



Spirit has the Power to Transform

The Intuitive Edge

Your Connection to Spirit



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**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*

A Founding Member of the




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





Kings' Wellness
& Counselling

A serene landscape featuring a vibrant rainbow arching over a calm, blue body of water under a clear sky. The rainbow is positioned in the upper middle of the frame, with its colors transitioning from red on the left to violet on the right. The water below is a deep, textured blue with gentle ripples. The sky is a clear, bright blue with a few wispy clouds near the horizon.

The healing journey is the journey within.



Why Integrating Spirituality Helps us Connect.

1. The majority of clients have some belief in a higher power and some kind of religious or spiritual background has shaped their attitudes, feelings, beliefs, and behaviors.
 2. Empirical evidence suggest that religion and spiritual faith contribute positively to mental health.
 3. We live in a Multi-faith, Multi-cultural Society. 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.*

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.

*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: Transformational 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.

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





Hubble Deep Field

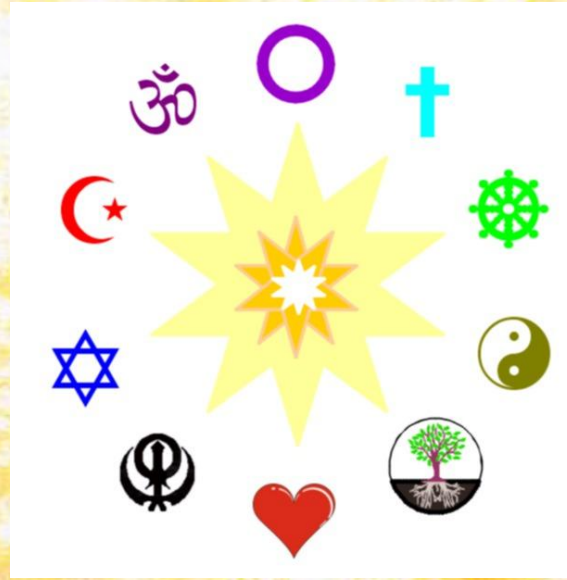
HST · WFPC2

PRC96-01a · ST ScI OPO · January 15, 1996 · R. Williams (ST ScI), NASA

We have Touched the Stars.....



God Image



Assessing clients' God image means that counsellors 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 their God is vengeful, aloof, punishing, or impersonal.

There are unifying principles and beliefs shared by all traditions, even though each one has its own language and understanding of the unseen dimensions and spiritual life.



An understanding of the basic tenets and beliefs of the client's tradition is a valuable addition to your "Counsellor's Tool Box."



The Golden Rule as stated in 21 traditions

1. **Bahá'í World Faith:** *"Ascribe not to any soul that which thou wouldst not have ascribed to thee, and say not that which thou doest not."*
2. **Brahmanism:** *"This is the sum of Dharma [duty]: Do naught unto others which would cause you pain if done to you". Mahabharata, 5:1517 "*
3. **Buddhism:** *Hurt not others in ways that you yourself would find hurtful."* Udana-Varga 5:18
4. **Christianity:** King James Version. *"And as ye would that men should do to you, do ye also to them likewise."* Luke 6:31
5. **Confucianism:** *"Do not do to others what you do not want them to do to you"* Analects 15:23
6. **Ancient Egyptian:** *"Do for one who may do for you, that you may cause him thus to do."* The Tale of the Eloquent Peasant, 109 - 110
Translated by R.B. Parkinson.
7. **Hinduism:** This is the sum of duty: do not do to others what would cause pain if done to you. Mahabharata 5:1517



The Golden Rule as stated in 21 traditions

8. **Humanism:** *"Don't do things you wouldn't want to have done to you,* British Humanist Society. ³

9. **Islam:** *"None of you [truly] believes until he wishes for his brother what he wishes for himself."* Number 13 of Imam "Al-Nawawi's Forty Hadiths." ⁵

10. **Jainism:** *A man should wander about treating all creatures as he himself would be treated.* "Sutrakritanga 1.11.33

11. **Judaism:** *"...thou shalt love thy neighbor as thyself."*, Leviticus 19:18 *"And what you hate, do not do to any one."* Tobit 4:15

12. **Native American Spirituality:** *"Respect for all life is the foundation."* The Great Law of Peace.

13. **Roman Pagan Religion:** *"The law imprinted on the hearts of all men is to love the members of society as themselves."*

14. **Shinto:** *"Be charitable to all beings, love is the representative of God."* Ko-ji-ki Hachiman Kasuga

15. **Sikhism:** *"No one is my enemy, none a stranger and everyone is my friend."* Guru Arjan Dev : AG 1299



The Golden Rule as stated in 21 traditions

16. **Sufism:** *If you haven't the will to gladden someone's heart, then at least beware lest you hurt someone's heart, for on our path, no sin exists but this.*" Dr. Javad Nurbakhsh, Master of the Nimatullahi Sufi Order.

17. **Taoism:** *"Regard your neighbor's gain as your own gain, and your neighbor's loss as your own loss."* T'ai Shang Kan Ying P'ien.

18. **Unitarian:** *"We affirm and promote respect for the interdependent of all existence of which we are a part."* Unitarian principles.

19. **Wicca:** *"An it harm no one, do what thou wilt"* (i.e. do what ever you will, as long as it harms nobody, including yourself).

20. **Yoruba:** (Nigeria): *"One going to take a pointed stick to pinch a baby bird should first try it on himself to feel how it hurts."*

21. **Zoroastrianism:** *"Whatever is disagreeable to yourself do not do unto others."* Shayast-na-Shayast 13

Spiritual Counselling

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 to chaos.

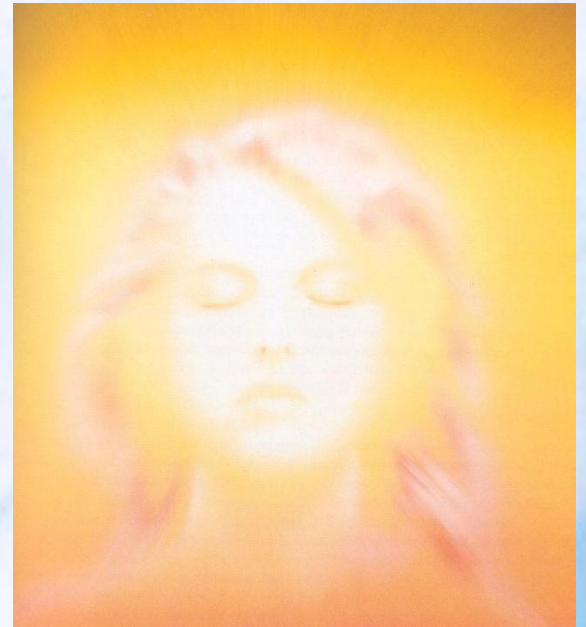
It is the understanding that there is
a unifying influence in the universe,
a purposefulness
that helps
the Spiritual Counsellor
and
Spiritual Counselling
stand apart.



We cannot have a God without the presence of an unseen - incomprehensible reality which does not conform to our limited perception of the universe that we live in.

Accepting the reality of the Spirit Realms as exemplified through the world's major religions has a price. Once we accept the existence of mystical experiences then we must also accept the validity – the reality - of their existence.

Whether we call them spiritual, religious, psychic, multi-dimensional, or just acknowledge that we do not understand them, there are experiences that people have – that we have – which are grounded in reality that defy our understanding.



One of the important roles of the Spiritual Counsellor is discernment. Believing that mystical experiences can happen does not mean that all such events are mystical in nature.

The Spiritual / Intuitive Counsellor



A quality of the Spiritual Counsellor is the awareness that we are all connected and that as souls we all have an innate Intuitive capacity or ability which can be developed and directed.

*This awareness allows the
Spiritual / Intuitive Counsellor
to be more conscious of and explore insights
gained through Intuitive Gifts and feelings.*

For us, starting from this fundamental belief in God, we make 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.**

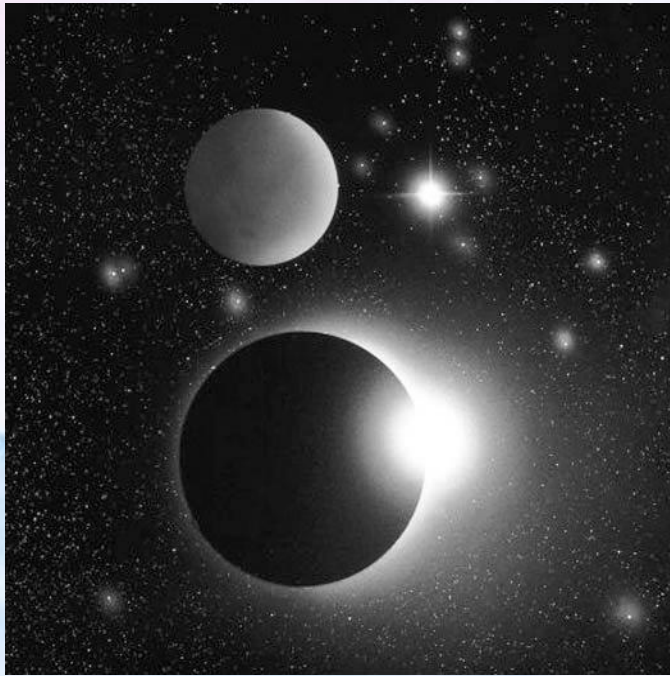
2 Life is purposeful.



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 are 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 clients to take charge of their life and to stop being a victim.**



4 Validating Mystical Experiences in a credible and reverent context.

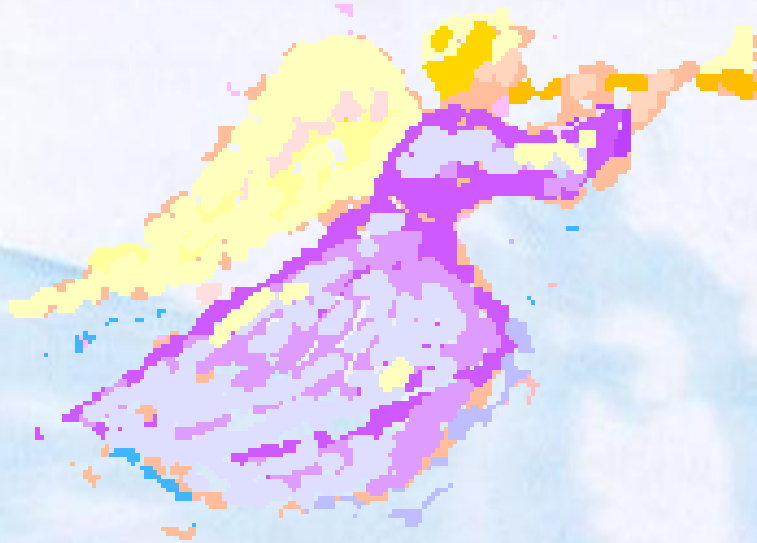
In many traditions and cultures, mystical experiences are the inevitable result of spiritual practice. For many years such experiences have been stigmatized as pathology and treated as such. **This means that the Spiritual Counsellor can help clients understand and process such experiences in a non-judgmental, reverent context.**



KMRA

Like myself.....

Many people have experiences which they do not understand and which they cannot understand within the context of a physical world. The Spiritual Counsellor can help validate experiences which have a foundation in reality and which testify to the reality of an unseen world.



For me the reality of the Spirit realms is an absolute grounded in validated experience and the therapeutic value of intuitive insight is very real. I have been sensitive to Spirit since I was very young. For many years I just tried to ignore it – deny it but it was part of who I was.

At this point I have worked with Spirit in a concrete way for over 30 years. I have been blessed with countless experiences which attest to its absolute reality.



Some Issues Requiring Spiritual Perspective and Intuitive Insight

1. Mystical Experiences
2. Near-Death Experiences
3. Spiritual Emergence or Emergency Issues
4. Meditation Related issues
5. Out-of-Body Experiences
6. Hyper-Intuitive Issues
7. Terminal Illness
8. Cult or Cult-like-Dynamics

Visualize a Car.





Life Changing – Mystical Experiences with the unseen world can take many forms.

Spirit Encounters

Near-Death / Out-of-Body Experiences

Intuitive/ Empathic Impressions

Spiritual Healing

Dream Encounters

Past Life Memories



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.

Some Tools

- * An Open Mind
- * Discernment
- * Meditation / Prayerfulness
- * Affirmations
- * Empathy / Clairsentience
- * Clairvoyance
- * Energy Healing Modalities
- * Understanding of World Religions





A seeker of truth must shun no science, scorn no book, nor cling fanatically to a single creed.

Islamic Proverb



Thank you

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