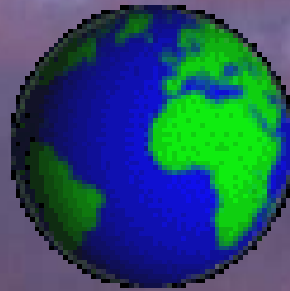


The Interfaith Faith Path –
Integrating Ancient Spiritual Truths
for the Modern Global Village



Presented by Rev. Barry King and Rev Sandi King

Spirituality has the Power to Transform.



Together as one community we can change the world

A hundred years ago

We lived in a small world!





We have gone beyond the limitations of mother earth and have seen the birth of stars and walked on other celestial bodies



Yet we live in fear because we cannot
let go of our small world ways.

In a complex world, accepting diversity allows us to experience a richer and more beautiful world.





We in the Interfaith Ministry celebrate these many faces of God represented by different religious traditions and rejoice that we have been given such a beautiful and diverse world.

It seems to me that one of the greatest challenges we of the 21st Century must face is embracing without fear the diversity which surrounds us.



Let us be United

*Let us be united;
Let us speak in harmony;
Let our minds apprehend alike.
Common be our prayer;
Common be the end of our assembly;
Common be our resolution;
Common be our deliberations.
Alike be our feelings;
Unified be our hearts;
Common be our intentions;
Perfect be our unity.*

From the Rig Veda



The Paths are Many, the Truth is One – Love thy Neighbour

A serene landscape featuring a vast blue ocean under a sky with a rainbow and soft clouds. The rainbow is positioned horizontally across the middle of the sky, with colors ranging from purple to yellow. The ocean is a deep blue with gentle ripples. The sky is a mix of light and dark blue with wispy white clouds. The overall mood is peaceful and expansive.

The Paths are Many, the Truth is One – Love thy Neighbour



**PEI Interfaith Ministry
&
Open International Interfaith Ministry**

*Interfaith member unit of the International Council of Community Churches
affiliated with the World Council of Churches and the United Nations*



*The Paths are Many
The Truth is One.
Love Thy Neighbour*





Kings' Wellness
& Counselling

Why introduce Spirituality into Counselling?

Whatever is spiritual touches us deeply
and can transform suffering into learning,
enmity into collaboration, and indifference into love.



There are several events in the last 20 years which have contributed to the resurgence of interest in and support for integrating spirituality and religion into counselling.

1. Advent of complementary medicine and natural healing addressing body, mind and spirit.
2. Publications integrating counselling and spirituality
3. The impact of self-help groups, especially the 12 step programs
4. The surge in interest in Eastern Religions and philosophies that has been growing since the 1960's.

Another compelling reason for counsellors to integrate religion and spirituality into their therapeutic endeavors is to be able to work effectively within clients' ethnic and cultural backgrounds.

Today we live in a multi-cultural and multi-faith society. Religion and spirituality is to many clients an integral part of their cultural experience.





God Image



Assessing clients' God image means that counselors inquire not only about a belief in God but also about what kind of God clients believe in. It is important to know if a client's God is loving, benevolent, merciful, forgiving, involved, and accessible or if her God is vengeful, aloof, punishing, or impersonal.



We have Touched the Stars.....

THE SPIRITUAL COUNSELLOR

There is **one fundamental element** that makes spiritual counselling different from traditional types of counselling.

That is the belief in a greater power

- a belief in God.

No matter what we call this power - the super consciousness , the great mystery, it is this belief in God that can help bring order to chaos

It is the understanding that there is
a unifying influence in the universe,
a purposefulness
that helps
the Spiritual Counsellor
stand apart.

Coming from this fundamental belief in God, the Spiritual Counsellor's approach starts with a few basic assumptions:



1 We are souls – *Spirit-*encased in a physical body.

Spiritual counselling deals with the individual as a soul in a physical body limited by the physical world. **This means the counsellor recognizes the client as an eternal soul dealing with the challenges of a physical existence.**

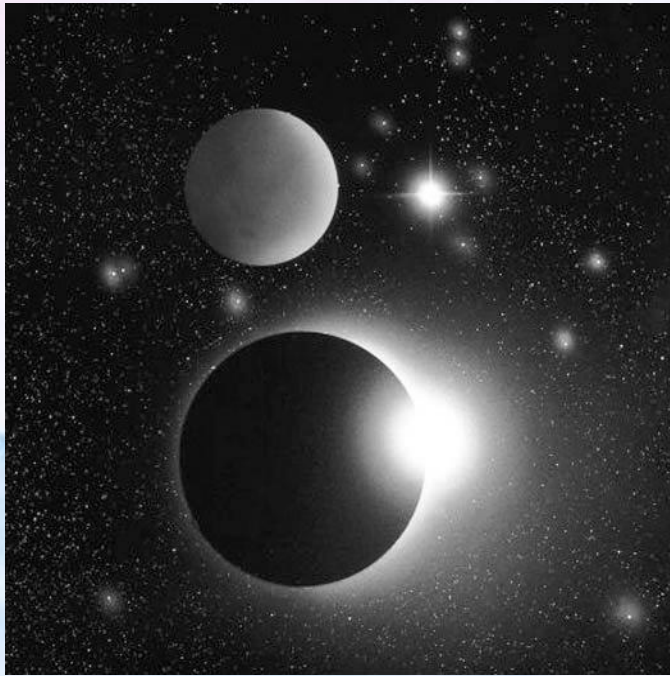
2 Life is purposeful.



Throughout our lives we are provided with opportunities to learn and grow not only on a physical conscious level but on a spiritual level.

For us, a basic part of this is the understanding that all aspects of our life is a function of choice.

There are no mistakes - only opportunities.



3 We live in a free will universe

That means we get to choose our path, we make mistakes and grow. Right action must come from choice. If there was no free choice then how could life be purposeful - how could we learn. **This means that the Spiritual Counsellor can empower client to take charge of their life and to stop being a victim.**



4 Validating Mystical Experiences in a credible and reverend context.

In many traditions and cultures, mystical experiences are the inevitable result of spiritual practice. **This means that the Spiritual Counsellor can help clients understand and process such experiences.**

**Experiences with the
unseen world can take
many forms.**



*There are several different hierarchies
typifying spiritual development.*

*One representative example is the five stage hierarchy created by
Vicky Genia in 1995 which is grounded in
psychoanalytical theory.*

Stage 1: Egocentric Faith

Religion is rooted in fear and needs for comfort.

Stage 2: Dogmatic Faith

The organizing principle for those in this stage is devotion to earning God's Love and approval gravitating towards groups that focus on self-denial and allegiance to religious authority .

Stage 3: Transitional Faith

Individuals in this stage examine the tenets of their faith and are open to exploring new spiritual paths.

Stage 4: Reconstructed Faith

People in this stage have chosen a faith which provides meaning and purpose and fulfills their spiritual needs. They are aware of their human limitations, acknowledge their mistakes and seek forgiveness for them.

Stage 5: Transitional faith

People in this stage are committed to universal ideals and experience community with others of diverse faiths.

As Interfaith Spiritual Counsellors when appropriate we help people move through the stages of the process helping them to still the chaos within.



Spiritual Misconceptions addressed by Spiritual Counsellor

- * Conditional Love
- * Instant Peace
- * Guaranteed Healing
- * Irreproachable Clergy
- * Emphasis on Monetary Rewards
- * Salvation by Works
- * Irrational Submission
- * Passivity
- * Textual Exclusivity
- * Belief in the Perfect Mate
- * Pollyanna Perspective
- * Bullet-Proof Faith
- * Divinely Ordained Happiness

Affirmations



1st Person

Positive

In the Present





I remembered one morning when I discovered a cocoon in the bark of a tree, just as a butterfly was making a hole in its case and preparing to come out. I waited a while, but it was too long appearing and I was impatient. I bent over it and breathed on it to warm it. I warmed it as quickly as I could and the miracle began to happen before my eyes, faster than life. The case opened, the butterfly started slowly crawling out and I shall never forget my horror when I saw how its wings were folded back and crumpled; the wretched butterfly tried with its whole trembling body to unfold them. Bending over it, I tried to help it with my breath. In vain.



It needed to be hatched out patiently and the unfolding of the wings should be a gradual process in the sun. Now it was too late. My breath had forced the butterfly to appear, all crumpled, before its time. It struggled desperately and, a few seconds later, dies in the palm of my hand.

That little body is, I do believe, the greatest weight I have on my conscience. For I realize today that it is a mortal sin to violate the great laws of nature. We should not hurry, we should not be impatient, but we should confidently obey the eternal rhythm.

Zorba the Greek by Kazantzakis



We should not hurry, we should not be
impatient, but we should confidently
obey the eternal rhythm.

Some Basic Principles



Not making a choices is a choice.

**It the storm within that we
have the power to still.**

It is not our place to judge.

Be a mirror.

“As you think so it is”.

**We are measured not by our deeds
but by our thoughts.**

Every thought is a prayer.

Some Basic Principles



**Remove the fear,
it is the mind killer.**

**Too much time goes to trying to
find happiness outside of ourselves.**

Each day is a blessing.

Live each moment consciously.

Strive to be Happy.

Dimensions of Spiritual Wellness Inventory

Conception of the Absolute/Divine

Meaning

Connectedness

Mystery

Spiritual Freedom

Experience /Ritual

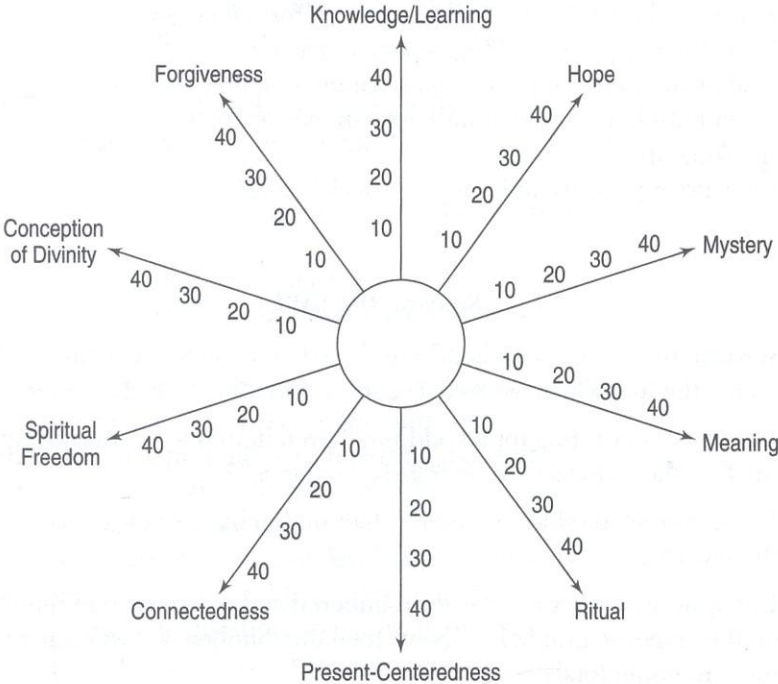
Forgiveness

Hope

Knowledge/Learning

Present-centeredness

**Spiritual Wellness Inventory
Profile Sheet
Elliott Ingersoll, Ph.D., PCC**





Thank you

Revs. Barry & Sandi King

www.naturalchoicejournal.com

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