

COUNSELING GUIDELINES

Spiritual Direction and Intuitive Spiritual Counseling

“By channeling the flow of grace and guidance to another, we recognize that guide and seeker will both convey and receive blessing and both will be transformed by the experience.”

Rabbi Howard Avruhm Addison

Holos University describes the Spiritual Director and Intuitive Counselor as one who provides the spiritual seeker with information and an opinion and who may facilitate various experiential exercises in order to evoke meaningful personal insights about personal spiritual direction. And, as Rabbi Addison so aptly states, both are blessed in this exchange.

The purpose of this document is to outline the various approaches of intuitive and integrative spiritual direction that are supported by the Holos course of study. In the Spiritual Director’s program, students complete a specified course of study to receive either a Master’s in the Spiritual Direction Track or a Certificate in Spiritual Direction. Spiritual Directors using these approaches may use a variety of supplemental titles under which to work, among which are Intuitive Counselor, Spiritual Healer, Intuitive Consultant, and Spiritual Coach.

There are four main components to the Spiritual Direction approach suggested by the Holos course of study:

- 1). Dialog, derived from the basic Socratic method.
- 2). Facilitating intuitive insights.
- 3). Sharing intuitive impressions.
- 4). Guidance towards choosing Spiritual self-help exercises and experiences.

DIALOG – Acting as a Dialoging Resource

Dialog does not consist of delivering direct advice, analysis, or diagnosis of a problem. The purpose of dialog is to open persons to their own inner guidance and insights. The most famous proponent of this subtle art was Socrates, and it has proven to be a useful tool for personal growth and education since very early times.

Roberto Assagioli, in his book The Act of Will beautifully outlines this ancient method of consultation. The following four steps are paraphrased from page 161. The consultant can help by:

Assisting the person to formulate clearly the problem to be deliberated upon – the question to be solved – by assembling and working out the relevant and useful data and information, and then by coordinating that data in such a way as to pose the matter in its clearest possible terms.

- Dialoging to help the person to see that due consideration is given to the points of view of others who are involved in the situation (Spouses, children, other close relationships).
- Directing the person’s attention to the potential consequences of the various possible choices and by illustrating (using various chosen models such as archetypes, astrological patterns, or the IC Integration Chart) how the law of cause and effect is likely to respond to one’s actions. This includes both consequences of outer action and consequences of inner attitudes, thoughts, and patterns.
- Dialoging with persons concerning possible interpretations of the impressions and indications that they have received from the unconscious and especially from higher intuitions. The Spiritual Director does not diagnose or do any sort of psychological assessment. Persons who seek counsel with a Spiritual Director may be referred to a licensed professional if the Director feels the presenting issue warrants this type of expertise.

FACILITATION OF INTUITIVE INSIGHTS – Acting as a Facilitator

Facilitation of intuitive insights can be perhaps the most direct and effective of all approaches, particularly when combined with the dialogs mentioned above. This approach has spawned the multitude of innovative self-help workshops that have become popular since the 1970's. Many methods fall under this category. Among them are Past Life therapy, Inner Counselor Process, various approaches to guided imagery and visualization, guided meditations, kinesiology, biofeedback, and dream journaling. A facilitator needs to be mindful of the following:

Be a guide on the side, not a sage on the stage. In other words the best approach is one that encourages the persons with whom you are consulting to arrive at their own personal insights and guidance.

There is always a spiritual component in holistic healing. The degree of one's connection with higher consciousness is a great determinant of the success of an approach. In this sense, both the consultant and the person are helped by a connection with Higher Consciousness.

Approaches that utilize and strengthen a person's volition (ability to make balanced choices) have the greatest healing potential.

SHARING OF INTUITIVE IMPRESSIONS – Acting as an Intuitive Consultant or Counselor

Intuitive Counselors have various ways of assessing subtle information concerning others. Their insights can be extremely helpful in providing new points of view and information to others in regards to a physical condition or life difficulty. When sharing these impressions it is important that intuitive consultants do so in the spirit of supplying impressions, not facts. It is up to the consultee to use the intuitive impressions given in a consultation in an intelligent and thoughtful way. As with any consultation, decisions based on the information or opinions received are the responsibility of the consultee. The Intuitive Counselor:

- Makes no promises
- Does not diagnose a medical problem
- NEVER tells consultees that they have a serious or fatal illness
- If sensing a serious problem, urges the consultee to arrange medical evaluation
- Guides to assist consultees in emotional/spiritual insights
- Encourages consultees to take positive steps towards comprehensive body/mind/spiritual approaches to health.

GUIDANCE TOWARD SPIRITUAL SELF-HELP EXERCISES AND EXPERIENCES

The Spiritual Director is encouraged to:

- Become familiar with and honor the religious orientation of the person seeking direction.
- Have a competent knowledge of a variety of experiential exercises that can be offered to persons seeking spiritual direction.
- Tailor these exercises to the needs of the person seeking direction.
- Monitor progress and offer continuing guidance when requested to do so.

