

*December 12, 2017*



# Spiritual Counseling Training



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*December 12, 2017*

# Spiritual Counseling Training Free Call

## *Opening Prayer*

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Linda        Placing my hands on my heart and taking that deep breath of Love and gratitude. So grateful that we are joining together, overcoming time and space. Grateful to know that we are completely surrounded and supported by all of our loves ones who have transitioned before us, and a whole company of heaven. All the ascended masters, archangels, angels and saints.

We are grateful for our teachers, for Jennifer, for all of our teachers, including our family, and friends, and communities. We're grateful that we are willing and dedicated to this healing work, and that we are willing to share the benefits with everyone because we're One with them. In grace and gratitude, we let it be. And so, it is. Amen.

Jennifer     Hey, everybody! So nice to be with you on this late Fall day as we head to the winter solstice. Yeah!

As you know, this is your time to ask questions, and bring up things, challenges, that you've been having in your counseling. Or wonderful breakthroughs, testimonials. How can I support you?

## *Resolving Irritation in a Client*

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- Linda I was mentioning yesterday in our Community Call that doing one of the exploratory calls-- I've never had this happen during a spiritual counseling call, but I was just curious as to what your suggestions, or anybody else's suggestions, might be. I had somebody that was very agitated and irritated the whole time I was speaking to her. She was a minister already, trying to decide what *Masterful Living* would do for her beyond what she's already done.
- I was able to focus on knowing her as the Love of God, and just explaining to her the benefits that I've received doing it, and that we do have other people that are ministers and counselors in the program, and that they have also received benefits. But I was just curious as to what you might suggest, or anybody else, if they have any suggestions.
- Jennifer Suggestions in what sense? Can you be a little more specific?
- Linda Well-- and maybe it was my attachment. I could not seem to turn the conversation around so that she was not seeming irritated and frustrated.
- Jennifer Got it. Yeah. It happens sometimes. Anybody else ever had a client be irritated throughout the session, or certainly, in the beginning of the session? Just--okay.
- Shelia I've actually been the client that was irritated and needing to vent.
- Jennifer Alright! When you were in that experience, Shelia, were you irritated because of the counselor?
- Shelia No, of course not. It was the situation. I've also been in one where I was crying uncontrollably, and Lorri Gifford was perfect! She probably could answer this question.
- Jennifer Yeah. When you tuned into her energy, what was the feeling that you had about what was the cause of her upset?
- Linda The sense that I got was that she was getting guidance to join the class, and that she had experienced where she took other classes and workshops and didn't receive any benefit that made a difference for her. It was--the sense that I got was like when you have guidance from Spirit and you don't want to do it. You don't want to follow it.
- Jennifer Yeah.
- Linda So, she was trying to talk herself out of it.

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- Jennifer Mm-hmm. Mm-hmm. Let's all just put our hand on our heart and turn in here, and ask Spirit to guide us to that energy that was being experienced by Linda and this person yesterday. We're just asking Spirit to tell us, "What's it about?"
- What did anybody get? You can just unmute yourself and go for it.
- Elizabeth I got that the lady was hostile. That was the word that Linda used yesterday. Hostile, and that she was venting that hostility, which had nothing to do with this program or Linda. It was something else. She was just venting. That's what I got.
- Jennifer Okay. Great. Who else got something?
- Shelia?
- Shelia Perhaps she's frustrated at herself, at her failures, and not believing that it can happen for her.
- Jennifer Right.
- Shelia She's "one-it and done-it" and hasn't made it work so far. My thinking is she's frustrated at herself.
- Jennifer You're using the word "perhaps". Did it feel to you like this was what Spirit was directing you, or you were just trying to reason it out with your intellect?
- Shelia Heard it loud and clear. She was frustrated with herself, that she's done things before and she's not had what, she appears, to be success in the world.
- Jennifer Okay, great! Why add the word "perhaps"?
- Shelia I'll trust that it's Spirit.
- Jennifer Yeah. What I got from Spirit was "or something like that", instead of "perhaps". Because "perhaps", to me, feels like you're guessing. It's conjecture.
- Shelia Got you!
- Jennifer Yeah. No, no, no. I mean, that's what this forum is for, is we learn from each other, and things like that.
- Who else got something? Lorri? Then Tammy.
- Lorri There was an equal mix of hope that it would work, and fear that if it did work, she's been guiding her flock the wrong way this whole time.
- Jennifer A-ha! Alright! Thank you, Lorri.

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- Tammy?
- Tammy I got fear, too. I felt fear. Similar to what Lorri felt, but it's the ego's way of resisting what might really be good for you, if you allowed it, but don't have acceptance for, because you're not worthy.
- Jennifer Say it one more time.
- Tammy It arises out of fear of being unworthy to receive the benefit of it, and thinking that, somehow, we're inherently exempt from what God wills for us. Just non-acceptance.
- Jennifer Mmm. Good. Thank you, Tammy.  
Anybody else? Deana.
- Deana Looking for an answer that she wasn't getting, and it was frustrating her. She wasn't hearing something that she was needing or wanting to hear.
- Jennifer Alright. Thank you, Deana.  
Any other--? Linda.
- Linda I actually got, while I was tuning in like that, part of it was my--the frustration that I had been feeling the week before, and seeing that I was able to hold space for that anger, and frustration, and hostility for someone else, that I could also do it for myself. And alerting me to the attachment to turning it around, from hostility, or frustration, or anger to something that I find less offensive.
- Jennifer Yeah. Beautiful. Alright.

## *Using Intuition for Guidance*

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- Does anybody have any insight, any intuition--so, not trying to just give suggestions based on our history, but based on our **intuition**, of what we're feeling. Do you have any guidance about what would have been helpful in that situation?
- Phil, did you want to share something?
- Phil Sure! I think what had come up for me was the opportunity to really express compassion, and also be able to know that it's all perfect. It was a perfect situation where Linda got an opportunity to develop the muscle, and also show compassion to herself and to the other person. The other thing is, just because she's a minister, it doesn't mean she should be perfect in how she expresses herself.
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- Jennifer Yeah. Mm-hmm. Yeah. That's good.
- Linda Which is another reflection of how I was feeling last week, as well.
- Jennifer Yeah.
- Linda Like a spiritual student and teacher should not have these thoughts and feelings, and be feeling this way.
- Jennifer Yeah.
- Linda She's reflecting me.
- Jennifer There you go!
- Linda Yeah.
- Jennifer Our clients bring us our issues.
- Linda Mm-hmm.
- Jennifer Ronnie?
- Ronnie Something that's been in my mind, and has been brought up as Linda was talking, is something that Angela said yesterday in our *Finding Freedom* Circle. That is, to listen to the words, not the tone.
- Jennifer Mm-hmm. Mm-hmm. If you were to do **that**, Linda--that's a great one, Ronnie--Linda, if you were to do that, does that change anything?
- Linda Well, I feel that I was listening to her words, and responding to her from the words, and not from the feelings that I was receiving from her. At the same time, I'm also guided, now, to reach out to her again. Through e-mail, because I don't want to seem intrusive, but just reach out to her again and see if she has any more questions or any more concerns, or if she would like to chat some more.
- Jennifer Great! We can talk about that before you do that.
- Linda Okay.
- Jennifer Based on what we're talking about here, would anybody else have any suggestions of something they would do differently in the session, or something that they might try, based on your intuition?
- Kal.
- Kal I was recalling, when you asked that question "What came up?" was actually a session I had very recently with Connie, because I was in a place this past week that I'm out of now, thank God. She had mentioned during the--I was

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totally in ego that whole session, and Connie just stayed present with me, and she said--I recall one thing that she said was-- she actually identified, or she asked, if the feeling I was feeling was irritation. And even though I was feeling irritation, I wasn't identifying with that word, and I hadn't even gotten to that place. I was just feeling so much irritation, and frustration, and anger, but really underlying it **was** irritation, and that was just really helpful for her to identify that for me. You know, check in to ask if that's what it was. So, the validation was really helpful.

Jennifer Beautiful! Good work! Yeah. That's wonderful.  
Anybody else?

## *Learn to be a Good Receiver*

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One of the feelings that came to me as Linda was describing it, and as I was tuning in, was that ministers often have a difficult time receiving. It's not comfortable for them.

One of the things that I, personally, have had to really work on, and which I sometimes talk with some of you about, is being a good receiver. I do talk about this in *Masterful Living*, as well. Because in order to really be in balance, and be in the flow of Love, we have to realize that we have to be excellent receivers as well as givers. If we're not so good at receiving, but we're better at giving, we're going to become depleted. We're going to live in lack and limitation. There's just One Source of all. Everything we give, we give to God. Everything we receive, we receive from God. Whether it's a person, or an animal, or a company, or the earth. Everything we receive, we received from God. Everything we share, we give, we give to God. There's just the One. We can't out give God. That's never going to happen.

But what we **can** do, is we can block the flow of God in our life. We all have experience at that, and we know it. We're here to demonstrate being awesome receivers. When we're in a session, we're receiving insight, Wisdom, intuition, guidance. We're receiving, receiving, receiving.

When we're in a counseling session, we become very aware of being in extreme receptivity. While it looks like we're giving, it's more like we're just the pipeline, you know. It's more like we're just taking this incredible Giving-ness of God and focusing it in to this person here. We're receiving, and we're passing it right along there. There's an exchange of money, and

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things like that, but mostly we're really in this receiving and giving it right away, immediately. We're in this flow position.

In that great receptivity as counselors, we're being healed. Because we're receiving the Love of God, and extending the Love of God, through compassionate listening. We're being healed by it. You know that, right? The more you do it, the more you know it.

Unless you're doing it from a depletion point of view. One of the books that I recommend that everybody read is that "Spiritual Journey of Joel S. Goldsmith", by Lorraine Sinkler. Did you all read that? I'll put the link in the Facebook group. Some of you have read it. Hands raised, who read it?

Lorri                   What's the name of the book, Jennifer?

Jennifer               It's the "Spiritual Journey of Joel S. Goldsmith". Yeah. We read it in *Year 2* in 2016. That's why those folks read it.

Did you notice anything about Joel's life as he went along, at the end of his life, the last 10 years or so? Do you remember what happened in his life? He became a workaholic. He was working incessantly, and he exhausted himself. He depleted himself. I suspect that he moved into a place of thinking that **he** was the one that was doing it, and less that God was doing it. Something happened in there to his giving and receiving mechanism.

I understand that. I understand that, because I've been in a very big giving and receiving--like, really keeping it in balance has been challenging for me over the last few years. I'm getting better and better in staying in balance, and I have to pay attention to it all the time. Every day. Every day, so that I can give as much as I'd like to give.

## *Importance of Feeling Your Feelings*

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Ministers are givers. Sometimes they're not very good at receiving. People who are freaking out and melting down come to ministers for Love, and compassion, and support, and guidance, and assistance, and help. But who do **they** go to when **they** are freaking out, and they're melting down and they're--right?

One of the things that I feel that's important for me to teach, is that we can't pretend that nothing's bothering us. We can't pretend that we're not feeling afraid. We can't pretend--I mean, it's one thing if you're giving a sermon and you're worried, and it's freaking you out, that you might wish to not talk about it in that moment.

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I've had situations where I was teaching, and I've said "I'm just concerned about this. I'd like to get this taken care of, so that it's not on my mind anymore." I've done stuff like that. I have a **massive** capacity to--like, the house is burning down, and I can be calm. I just have a massive capacity for that. But I think it's unusual. Most people start freaking out, and then their mind is scattered, and they can't think clearly, and stuff like that.

Someone who's used to being the go-to person, now for them to be vulnerable, and look at their stuff, and talk about it with you, and they don't even know you or trust you yet--that could be really upsetting. It could be really upsetting. It could be mixed in with a lot of self-judgment. It seems highly likely, a lot of self-judgment, that the minister should not be in this position of needing any help, something's wrong with them that they need help. Yet, they **do** know they need help, and they can't pretend that they don't need it anymore.

Maybe one of the things we can do is to have more testimonials from ministers on the page to show "This really helped me." We could certainly do that, and maybe make a note of that, Linda.

## *Supporting Ministers*

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I was sharing this with Sue, who's not here today-- Sue Olson, who's a part of our program-- that years ago--gosh, it was a long time ago. 11 years ago, maybe? I was in a meeting with Reverend Michael Beckwith, who was my minister for a long time, my teacher. He offered to pray for my ministry, as I was graduating from ministerial school. In the prayer, he said that he saw a field of gold with two large diamonds on top of each other, spinning in this field of gold.

At the end of the prayer I said to him, "You know, Reverend Michael, I've heard you pray literally thousands of prayers. I don't think I've ever heard you call out imagery before in a prayer." He said, "Yeah. It doesn't happen very often, but I saw very clearly a field of gold with two huge diamonds, one on top of the other, and they were spinning in the field of gold." I said, "You know that feels like to me? Is that field of gold is--" I don't know if I said this to him at the time, but for those of you who have done the work with the Sacred Flames, the Resurrection Flame is a golden, iridescent flame, and it has to do with the ministration of the Love of Christ, the ministry of the Love of Christ, being a minister in the Love of Christ. It's not the Love of Jesus, it's the Love of the Christ Presence, which we are.

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So, to me, that field of gold was that Resurrection Flame energy, a ray energy. The two diamonds were—I was the lower diamond, or this ministry is the lower diamond, and the upper diamond is all the ministers and healers that we can serve. Those are the two diamonds. I told him, I said, “I think that’s what it is,” I said, “because I have such a strong passion for supporting the people who support the people, and really, particularly, helping ministers.” He said, “Well, that’s good, Jennifer. Because boy, oh boy, they need it! They need it **so much!**”

I used to be the host, which was more of an administrative position, of the Minister’s Breakfast that he would do at our annual conference. I would be managing the logistics. I wasn’t leading it. He was leading it. I did that for a number of years with him. The breakfast would be about two hours long, something like that. There’d be, oh, a hundred ministers in the room. I don’t remember. Something like that. He would give each one a chance to say whatever they’d like to say about what was going on in their life.

I would say that 70% of them were sharing that they were suffering. That they were frightened, that they were worried, that they felt alone, that they were struggling with their Board, with their congregation. Very challenged and feeling on their own. That really struck me. It really struck me. And yet, I did not feel moved to be a part of the Science of Mind organization or the Unity organization in leadership there. Spirit did not guide me to that. I thought, “Well, yeah, I’d like to do that.” But Spirit, ten different ways, basically, said, “Get out! Get out! Go do your own thing!” So, I’ve followed my guidance.

## *Discomfort With Our Vulnerability*

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That’s the thing to know about a lot of times. Has anybody done a session, a counseling session, with a professional counselor who was maybe a bit of a know-it-all, or tried to make you feel small, or anything like that? Tammy is, Linda is, people are nodding their heads. Yeah. It’s their vulnerability that’s doing that. They don’t feel comfortable being in a vulnerable position.

We can’t say, “So, I sense that you don’t feel comfortable being vulnerable.” You know, I think they’d probably reach through the phone and grab you by the neck if you said that. Or by the hair, or something. But I do feel that it can be helpful, not always, but you have to feel it. You know, you have to really be listening to Spirit, to say, “You know, I’m going to pause here for a moment, because I have a sense that there’s something really bothering you,

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that's really up and available to let go of. Something that's--you know, maybe it's just a little irritant, or something going on, that we could just bring it up and out, and I definitely--"

For me, I say things like, "I've been the queen of judgment, and irritation, and frustration, and condemnation in my life, so it doesn't bother me at all. I would just like to give you the opportunity to just put it out there, rather than not address it. It's okay if you don't feel comfortable, if you don't want to. It's no big deal to me. But you might feel better if you can just say, 'You know, this is what's bothering me.'" See where that goes from there.

I'm just asking everyone who's here if you were in that minister's situation, do you feel that would be helpful to you? Would that be threatening to you? Anybody?

Tammy.

Tammy I think it would be helpful, because sometimes I'm reluctant to trust my own intuition and thoughts about myself. In fact, my ego is so untrustworthy for--my ego's untrustworthy. Sometimes it's very helpful for someone to--maybe it's a prompt. It's a prompt.

Jennifer Yeah. I think if we say, "Would you like to tell me what's bothering you? You don't have to, but if it would help you clear the air, and be able to focus more, we could do that." Could you see them, Linda? Or were they on the phone?

Linda It was on the phone.

Jennifer Mm-hmm.

Linda I'm also getting that if I reach out to her again, maybe what I would say was, "At the time of our conversation, I was just beginning to move out of a place where I was feeling agitated and frustrated with the situations in my life. I have the sense that I may have been projecting that onto you, and I would like, if you are open to it, to have a second chance at a conversation."

Jennifer Do you **really** feel that's true, in that moment that you were projecting it on to them?

Linda I don't know that I was projecting it on to her, but I definitely can see where it was a mirror being put in front of my face, of what I had been feeling the week before.

Jennifer Yeah. Because if you were projecting it on to her, you'd be saying, "I thought you were irritated, but it really was me."

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Linda Okay. No, I guess I'm not clear on the--

## *Holding the Space*

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Jennifer Yeah. Maybe--I'd like to go back to the question of "How would you feel if you were in a session and you were feeling irritated, for any of the reasons that we've mentioned. Maybe the reason that you intuitively got. And I, as a counselor, said to you--or Linda, as the counselor, said to you, "I sense that there's something bothering you. We don't have to talk about it, but if there's anything you would like to say about that, we could just get that addressed."

Lorri I like it. I like it. Because if I was feeling irritated, and a counselor said that to me, one, they're really listening. Two, they're giving me the option to talk about it or not talk about it.

Jennifer Yeah. That's what I've learned. Me, I'm a smarty-pants. I can only work with a counselor who is at least as smart as I am. Because if I catch them not catching me, then I'm like, "Ugh. No! I can't work with them. They can't help me!"

God gives us the perfect person. Everything is perfect. For sure, Linda didn't do anything **wrong**. There's nothing **wrong** that she did. And, there's nothing wrong that the minister did. Everything is **always** really, really perfect. It's not always really, really fun, though, as we well know. As we **well** know. It's accepting the perfection in the moment, and it's also letting it be okay, whatever it is. It's okay.

That's one of the things I've learned. I was--it happens all the time that someone will come to me, like in doing workshops. I just did a bunch of workshops over the weekend at Sue's church in Buffalo. If somebody comes to me on the break, and they say, "Do you mind if I ask you a question?" I don't mind. Then they start crying. Then there's the ugly cry, with the Kleenex and everything. Then they're like, "I'm so sorry. I just didn't mean to do this to you." I just say to them, "I'm so used to it. It's fine. I don't mind at all. It doesn't bother me. I'm used to it!" People come to me and they break down and they start crying, and their nose starts running. All of that. I'm used to it. It's totally--it's the world in which I live. I don't freak out. I don't tell this to every person. But it's just, "I don't freak out. I don't get worried." But I used to, when I first started counseling people.

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As God would have it, I had a client—I used to have clients who would come every week, or every other week, and stuff like that. I had a plethora of clients who would come, and just go through a half a box of Kleenex. They'd fill up my trash can. We'd laugh about it. At the end they'd be like, "Oh, my God. You have to empty the basket every time I come," and stuff like that. They were like, "Oh, I should reimburse you for the extra Kleenex," and stuff like that.

Really, really being okay with everybody's emotions is great. We're also being trained that we're not fixing anyone. We're not trying to change anybody's mood. We're not even trying to change anybody's **mind**. We give that job to the Spirit. It's **their** job to change their mind, working with Spirit. We're there to be this field of Love that's completely accepting, but also has some experience about how to work with the mind, and how to open the heart. But we're not telling anybody what to do, really.

## *Helpful Questions When Irritation Arises*

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I find it's **so helpful** when somebody can just let me be how I am. I'm irritated now, and it's not wrong. You're not trying to change my mind or make me feel better. I don't know about the rest of you, but when people try to make me feel better, it feels disrespectful a lot of the time. Not always. Not always. There's a difference between trying to make me feel better and trying to comfort me, right? When I'm irritated and frustrated, someone trying to talk me about it feels disrespectful to me, because my ego has a very good reason to be irritated. Don't make me explain it to you, because then I'm just arguing for my irritation. **Really important.**

What are some things that we can--what are some questions, open questions, that we can ask when our client is in that place of--whatever's coming up, is making them feel angry? They're feeling irritated. They're feeling frustrated. They're feeling hopeless or helpless. What are some questions that we can use to help them move through it? What are some open questions?

The obvious one, "Would you like some chocolate?" But you're on the phone, that's not going to work. Kal.

Kal "Where in your body are you feeling this?"

Jennifer What does that question do for you?

Kal It can help the client tap into the visceral, the physical experience, of that emotion, and it can even help them identify it. Then they can work in that

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area to move through it, and even see where it's moving in their body. It can help a big release. I've seen that many, many times with myself, and clients.

Jennifer Yeah. Mm-hmm. Yeah. Good one.

Lorri?

Lorri I've used "When you have felt this way in the past, what has been supportive to you then? What has helped you move past it then?"

Jennifer Yeah, that's another good one.

Deana.

Deana Okay. One of the most powerful questions for me, and I haven't done a whole lot of counseling, but having been counseled or just in the teaching, and the things we've learned from you, is "How would you like to feel?" That has been a tremendously, **tremendously** helpful go-to question for me. Perhaps, I haven't been with the highly irritated—I do work with highly irritated public, but it's not—they're not coming to me for counseling, so I don't know if it's the same thing. But with them I just listen and let them get it all out of their system, and I empathize with them, so they feel heard. I'm not sure how it's going to be when I meet somebody who has that, in a spiritual counseling. But I do know, for me, it just all seems to go back to how I'd like to **feel**. And when I can get there, I can work my way back out.

Jennifer Good one! Yeah.

Linda.

Linda I just got the idea to ask the client if they would be willing to have a dialogue with the feeling, and talk to me as if I am where that feeling is coming from.

Jennifer Yes. Ronnie?

Ronnie What about just asking them how they feel right now? To see if they know how they're feeling.

Jennifer Mm-hmm. Yeah. Another good one.

I'm going to invite you all to think about this for a second. You've all heard me talk about how anger is a surface emotion. It's a symptom that alerts us to the underlying cause, which is some kind of fear. It's usually some kind of fear of being hurt, or attacked, or wounded, in a way that is reminiscent of something that they've experienced in the past, that they haven't healed it yet. They're still protecting the wound, protecting the hurt. The soft spot.

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## *Frustrations Are Really Fear*

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That's what the fear is. The fear is they're going to be wounded again, or they're helpless and they're unprotected. Something like that. That's what the anger is really about. Irritation and frustrations are really--it's an anger. It's a kind of an anger. Right? It's a low-level anger. Ken Wapnick, who I never studied--actually, not Ken Wapnick. In *A Course in Miracles*. I think Ken and I talked about it when I had interviewed him on the radio show. In *A Course in Miracles*, it tells us that that slightest irritation is really the same as a murderous rage. They're of the **same nature**.

If we think about somebody being really, really angry, it's helpful to let them **release** it. It's not always comfortable to **be** with someone who's releasing anger, right? A lot of times it's like, "Oh, look at the time! I just remembered I need to get my tires changed, and the garage is closing." Or whatever. You know, we just want to run away from it, because it's frightening, and it reminds us of when somebody in our past got angry, usually when we were a child, and it started us. It frightened us, and we didn't know what to do, and we felt helpless and overwhelmed.

If you think about that, that this anger is a defense against their woundedness, it's a defense against their fear. In that moment of experiencing someone's irritation in a counseling setting--and maybe in a relationship setting, too--to be able to say, "It really feels--I can really feel you're bothered right now. If you'd like to tell me about that right now, just so I can hold it with you for healing, for transformation, I'm here for that. We can do that and get that done and out of the way before we continue to what you'd really like." Because I know, sometimes with a client, they're hearing "Tick. Tick. Tick. Tick. Tick." And that "Tick. Tick. Tick. Tick. Tick" is their money, and they're like--maybe part of their irritation is they're realizing, "I'm not going to be able to get everything done I want to get done in this session, and then it's going to cost me more money. I don't have any more money for this. Money is my problem." All kinds of things like that. There can be all kinds of stuff like that that's happening in a person.

Just asking them, "Would you feel comfortable telling me what's bothering you? Do you have any sense of what it is?" Letting them get that out, and then not trying to fix them, or change their mind--that's **really important**--but just letting them tell you, "Well, I'm really irritated because--" whatever. Then they're going to start to feel better. Because it's like if you've got a pot that's boiling over, and you take the lid off, it doesn't have to keep boiling

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over. It can just boil fiercely, but it's not going to boil over anymore. Do you know what I mean? That just gives them the chance to take the lid off.

Then **maybe** you could say something about "Does it seem like maybe there's a fear in there? Is this a recurring thing for you?" Because chances are, it is all of those things. You asking those questions can help them go right to it. Then that will help them--you know, some people will feel threatened by that, so you'll notice that, and be listening to Spirit the whole way of what questions.

## *Tuning into the Body*

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I find--I loved Kal's suggestion about asking where you feel it in your body. But a lot of people aren't that in tune with their body. Some *A Course in Miracles* students might kind of back away from that. "This isn't about the body. All healing's at the level of the mind." I'm just mentioning that, because I felt it come up. If you're going to do something like that, because I've definitely done that in many sessions, but I usually preface it with saying something like--and not that you wouldn't, Kal, but just for those who maybe it never occurred to them to do something like that.

I would say, we could have a whole class on doing something like that. Because if you're not familiar with it-- or maybe you want to bring something to Kal and she can demonstrate it for you, and you have an understanding of how it feels. You could do it in a Community Call, too, or we could do it in a class. I usually start with "You know, I'm getting guided to work with this in a particular way, and so I wonder if you'd be willing to try something a little different. That is, I'll start with asking you, 'Is there anywhere where you could feel that the anger is kind of located in your body? Does that make any sense to you? Does that feel--can you feel that at all?'" It could be anywhere. It could be in their wrist. It could be in their foot. It could be in their butt. It could be in their head, shoulder. It could be anywhere. There's no particular place where it might be.

Then to take it from there, and to say, "Because I've found this can be really helpful for some people. So, do you feel like you're willing to give it a go?" I approach things like that, when I kind of go out of the normal, "We're just going to talk." If I am going to say, "Would you be willing to try something? I'm getting guided to ask you to close your eyes for a minute, and let's look within." Rather than just telling them to do something. "How would you feel about this? Would you be open to that? Would you try this?"

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I often preface it with things like, “I feel guided to do this.” Because they’ve got some level of trust with me, particularly me, already. It helps them to know, “Oh, she’s guided. She’s not going from a textbook. She’s going from some guidance. There’s some spirituality happening here.” That can be very comforting to people, as well. It helps them to relax. You become more of an authority than just someone who they don’t really know, and it’s strange, and what’s spiritual counseling, anyway? Things like that.

If I’m going the route of --which mostly I would. If I’m going the route of someone’s irritated and frustrated, say, “I’m sensing this irritation, this frustration, is something we can address and clear. Would you like to do that?” Because it’s **their time**. It’s **their time**. **They’re** the client. “Would you like to do that? Would you like to put your attention on that?” Because sometimes people come--you know, they book a 30-minute session with me, and they want to heal their relationship, and their finances, and their stuff with their boss, and their mother, in 30 minutes. Fortunately, I’m that good. Just kidding.

Getting that stuff out of the way is helpful. “Can we just--would you feel comfortable if we just addressed that? It feels like it could really be helpful to us in this whole session.” Well, they’d like you to have that kind of sensitivity, and authority, and Clarity, and willingness, and that you’re not backing away from them. You’re not taking offense. You’re not bothered by it. You’re not intimidated by it. That is **really** helpful to them. Then they can relax. Right?

## *Providing Comfort to Anxious Clients*

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Think about it in a certain sense of like, you’re being in the dentist chair. Do you want to be in the dentist chair with someone who doesn’t really know what they’re doing? **No, you don’t**. You want to get the hell out of there, and you don’t want to open your mouth and let them put their fingers in your mouth, for sure. You don’t even want to lean back in the chair, right? You don’t even want to lean back in the chair, never mind open your mouth. We’re kind of asking them to lean back in the chair and open their mouths. For a lot of people, that is really not a comfortable thing, a position, to be in. Respecting that is really valuable and important.

Then, I think it was Deana that said asking them what they’d like. Was that you, Deana, that said that? In the process of them telling me what the frustration is about, and addressing that, once you get all that out on the

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table and everything that they don't like, and that's bothering them, then say, "Okay. Yeah. I really get that. That makes a lot of sense to me. I feel that. I understand it. So, let's be clear. What **would** you like? You don't want that. What **would** you like?" Then you're getting them into the expansion and holding a vision.

And **then**, it's how do you get from where you are to there. You're going to get there by spiritual means, but then it's really about "What are the thoughts that don't serve you? The beliefs?" That kind of thing.

Did you want to share something, Deana?

Deana When you brought up the dentist story, it reminded me of something, that when I go to the dentist, I have dentist phobia, or something along that line, or claustrophobia. I had to learn to sit in the chair, and then tell my dentist that I had fear, or trepidation, or anxiety, and then to tell them, basically, what would help me. Usually what I'll say—because you know, your mouth is—you can't talk when you've got their hands in your mouth, and all that going on. I tell them before hand, "Just tell me what you're doing."

It struck me that if a person had that kind of vulnerability and sensitivity sharing emotions, that if the dentist doesn't tune into my anxiety I have to share with him. But we can tune into our clients, and see if we recognize through a frustrated voice or irritation, and then we could think of them like that, and try to set them in comfort, and find out how they—I guess you'd have to feel your way through it a little bit, but it makes such a world of difference to me to have my dentist know that I have high anxiety.

Jennifer Yes! Yeah. Yes.

Deana Otherwise I might leap out of the chair and run. Seriously. I'm helping **my** head.

Jennifer Yeah. yeah. I totally understand. I do. I can relate to that. I don't have the same feeling, but I'm so sensitive that—yeah. Just having someone put their hands in my mouth is very unnerving to me. Yeah. I have dentists in many different places. Yeah. Yeah. Thank you for that, Deana.

Alright! This has been great. Helpful. Has it been helpful to you, Linda?

Yeah. I think what I would do, if I were you, is to e-mail her and maybe say, "When we had our call—" I wouldn't call it a session, I'd call it a call because it was one of those exploratory calls. "We had our call, I sensed that something was bothering you. I don't know if I feel like you got all your questions answered, and I'd like to make sure that you did. So, if you would

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like to have another call, if you've thought of any questions since then, I'm totally open to do that. Here's how you book the time." You know what else I would say? "And if you'd rather talk with someone other than me, and ask them and get another person to answer your questions--" I'd would just gently be like--it's kind of a way of saying "And in case it was something about me that irked you, then you could talk with this person," and make it--facilitate that, happening.

Yeah, but just acknowledging that you get that something was bothering them, and you just want to make sure that--Yeah, but not taking it on, because it's not your fault, obviously. Even if you were doing something heinous, like eating popcorn during the session, and it irritated them, and they couldn't bring themselves to say it, it's still not your fault they got irritated. That's on them.

We're at our time here. I hope this answered other questions you might have had. I would like to take some time, if anybody's interested, if anybody has questions about the affiliate program. We can take some time for that now if you would like.