

The Case for Spiritual Counseling

Lots has been written about spirit—what it is and what it isn't.. To me, Spirit is that part of you that makes You, You. It is difficult to distinguish from our souls. It is also that part of you which is connected to the Larger Spirit, what many people call the Divine , Source, or God. And it is that part of you that all humanity shares.—the other True Self in each one of us human beings. To be specific, it is that part of us that loves nature, hopes for love, is creative and unafraid, and longs for truth, justice, and peace.

So, when I am thinking about Spiritual Counseling, I am affirming that part of ourselves which is our True Self . That part is not the same as personality, though it may contain our Archetype, as Jung describes them—our basic skill and mental/emotional inclinations. (See) For example, I will always be athletic, spiritual, creative and outgoing. Anything that pushes those natural impulses to the background is something that covers up my share of Spirit and True Self.

And, I am affirming that life experiences can hurt or wound our True Selves, or encourage that self or spirit to emerge and be strong.. Nature, experiences of love and mercy help us continue to hope, talk to God and try again with our real selves. When hurt or wounding happen, the True Self is presented with choices. If we forget to include Spirit or God in those choices, or live in the world as if this is all there is, our choices are limited to the hurt and our reaction to it. Limiting beliefs, resentments, anger, triggering behavior, shame, destruction of hope and faith, projections of blame are just some of the possible reactions to hurt or wounding. Some reactions become so embedded in us they become unconscious and remove the volitional element to our behavior.

Spiritual Counseling is about revealing the behaviors we have engaged in to cover our hurt or defend against further hurt. Many times we don't even realize we are covering or defending: the world tells us that this life is all there is, or that love, hope, forgiveness of ourselves and others is too idealistic. We end up adapting to our disappointments and hurt, instead of seeking help.

But the Good News is that God exists and is a great lover of our souls. Mystics of all faiths—sometimes in terrible circumstances—confirm the joy and sweet love they feel from God even in the midst of suffering.

The goal of spiritual counseling is to find this connection to God, to reveal and reunite our True Self and Spirit To the Universal Spirit, and to live from that love.

We are slowed down sound and light waves, a walking bundle of frequencies tuned into the cosmos. We are souls dressed up in biochemical garments and our bodies are the instruments through which our souls play their music.. Albert Einstein