I have a question about how to structure that or to follow up with it because I did try and weave it in. We've had about four sessions now. I tried to weave it into the conversation when something else, another dilemma came up which was connected to her sense of shame, she's not enough, she's not bringing her gifts out to the world, just enough, not enough rather. So, I try to weave in, so it's like the Love offering conversation, and I spoke about—other than that, sometimes she sends something in, sometimes she doesn't. I'm just wondering if there are any other ways to artfully talk about that. I just don't have much experience in a Love offering area.

I did say something and then I thought, "Oh, I don't know if I should." I said something about, you know, "Love offering is take it to Higher Holy Spirit. You ask her some guidance. Love offering could be a \$1. Love offering could be you send in the evaluation." I said, "Oh, God, I don't want her to think that she's paying me with by sending me my evaluation." I did say something about evaluations are to help me learn and grow, and also help you evaluate and reflect in the session." I said, "I don't know. Maybe I shouldn't have connected the evaluation with the Love offering."

I just like some any of your ideas or anything else about that area.

Jennifer

Yeah. I have explained to clients about—well, I'll say this. One thing I learned about in recent years, because I like to do my workshops on a Love offering. Because, really, if I'm going to do a three, four-hour workshop, I feel like, "Gosh, it's worth \$100. It's certainly worth \$100." But I go to churches where they are like, "Oh, no. It's worth like \$15, \$20. So, let's do a suggested Love offering of \$20." I'll say to them, "No, let's not make any suggestion. Let's not do that because that's a limitation. Let's just say, you know, 'Love offering. Optional.' Something like that. Or, 'The cost is a Love offering.'"

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In the workshops, at the end I'll say, "I'm just going to invite everybody to turn within and we're going to connect with the Higher Self and just get clear about what is the amount of the Love offering that makes sense for you. What's your guidance?" I like it to do it that way because you're teaching them to tune it. In that tuning in I'll say, "So the ego may have an idea, Spirit has another one. Usually the Spirit is that still small voice that's usually quite quick and comes in." Then you can follow that or not. It's really how it goes. Then you pass the basket in a workshop setting.

In a counseling session, where there's a fee and it's a set fee, I've learned that it's best to take care of that at the beginning. Just get that out of the way so at the end you can pray and then you're done, and there's no conversation about money after the prayer. To take it up in the beginning and say, "Let's just do a bit of a housekeeping so that at the end of the session we could pray, and that's the final thing. We are just marinating in the prayer as we go on with the next thing." People get that and understand that.

I think one thing people could do is—and you know one of the things about offering this counseling program is my personality is one that I will get Divine Guidance and I would just start doing it. I'm not somebody that has to have all the little things in place before I start moving.

It's like if I were going to build a house I'd say, "Well, let's just get the land and decide where we'd like to have the house." Then somebody would say, "Well, we have to have someone come in and survey the land." I'd be like, "Yeah, let's not start with that." Then somebody would say, "Oh, no, you have to do that because you can't even think where to build the house till you know where the sinkholes are and the marshy bits..." I'm like, "Ugh. You harsh my buzz." Because I'm just a creative, inspired kind of person. I appreciate that everyone in the program is willing to fly with me and we create things as we go as people ask for them and things like that.

One thing we could do is we could write a thing about Love offering that when someone books a session with you, you can just send that to them. They could think about it, discuss it or not, it's there, it's in writing, you don't have to necessarily have the conversation again and again. I did have the conversation again and again because usually when it came to—I did so many sessions person to person for such a long time. Now, people have to pay upfront to book a session with me. To most, we have some kind of a relationship where they could book it later. But they can't even look at my schedule now until they've paid for the session. This is the way the system works.

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I used to have the conversation in person all the time with people because people would say, “You know I can’t pay your rate.” I’d say, “That’s fine.” I’ll just ask to make that Love offering so that there’s an exchange of energy and you’re acknowledging the value of the work that we’re doing. It is important for you as it is for me. I’d say, “You are not my source. God is my source. This I know. I am comfortable with that. God and I have a really good arrangement.” That’s what I would say.

I was talking about this in the radio show today that everything I give, I give to God. Everything I receive, I received from God. In that way, if I feel called to really support this one who’s not giving me any money and just received money from this one, it’s still imbalanced because I’m receiving everything. I receive from God. I’m giving everything. I give to God, so it’s never out of balance. That has really helped me to transcend limited thoughts about money.

Saying to people upfront, “We’re doing this session on a Love offering. Towards the end of the session, we can just tune and you can silently ask Spirit to guide you about what the Love offering is to be. Then you can make that Love offering in this way. So just so you know you have to think about that now.” Because a lot of people are worried about what’s a proper Love offering. When almost every time I refer people they are like, “But, Jennifer, what’s a proper Love offering?” I’ll say, “It really is whatever Spirit guides you to. That’s what it is.”

The ego will still get in there but God is still in-charge of everything, this I know. We’ve talked about it a bit before. Angela and Linda have both in their 111, right? You did yours, Linda?

Linda Yeah.

Jennifer What would you say the average was in your Love offerings?

Linda I would say probably \$70 because there were a few that I got nothing and there were—where I got \$100 or more. Yeah, it’s \$70 or \$75 was the average.

Jennifer For an hour’s session?

Linda Uh-hmm.

Jennifer Angela, anything to add to that?

Angela Yeah, I will say between \$50 and \$60 on my average. But what I also know for Vanessa’s question that I still have a couple like where you’re having

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another session and they haven't paid for the prior and kind of have to navigate and not set a price. I have one client who pays me on a monthly. We meet almost weekly but she does like a monthly tithing. I'm like, "Okay, she's kind of grandfathered in when I wasn't really clear. But it's kind of a reach out whether you do or not actually sending. I found the words, and I feel when I find the words, people respond to them. But it's being courageous to put the words as they come to you and request it for everybody's benefit to bring Harmony back.

Jennifer

That's it. That's it. That making that Harmony, that Clarity, that Purity in the relationship, really important. It's like with that particular client, Angela, if it feels a little uncomfortable, it doesn't feel quite clean and clear and open and wide and free, you're doing the client a favor. They will appreciate it if you come back and say, "So listen, I'd like to talk about this and here's where I am with it now. What would you like to do?" Because you're inviting them to step up as well. You really are. And we're always teaching the efficacy of our choices, you heard me say many, many times. I think I've told this story in maybe last year or something.

I have a friend of mine who is a spiritual counselor and he'd been seeing a client for years, you know on a weekly basis or monthly basis. Very frequently at a greatly reduced rate. They've been working together for years at this discounted rate. I don't know. Let's just say at \$30 a session. You know, 10 or 15 years ago. My friend said to me, "Guess what happened to me the other day? This client, you know, I've been giving him a discount for five years and I've been seeing him every week for \$30 a week. He come in and sit down and say, 'Oh, I'm so excited. I'm going on this deluxe trip to Egypt. Whoo! The soul-spiritual trip.' You know, it's like a 10,000-dollar trip to Egypt. I'm so excited." So, my friend was like, "So I'm raising your rate." Yeah. I don't know how you get that that is really not respectful.

I've seen it. I've just seen it so many times, you know, that people will want to do a Love offering and they are telling you they just bought a new car. I mean, and they are like, "I can only do \$10 because I just bought this new car." I mean, it's perfectly—one second, Linda. It's perfectly reasonable to say to somebody that you don't really have time to see them. You could also make up your mind that you only have so much time to do Love offering sessions. Linda?

Linda

Sorry. I just wanted to mention that I did have when I first started somebody contacted me through the website. She made the rounds for everybody that was in there. Angela and I had a conversation about it. When I mentioned to

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her about the Love offering, she said that she didn't understand that Love offering meant payment. In the conversation, she had mentioned me that she made homemade bracelets. She said, "I would like to have another session," and I said, "Well..." Because she didn't have any money that she couldn't send me. I said, "Well, why don't you just send me one of your bracelets. You know, when you decide I would be completely happy with that as a Love offering and we'll set you another appointment."

She never sent a bracelet and we never got the other appointment scheduled. She just fell away. I feel like I did both of us a favor in doing that. I allowed her to purely make sessions with me that she was not paying for and I didn't allow myself to give sessions without some type of compensation. It wasn't about the money. I've had other clients that I didn't get paid, and then I'll just get this check in the mail from I don't even know where for \$50 or whatever.

Jennifer Right.

Linda It's about that that I really do believe that God is my source and I tell people that all the time. It's more of the karma that we're creating for ourselves and the other person.

Jennifer Yeah. Yeah. How about if we make a further clarification that we can put on the website? Language about it that you can also e-mail your clients and I think that's a really good idea. I'm glad you brought it up, Vanessa. I've had clients maybe when I was doing a lot of sessions in my home 10 years ago, 12 years ago. I had clients that were still coming for \$2 or \$5 Love offering, and I also had people hundreds of dollars, even thousands because it was beneficial to them and they appreciated it. It all balanced itself out to me. But it is really valuable and important to be clear and conscientious about it.

Yeah, it's so lovely to be with all of you. Deana, if you can stay on at the end, I want to just run something by you.

Deana Okay. I'll be glad to.

Jennifer I'm going to pray us out. Yeah.

Closing Prayer

Alright. So grateful and so thankful to open ourselves even further to the power and the presence of Love. So grateful to open ourselves to the unprecedented, to the unlimited, to the Higher Holy Spirit Self. So grateful and thankful to open ourselves to the healing that we desire. Sharing the

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benefit with everyone because we're One with them knowing that the perfect clients are coming to each one of us and that we are of the highest service to them. So grateful and thankful for this opportunity to serve the Light, to be in communities together and to spread the Joy, the Love, the Peace and Harmony.

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

Mwah! Love you all. So good to be with you.

Linda Happy Thanksgiving, everybody.

Jennifer Yeah, Happy Thanksgiving.