

## On Spiritual Counseling

Spiritual counseling? “What is that?” a recent newsletter reader remarked. “I did not know you even did that.” Well, indeed I do. The complete answer is fully explained in my LA Times Bestselling book, “Sacred Healing.” However, here is a shorter version.

Spiritual Counseling is based upon the power and presence of subtle energy that emanates from the soul. A conscious individual, one who has realized a level of soul awareness, has a spiritual presence that is tangible and facilitates healing and transformation. This spiritual energy can speed up changes in the body, mind, and emotions and help to awaken others to the experience of the soul.

Many individuals reside in their minds and emotions. This is the terrain for traditional psychology and medicine. The mind effects emotions and the body. Changes in the mind, body and emotions generally take time. Changes from an energetic level transcend time and can happen much more quickly. Spiritual Counseling works on the subtle energy, which directly organizes and impacts mind, body and emotions. This more subtle reality is available to those who have a very sensitive nervous system or have engaged in various spiritual practices that have awakened a heightened awareness.

Those individuals who only reside in their minds and have no direct access to deeper realms of consciousness are blind to these subtle realities. Moreover, since they only know the workings of mind, totally discount any spiritual power and presence because the “mind” cannot prove it. It is like talking to a blind person about light. They do not see it, so it must not exist. However, one can feel light if one can get out of the limitations of the mind.

In Sankhya Yoga Philosophy there are actually two types of mind states: *buddhi* and *manas*. *Buddhi* is the state of discriminative intellect that is associated with the soul. *Manas* is the mind state that results when the life force energy is identified with the body and senses. *Manas* has less intuitive power and discriminative wisdom. The *manas* mind state resides within the limitations and delusion of physical material reality. The *buddhi* intellect opens to a greater expanse of consciousness and awareness.

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