Holistic Counselling



Light Voice

Holistic Counselling

by Jennifer Warters

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HOLISTIC COUNSELLING



Welcome to Light Voice

Hav*ing had a lifelong fascination with all aspects of voice and creative expression, I chose to train as a Speech and Language Therapist in order to explore the mechanics of speech and to study the impact that not being able to communicate has on people's lives and relationships. On completing my training, I was drawn to working with children and adults who were severely disabled and had great difficulty communicating with their families.*

Over time however, I struggled with orthodox methods of intervention, which I felt exacerbated the problem rather than lessening it. Speech and Language Therapy in the late 1960s offered training in the study of behaviour and psychology but no counselling training was given, and students followed the symptom focused medical model of treating the symptom with an assumption of sickness and an outcome of cure. Historically and professionally orthodox speech and language therapy has focused on improving sociability and stimulating the intellect of those with learning disabilities in order to improve understanding and verbal expression. This emphasis I feel, has often taken priority over the emotional well being of the individual who has little or no control of their daily life.

However, by taking the time to develop a relationship with the adult or child and highlighting and developing positive aspects of their personality and creative ability, in many cases the symptoms would unravel and resolve without any specific focused intervention. Gradually a way of working evolved, which shifted focus away from the communication difficulty (the symptom) to an enjoyable shared creative experience chosen by the adult or the child. In this way, the communication improved unaided.

A twelve-year period as a foster parent of new born infants and young children led to research into the healing influence of the human voice and its impact on language development. To deepen my understanding of the human psyche, I trained extensively in counselling and psychotherapy over a ten- year period and completed two pieces of research as part of an MA in Counselling in the Community, while in the employment of a National Health Trust: 'Non-directive

therapy with children with severe communication impairment' and 'The use of music as a healing agent to enhance language development in infants.'

Valuable experience was gained as a speech and language therapist counsellor, generic specialist and therapist supervisor within the National Health Trust together with my work with 'Star Project', a Yorkshire police initiative launched in 1994, which offers counselling support to clients dealing with the practical, emotional and social impact of rape or sexual abuse. This work nurtured a compassion for those who were scarred by traumatic life events.

In 1998 I addressed my own healing with Carol Lamb, a well-respected intuitive healer, author and teacher, which subsequently led to Post-Graduate holistic therapy training with her. I became a member of the healing and teaching organization that Carol had founded .

This experience deepened my understanding of vibration and introduced me to alternative ways of working within health and education, fostering an understanding of how sound evokes memory and emotional response and why the response of each individual is unique and should never be assumed.

I moved away from orthodox approaches altogether and left Speech and Language Therapy in 2003 to establish Light Voice holistic consultancy, which offers an integrated holistic approach through toning, colour music and energy field alignment. Disturbances in the four lower bodies of the subtle energy bands of the electromagnetic field (auric) manifest as physical symptoms. If the flow of energy is harmonious and balanced, the individual experiences feelings of wellbeing and positivity. If however the individual is experiencing negative emotions and feels out of control, fearful, anxious or angry or is in the company of someone who is experiencing these negative emotions, then these feelings will manifest as symptoms reflected within the stomach and digestive tract.

To facilitate communication and improve the health and well being the client is required to release negative emotions held within the auric (electromagnetic) field through The Emerald Alignment process.

I hope that this manual will inspire you to work in a different and more holistic way.

Jennifer Warters BSc MA IPHM

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HISTORY OF COUNSELLING

Vocational Guidance

Counselling evolved from vocational guidance in the late nineteenth century and was eventually transformed into a 'talking therapy' by those interested in personality theory.

Career Counselling

Career Counselling had its origins in the school system that now incorporates the business industry. Frank Parsons, a social reformer and railroad engineer who initially trained as a lawyer, became known as the father of vocational guidance in the late 1800s. He taught himself to publish legal text books and set up a bureau of vocational guidance in 1906, which provided a framework for encouraging personal development through career choice guidance. Counselling was seen as a vocational development profession, with an educational approach to personal change, encouraging those from the rural areas to 'better themselves' by seeking manufacturing jobs in the cities.

In the 1950s

After the Second World War, the focus shifted from career counselling to personality theory and there was a surge of interest in the links between career choices and behaviour, childhood experiences, parental influence and the satisfaction of basic needs. Assumptions were made that what people did to make a living was more important than their thoughts or ideas. An educational approach to personal change grew out of these beliefs and counselling became school based and academic.

From 1970s to1980s

Mental health counselling increased as community support systems were demolished and doctors, lawyers, educators and social workers viewed marriage counselling as part of their job. In the 1970s, counsellors emerged as Mental Health providers and Mental Health Counselling increased at this time with the development of social work, psychiatric nursing and occupational therapy.

Psychoanalysis

Counselling attached to psychiatry was rooted within mental health. The unconscious was a familiar concept in the nineteenth century and there were

many attempts to both study and treat its supposed ailments by hypnosis, electrotherapy and narcotics. Sigmund Freud, an Austrian psychiatrist, (1856-1939) was the first to draw these together and devise methods of treatment to help his patients. Seen by many as the founder of psychoanalysis, he observed the unconscious as a reservoir of repressed thoughts and motivations and saw neuroses as a refusal to acknowledge these negative forces. He was closely followed by Carl Jung, who saw the creative potential within the unconscious and purported the theory of individuation, where the different experiences of a person's life and the different aspects of their psyche become integrated into a well-functioning whole, thus allowing the individual to function as a stable and grounded personality.

Psychotherapy

According to the Oxford English Dictionary, psychotherapy first meant 'hypnotherapy'. The original meaning of psychotherapy was 'the treatment of disease by 'psychic' i.e. hypnotic methods and was first recorded in 1853 as 'Psychotherapeia', or 'the remedial influence of mind'. The modern meaning is 'the treatment of disorders of the mind or personality by psychological or psychophysiological methods. Psychotherapy/Counselling is an intentional interpersonal relationship used by trained psychotherapists/counsellors to aid a client or patient in problems of living. It was initially only practised by psychologists and psychiatrists but eventually became recognised as a psychology speciality in the 21st century.

Counselling Approaches

Many counselling approaches have since been developed and continue to be created, these approaches are often radically different, for example the symptom based medical model of illness/cure or the humanistic approach of facilitator/helper. Carl Ransom Rogers (1902-1987) was an influential American psychologist and a founder of the person centred humanistic approach to psychology. He was the first to refer to counselling simply as the treatment of everyday problems.

The Counselling profession was rooted in the vocational guidance movement and we are now seeing counsellors, regardless of their chosen speciality, returning to those roots, as they seek to buffer the affects of work stress and job-loss on the mental health of individuals who are struggling to cope in these turbulent times.

ORTHODOX AND HOLISTIC COUNSELLING COMPARISONS

Energy Awareness

The main difference between orthodox and holistic counselling is energy awareness. The holistic counsellor acknowledges the body as a self-healing organism and seeks to restore the whole person by balancing the emotional and mental energy systems within the spiritual/intuitive dimension. The client is encouraged to take personal responsibility for their thoughts, emotional responses and actions. This process is challenging for most clients and their resistance may prevent them from making appropriate changes and choices. The counsellor must be aware of their own expectations in this process and always respect the choices made by their client.

The Holistic Counsellor

The holistic counsellor recognises that physical health is dependent on positive subtle energy flow within the client's electromagnetic field and understands that any disruption in frequency brings about an imbalance at the mental and emotional level. Physical symptoms cannot be eradicated without healing the underlying emotions and resolving the control patterns that interrupt this flow of energy.

When Memories and Negative Emotions are Ignited

Talking about difficult and painful issues ignites memories and negative emotions and brings them into conscious awareness, thus disturbing the balance of energy within the electromagnetic field. Unless the holistic counselling session includes a re-alignment of the energy systems the client may feel depleted of energy and swamped by the re-emerged emotion. Patterns of distress tend to be repeated in particular circumstances and the counsellor may endeavour to encourage the client to discharge feelings associated with the experience. However, banging a cushion to express and release anger and frustration merely recharges the emotion and exhausts the client and if these feelings are not released through the alignment process they could re-emerge when triggered at a later date.

Talking Therapies

Counselling is usually recognised as a problem solving 'talking therapy' and is of the mind, although many counsellors now work more creatively, using art, writing and movement to effect release of an unexpressed emotion. Talking is an expression of thought, which may be coloured by the emotional response.

There is an expectation that the client will talk and the counsellor will listen before endeavouring to clarify the key issues presented by the client, thus helping them to identify the options and choices available. Talking therapies encourage the client to express emotion through words or actions in an attempt to change their perception of an experience. The emotion we are experiencing however is not real but is attached to a past event and once ignited, needs to be released from the energy through an alignment process.

Counselling Techniques

There are many forms of counselling, with a variety of techniques aimed at helping the client to understand their symptoms and behaviour, increasing their awareness of themselves and offering them a better understanding of their relationship with others. The aim is to enable the client to make more positive choices to improve their health and wellbeing. However Counselling can allow us to become self-indulgent, as we review our unhappy circumstances rather than changing the choices we are making or refusing to make. Some techniques offer us an opportunity of wallowing in an emotion (i.e. sitting in the pain) rather than encouraging a shift to a more positive focus. Talking about a negative emotion or an emotive event can be exhausting and serves no useful purpose unless we make a conscious decision to no longer revisit the memory and through alignment are able to release it from our subtle energy field.

Addressing Unresolved Issues

Counselling can be a positive way of addressing any unresolved issues. It can help towards an understanding of a problem, rather than ignoring or suppressing the concern in the hope that it will go away. It is important to allow your client time to respond to your questions. If you are impatient or disinterested it will register on your face, in your body language and in the tone of your voice and quite rightly, your client will be reluctant to talk to you. Don't pretend or fake interest because if clients are on the receiving end of detached counselling techniques or tools, which are intended to help them to 'open up', it can feel very uncomfortable and damaging for the client. Clients need to build trust before they will reveal deeper insights about themselves.

The holistic therapist realises that once deeper feelings are expressed, they are simultaneously being experienced within the mental and emotional field and can then be released through the alignment process. Be comfortable with silence and don't fill the silence with a question, your client may use this pause to reflect or may give a considered and deeper answer.

Clearly Defined Roles

The counsellor and client need clearly defined roles and boundaries because the therapeutic process, if not handled sensitively by the counsellor, can lead to misunderstanding, confusion and blame. Each needs to find a way to be with each other that acknowledges the ever-changing interconnected energy flow within the electromagnetic field. It's not enough to question the feelings around a given event, we need to identify the thought that triggered the emotion and then once the thought is identified and the emotion is ignited within the electromagnetic field, the feeling can be released in the healing process by realigning the cells and molecules within the subtle energy and the physical body.

It is important that the therapist is not dogmatic in his/her opinions and is sensitive to the client's experience, lifestyle and environment. Allow the client to do what they can. For example, if a client is struggling to reduce their alcohol intake, do not encourage them to give up cigarettes as well as this may put too much pressure on their ability to achieve, although they may even agree to it initially.

Counselling as a 'talking therapy' is limited because if we only believe in the physical world and the physical body we can only find answers within those parameters. Whereas if we have the humility to extend those boundaries and suspend our belief, we may connect to an awareness that shifts our perspective on everything that was previously familiar to us.

THE HUMAN ENERGY FIELD

An understanding of the Anatomy of the Human Energy Field is essential for all those wishing to deepen their understanding of the human psyche through an exploration of spirituality, metaphysics and the multidimensional layers of consciousness.

The Human Energy Field

To understand the functioning of the human body, we must travel beyond the parameters of the brain to realise that we are more than just physical beings. If we stretch our arms out to the side and above us, we perceive this as our personal space and this is in fact our own personal energy field wrapped around us. You may have also heard this referred to as the electromagnetic field. The source of this energy originates beyond our personal energy field in the non-physical dimension. In eastern tradition the source of this energy is known as the life force, the universal energy or chi. All living things have their own unique energy field, which is dependent on this source.

Mapped since ancient times, a highly complex network of meridian channels, invisible to the naked eye, act as a transport system to disseminate this source energy throughout the physical body. The flow of subtle energy travels through the multidimensional bands of the intuitive, mental and emotional energy systems and connects with the physical body via this system. Meridians are now identifiable through advanced Electric and Acoustic Based Photography of the human aura, which measures biophoton light and information transmission within the body. This energy is channelled through the spine and the central nervous system to affect our physical health, communication and behaviour.

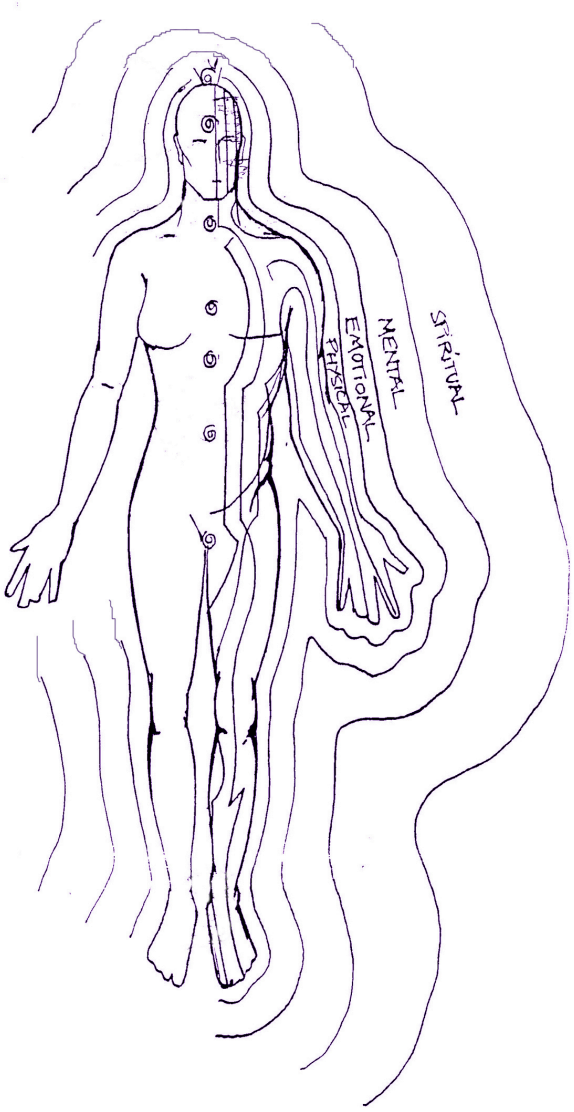
Over the past thirty years, scientists and technologists have discovered through Electro Scanning Methods and Resonant Field Imaging, that the human body is regulated by light energy. What we experience as emotion is also a mechanism for activating a particular neuronal circuit, which generates a behaviour. Research has linked neuropeptide response to perception and belief because our belief system determines the extent to which our brain is capable of reorganising itself to adapt to new ideas and experiences. This is the reason why placebos can be so effective. (Warters, J.A., 2016)

Further pioneering research by Bruce Lipton, a developmental biologist, demonstrates that the vibrational frequency of a negative belief system can affect cell to cell communication (Lipton, B., 2005).

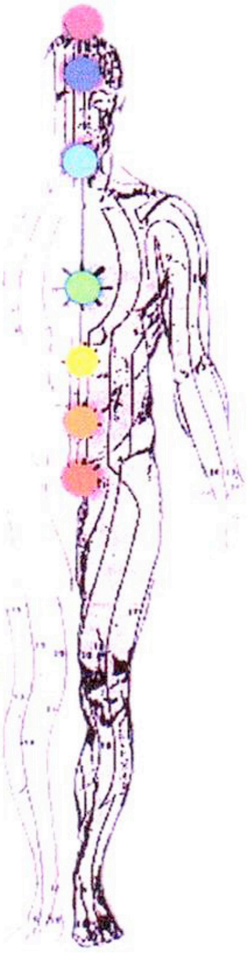
There are seven major energy centres / power points or chakras. Each energy centre corresponds to a frequency within the light spectrum, which corresponds to one of the seven rainbow colours. (See diagram). The energy centres interconnect to metabolise the in coming energy, maintaining balance and flow within the energy field. Thoughts and feelings manifest as fear and control patterns, which interrupt and impede this flow of energy and our will comes into play to determine our choices and actions.

Through an acceptance of the human energy field and an understanding of the process of energy flow, we can begin to understand how physical symptoms and behaviour are responses linked to the memory of past experience.

Recommended reading 'Anatomy of the Human Energy Field' by Carol Lamb and published by Epiphany Press.



The Four Lower Bodies



The Chakra System

THE MAJOR CHAKRA SYSTEM

Crown (Violet)	~	Crown of the head. Governs the mental and intuitive aspects.
Brow (Indigo	~	Centre of forehead. Governs ability to see clearly and organise thoughts.
Throat (Blue)	~	Throat. Governs voice and all aspects of communication.
Heart (Apple Green)	~	Centre of chest. Heart connections.
Solar Plexus (Yellow)	~	Central abdomen. Determines emotional response.
Sacral (Orange)	~	Below umbilicus. Governs relationship with self and others.
Base (Red)	~	Base of the spine. Holds subconscious memory and entrenched behaviour patterns.

Subtle Energy Flow

The endocrine or glandular system is the interface between the subtle energy field and the physical body, regulating hormonal balance. Through an acceptance of the electromagnetic field and an understanding of the process of energy flow, we can begin to understand how physical symptoms and behaviour are responses linked to the thoughts and feelings associated with the memory of past experience.

THE EMERALD ALIGNMENT

Regular practice of energy alignment: The Emerald Alignment http://www.livingmemoryresearch.net/The_Emerald_Alignment.html

relaxes the physical body, takes anxiety from the mind and stabilises the emotions, which then curbs emotional response to external triggers. When we align the physical, mental and emotional bodies of the energy field (the envelope of subtle energy surrounding us), we are bringing the misaligned atoms and molecules into line with and attuned to a higher vibration of consciousness.

How the Emerald Alignment Works

Consciousness is transmitted as a spectrum of light comprised of rays or beams radiating from the source, which is divine, to the mind as the receiver. We might use the analogy of a computer downloading information in sequence. Science tells us that all light emits a specific frequency observed through technology as a colour spectrum, the rainbow colours familiar to us. The spectrum can also be viewed clairvoyantly as a sequence of colours each of which has a specific resonance and affinity. Specific resonance can therefore be located and identified within the electromagnetic field.

Energy follows thought

When we understand this principle we can use our energy and attention more productively. If we focus upon a specific ray of the colour spectrum we can draw upon the qualities of this energy to strengthen and enhance the auric field, which is where we store energy. By focusing our attention to a higher frequency a positive electromagnetic charge is transmitted via the auric field to and through the crown of the head. The energetic transfer is carried through the spine by the central nervous system to every part of the body, then through the muscles, tissues and organs to the cells. The effect is to realign the energetic core pattern at the cellular level.

Emerald is the 5th Ray of the spectrum

Its action is precipitation, linking spirit to matter by realigning the molecular structure to the original source.

Blue is the 1st Ray of the spectrum

Its action is to seal, strengthen and protect. It is essential to seal the auric field at the end of the exercise.

Ways to use The Emerald Alignment

- Panic attacks can be reduced or eliminated.
- Alignment prior to sleep will reduce disturbed sleep, help eliminate nightmares and overcome insomnia.
- Children can be taught the alignment. It can be used effectively for behavioural problems, attachment disorders and to restore sleep patterns.
- The alignment can be used for those with special needs or learning difficulties and is particularly welcomed by the elderly.
- The Emerald Alignment can be used to good effect in establishing a peaceful environment in a home, in social settings or in the workplace.
- Use the alignment to deepen individual meditation or as part of a meditation programme.
- Incorporated into an existing healing practice, the alignment will enhance therapeutic effects.
- Use the Emerald Alignment before and after dentistry or surgery.

See Appendix for diagrams of the Emerald Alignment

ENGAGING WITH THE HEART NOT THE MIND

We need to engage with the heart rather than the mind. Communicating means much more than learning the right words. It means learning to recognise feelings. It means learning to understand thoughts. It means learning to be someone who can connect with another person. We don't learn how to communicate by ourselves, we learn through involvement and engagement with others and our world. It takes two to talk. It is important not to interrogate, thus allowing the client an opportunity to talk initially about the things they are comfortable sharing.

'Know how to listen to each other and enjoy doing so. Let nothing fall from the mouth of one of us that the ear of the other is not ready to welcome.' Alfred A Tomatis 1991. The aim is to bring about an ideal audio phonatory circuit.

Extended reading 'The Heart Has A Mind Of Its Own' by Carol Lamb www.livingmemoryresearch.net/blog/?p=2286

Different Coping Strategies

Everyone has different ways of coping with their personal difficulties. People often deal with stressful situations and events by talking to their partner, a family member or a friend, while others bury their head in the sand and avoid rather than confront.

Avoidance limits the energy flow and it becomes displaced, blocked or locked in the energy centres. We may feel tired and drained, or anxious and dizzy because we are draining our energy resources. This is the manifestation of inner chaos. Exercise may offer temporary relief but the cause remains. Our energy influences our physical being and our energy field interacts with other energy fields in the same way that plants respond positively or negatively to the external environment and have inbuilt inhibitors to control their growth response. (Backster, C., 2003)

Achieving Balance

Everything is regulated by the invisible force of a biological field, which correlates to activity. Our energy fluctuates, indicating a thought or emotion generating a positive or negative response. To achieve balance we have to leave time for the spaces in between. To listen to our inner tuition and amplify the voice, noticing when our will 'kicks in' and we choose to ignore it. It's about learning to keep our foot on our ego when it sparks up.

Empathy

Empathy means tuning in to other people's feelings and reacting to them in an appropriate way. Balancing another's needs with our own. Holistic Counselling is not about solving problems, it's about keeping the focus on the client and enabling them to achieve balance through The Emerald Alignment process, encouraging them to take responsibility for their own life and their own alignment through the realisation that where they are is where they have chosen to be and not where someone else has put them. In order to change things, they will need to make different choices and face the challenges ahead. It takes disciplined practice, there is no 'quick fix' solution.

'The mind exerts the greatest influence and registers every event, no matter how small and we should therefore devote our most serious efforts to bringing about mental peace.

We can strive gradually to become more compassionate, that is we can develop both genuine sympathy for others' suffering and the will to help remove their pain. The more we care for the happiness of others, the greater our own sense of well-being becomes. Cultivating a close, warm-hearted feeling for others automatically puts the mind at ease.

Therefore we need a genuine sense of responsibility and a sincere concern for the welfare of others. A doctor who evinces a warm human feeling, one feels at ease and the doctors' desire to give the best possible care is itself curative, irrespective of the degree of his or her technical skill. If someone speaks with human feeling we enjoy listening, and respond accordingly; the whole conversation becomes interesting, however unimportant the topic may be.

On the other hand, if a person speaks coldly or harshly, we feel uneasy and wish for a quick end to the interaction. From the least to the most important event, the affection and respect of others are vital. The main cause of depression was not a lack of material necessities but a deprivation of the affection of the others. If the mind is tranquil and occupied with positive thoughts, the body will not easily fall prey to disease.'

His Holiness The Dalai Lama

Right and Left Brain Functioning

The left hemisphere of the brain processes in a linear, sequential and logical manner and governs language usage and ordered thinking through an analytic process. When reading and listening, the left brain uses information piece by piece to solve a problem and draw logical conclusions.

The right hemisphere of the brain corresponds to creativity, harmony, balance and flow allowing us to tap into higher centres of creative, intuitive awareness. When using the right brain, opportunities are created for hands-on activities and practical application allowing us to see, feel and touch what is real. This hemisphere is dominant for face recognition, visual imagery, colour and musical appreciation

The right brain controls the left side of the body and the left brain controls the right side of the body. Anything that is new or not familiar to an individual stimulates the right brain and everything that is familiar stimulates the left brain.

ENERGETIC PRINCIPLES OF COUNSELLING

The aim of counselling is to reveal underlying concerns, perceptions and patterns of behaviour, which the client may or may not recognise and then to seek options for change. The energy of conscious awareness is accessible and therefore more amenable to change; accessing subconscious patterns is more challenging and can be time consuming. Dependent upon the willingness of the client to accept change, therapy may be brief or prolonged.

Framework

There are many styles of counselling and many approaches to therapy, the framework is established by the therapist and not the client. There should be a clear understanding prior to commencement, the client is then free to accept or reject what is offered.

Client/therapist relationship

Energy reacts to environment, this is especially true in accessing buried memory. An experienced therapist understands the importance of maintaining boundaries; the conversation and questions posed will ignite underlying energetic responses linked to memory. Energetic responses are many and varied and may change according to circumstances. It is imperative that a relationship of trust exists; the aim should be to offer an environment in which the client feels safe and able to express underlying concerns. It is only within this framework that release can occur.

Therapist energy

It is important that the therapist commences any session with personal energy alignment and maintains alignment throughout to avoid their energy becoming enmeshed with that of the client. Using the Emerald Alignment prior to the session will avoid sympathetic merging of the energy field during counselling.

BALANCE OF POWER

The challenge of life is to achieve balance; the energy field is simply a reflection of our response to our environment. We swing from passivity to control until, with experience, we learn the futility of both and seek a middle way.

Control

A tendency to control indicates a need to defend, this originates in inner fears and vulnerability, which may be well hidden. Such a client will be energetically armoured, speech is often garrulous with a tendency to justify their position.

A controlling personality will seek a weaker one in order to bolster its own position by appearing strong and able to dominate the other.

Passivity

Low self esteem equates with passive energy demonstrated by energy withdrawal, the client perceives themselves as weak and disempowered. Speech patterns are negative, complaining, blaming others and focusing on the external environment, which is seen as the reason for their inability to bring about change.

A passive personality magnetizes a stronger energy, in an attempt to achieve greater balance and may attract dominant partners, friends, employers etc. compounding the weakness and increasing passive response.

Co-dependency

Passivity may mask very effective subconscious attempts to control others through apparent helplessness or inappropriate expectation of care or support. Similarly a dominant, controlling partner may prove to be the weaker one if a relationship ends. In reality both are weak and require the energy of the other; the two find each other like heat seeking missiles establishing a mutual dependency, which avoids the necessity for change. Such a position reinforces karmic patterns of shared lives, which are then repeated.

THE EFFECTS OF VEILED ENERGY

Memory imprints arising from the subconscious level result in closed chakra response and restricted energy flow; this in turn veils the perception. Anxiety leads to fear, which leads to loss of control. Loss of control leads to increased anxiety and tighter control patterns. Perception is blurred, memory of past events are overlaid in the present. The memory is relived, the pattern is reinforced.

How to recognise subconscious memory imprints arising

Symptom Pattern	Response
• Mental fog	Fragmented thinking apprehension
• Impaired hearing	Misinterpretation/reinforces beliefs
• Incoherent speech	Jumbled speech patterns
• Anxiety	Panic attack/fainting
• Emotional imbalance	Weepy or withdrawn
• Movement disorder	Lack of coordination/accident prone
• Dreams	May be jumbled, clear or recurring

The client must be willing to change their perspective for the therapy to be effective, indeed this is precisely what is offered. When this proves too challenging, the client may resort to tried and tested control patterns to retain and justify their position. This too is a choice and must be recognised and accepted by the therapist, for the prerequisite of healing rests always in free will choices. The therapist must take care always to counsel without providing a solution or subtle coercion.

EXAMPLES OF PATTERNS OF RESISTANCE AND CONTROL

As in all therapies counselling has its own risk factors. Among them is the danger that the client will be unable to accept themselves in anything less than a positive role. The learning comes from examining all sides of the remembered experience, seeing not only the key elements or what was done but why this occurred. Life is rarely black and white, it is important to remember the grey areas of the circumstances which coloured decisions made in the past, a vital element in revealing both strengths and vulnerabilities in the present.

Justification

Client manipulates the memory to justify their actions, reinforcing negative belief patterns already held. The therapist should not engage this energy, which will simply become increasingly retaliatory and even aggressive. It is enough to provide food for thought. In this scenario, quiet consideration alone may prove more productive in changing the client's perception than any amount of counselling.

Projection

Where there is unwillingness to accept personal responsibility, the client projects feelings of frustration, blame, anger onto another. The target will frequently be the therapist. The response should be calm, firm and impersonal. Where the client chooses to use the experience to attach blame or recrimination in the present this will compound rather than heal relationship difficulties. It is useful to gently remind that the purpose of counselling is to gain a deeper understanding of cause and effect and to aid forgiveness.

Dependency

In order to avoid claiming personal power the client clings to passivity through attachment and co dependency, deepening victim consciousness, internalising feelings of frustration and helplessness.

The client may have become adept at masking the dependency, appearing to accept the need for change only to repeatedly engage in the behaviour and the request for therapy.

BEFORE COUNSELLING COMMENCES

Therapist

The therapist must begin with personal energy alignment and sealing to avoid 'sympathetic merging' during the counselling session. The room should be aligned with appropriate requests for divine assistance. Position seating, paper, pens, water etc to hand as minimal movement is advisable during the session to avoid disrupting communication.

Client

There may be understandable anxiety regarding the therapy itself if this is a first experience. Begin by explaining the process briefly. Where there is marked anxiety this may be linked to the issues arising.

Speech

Remind that it is important to talk to move the session forward. Speaking indicates a willingness to engage in the process

Temperature change

Mention that occasionally temperature changes may occur in response to memory, extremes may be experienced e.g. shivering or feeling very hot. This quickly subsides and is normal. Explain that the bladder fills in response to the energetic changes and that they may need to use the toilet during or following the session. Recommend emptying the bladder prior to the session.

Alignment

End the session with an alignment because energy realignment is crucial to healing and aids the ability to retain understanding of the counselling session.

- Emptying the bladder assists alignment.
- Drinking water assists thought processes and integration during the review process.

Know Your Limitations

It is important to know your limitations and to ask for help via supervision from a more experienced therapist or colleague or to re refer your client if he or

she begins to discuss matters that you feel are beyond your remit and experience i.e. sexual abuse or specific mental health issues.

SELF-HELP AND AFTER CARE

The Emerald Alignment

This method should be used by the client in the first 24 hours. Ensure the method is explained simply and a CD is available for home practice.

Bathing

Water assists the reintegration and sealing of the energy field following a session. The water molecules of the physical body align with the water in which the body is immersed, during this process there is a further energetic release. Placing the hands and/or feet in water is effective as an additional aid.

Bach Flower Remedies

Homeopathic remedies further align the mental/emotional energy fields to integrate at the physical level. Walnut assists in letting go of the past, Scleranthus aids balance, Oak is grounding. Other remedies may be required in the aftercare programme, to ensure release of any residual attachment. http://www.bachcentre.com/centre/remedies.htm

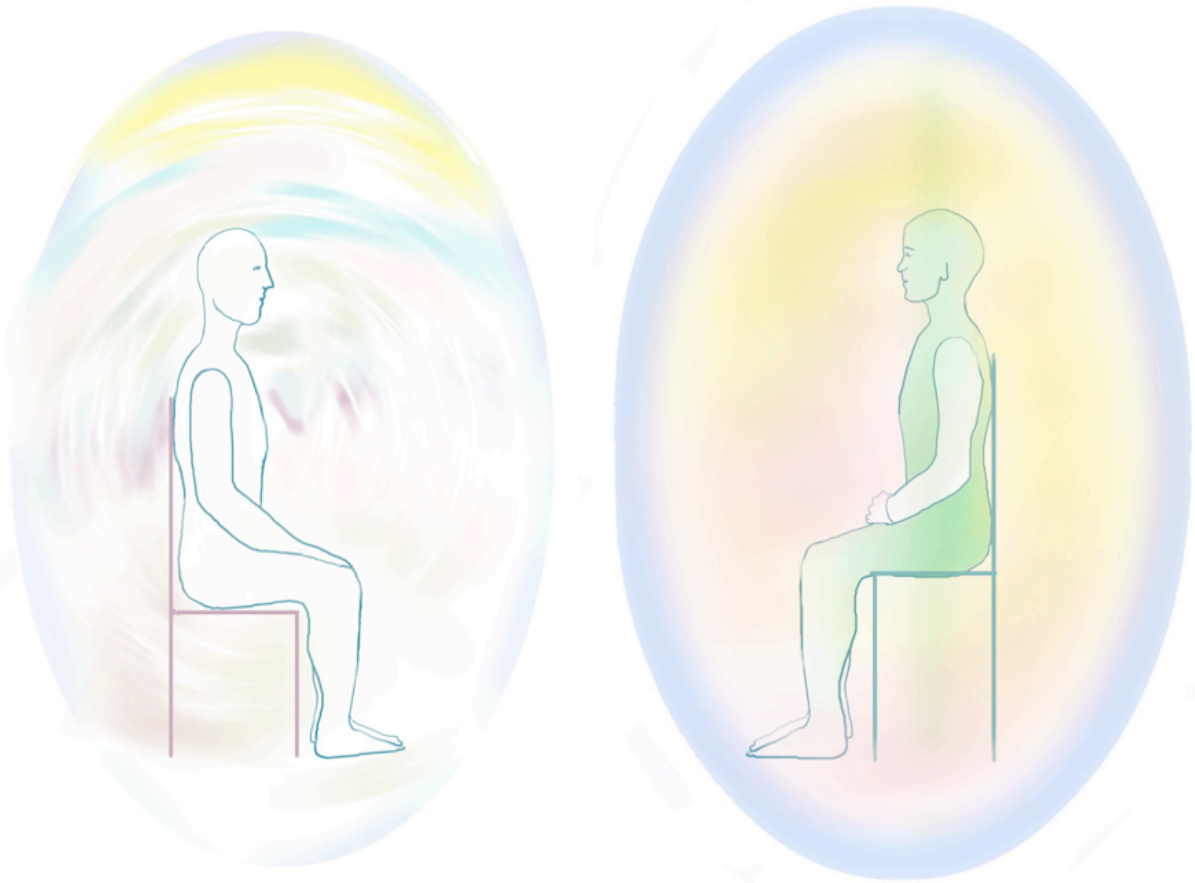
Dream Journal

Assimilation and integration continues consciously and unconsciously over several days. Dreams should be recorded and may be discussed at a future therapy session.

ILLUSTRATIONS TO SHOW THE DYNAMICS OF ENERGETIC FLOW DURING THE COUNSELLING PROCESS

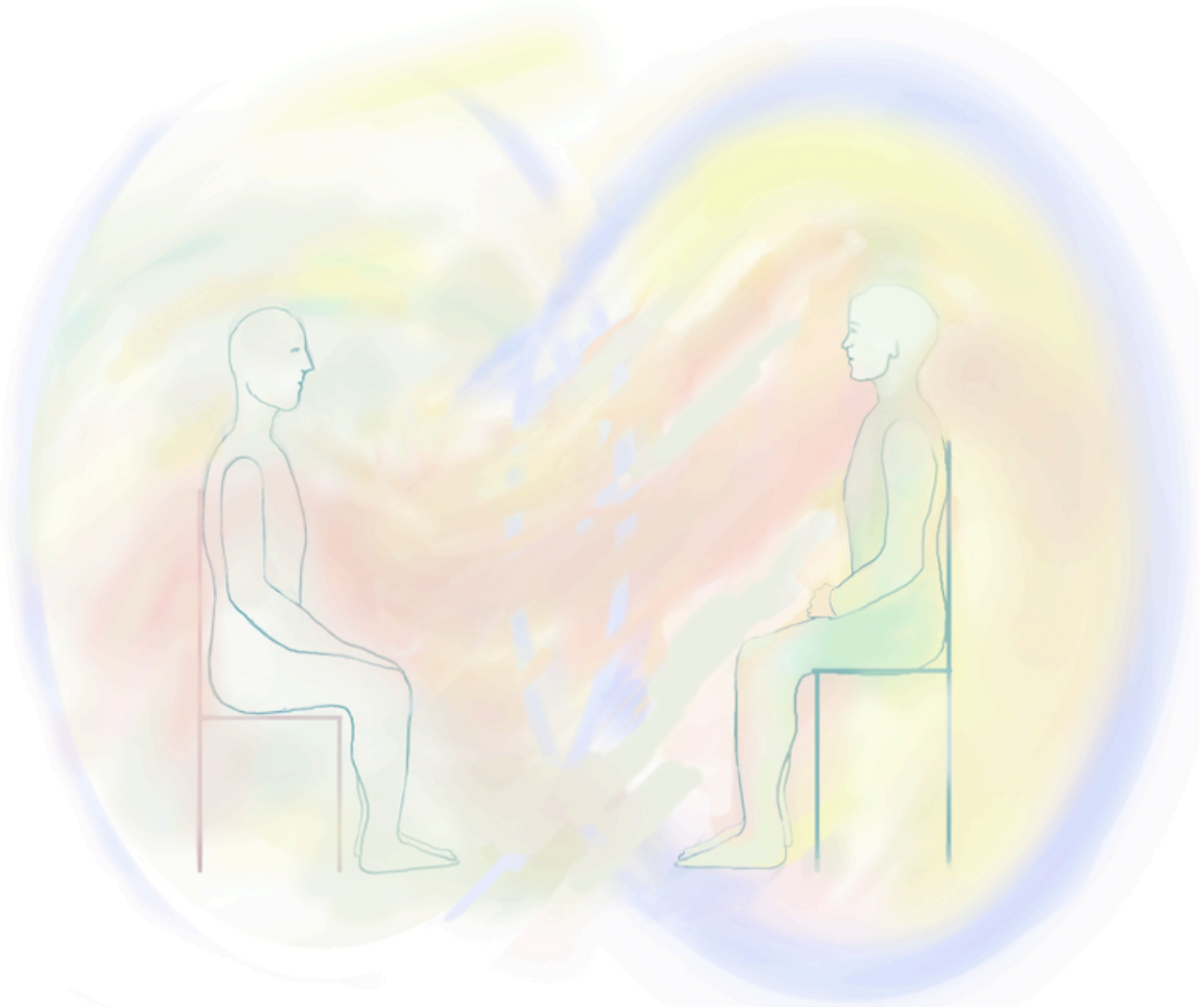
Clients energy igniting **Therapist aligned and sealed**

The memory surfaces to the mental/emotional/physical level ready for release.



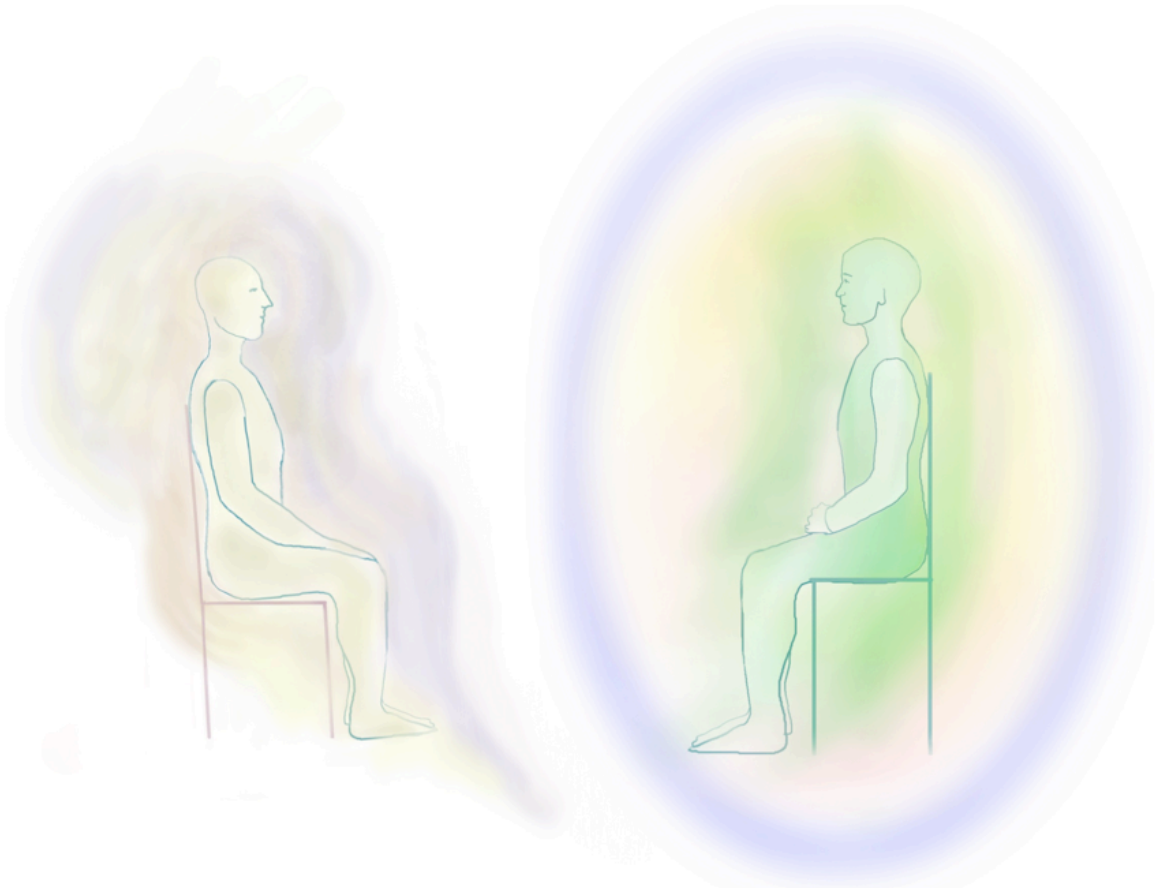
Sympathetic merging of the Therapist and Clients energy fields

Sympathy (emotion) rather than Empathy (compassion)



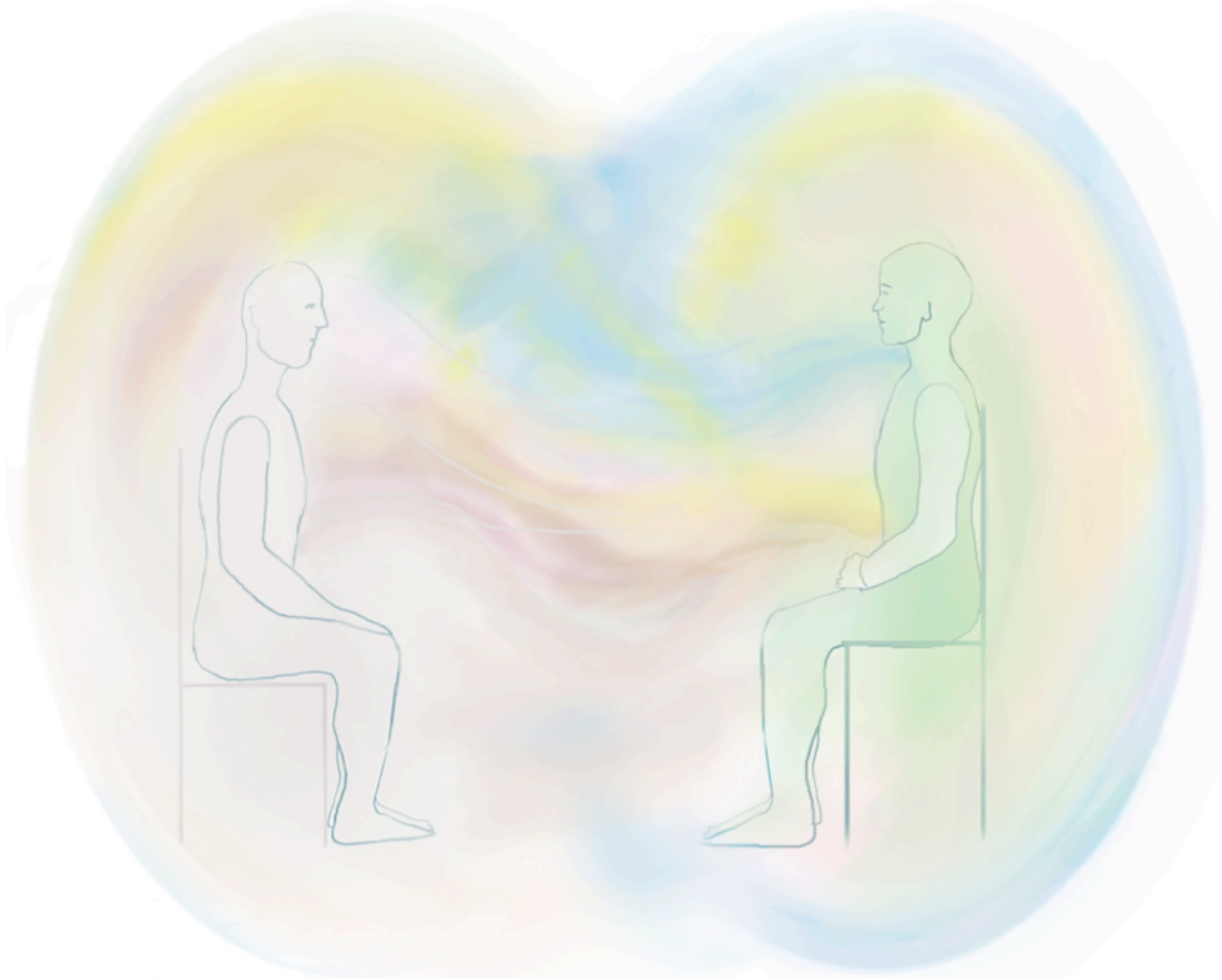
Client resisting, controlling **Therapist remains unaffected**

The client's response to issues arising with denial or justification



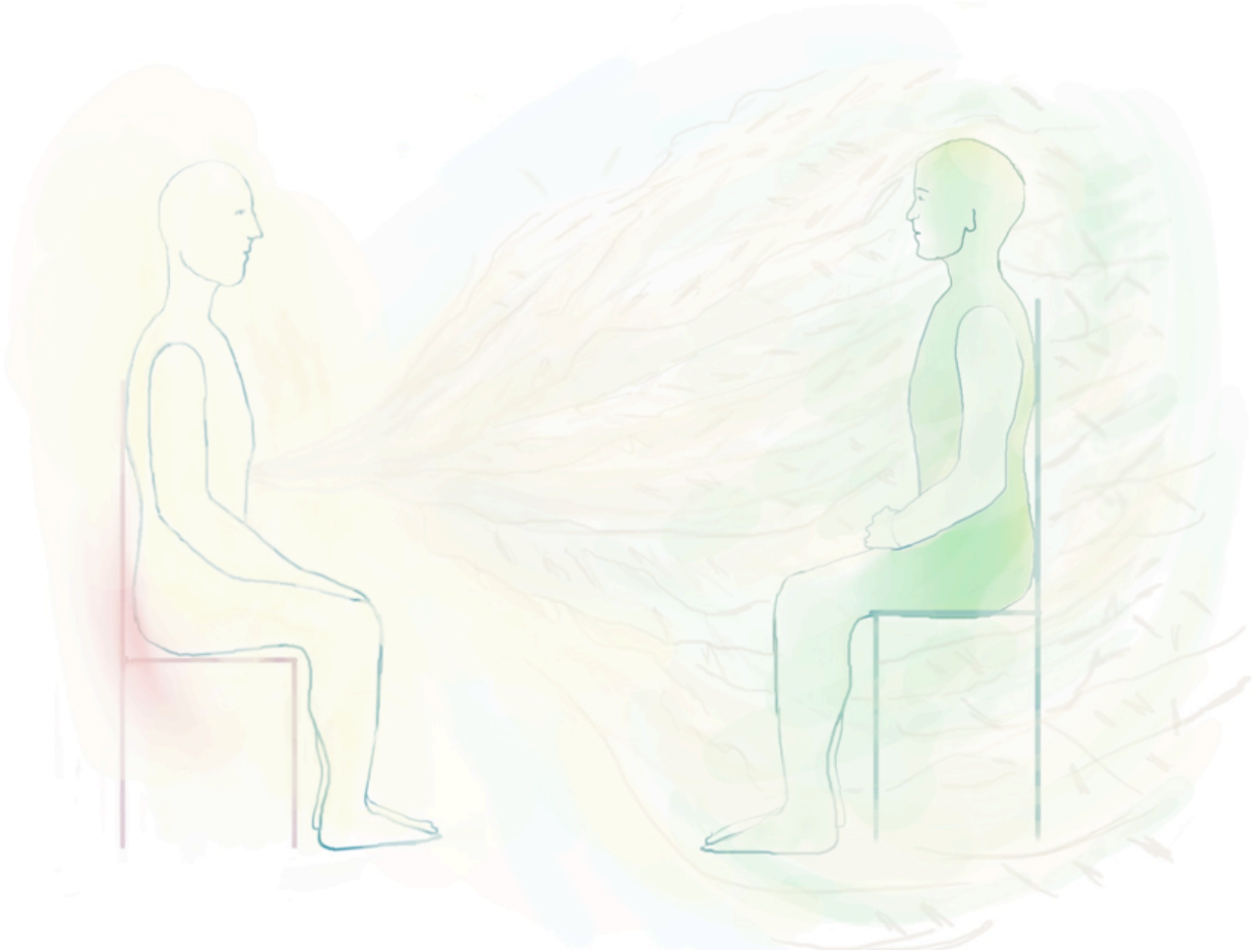
Passivity Therapist insufficiently sealed

Client draws upon the therapist's energetic field rather than strengthening their own. Can lead to co-dependency.



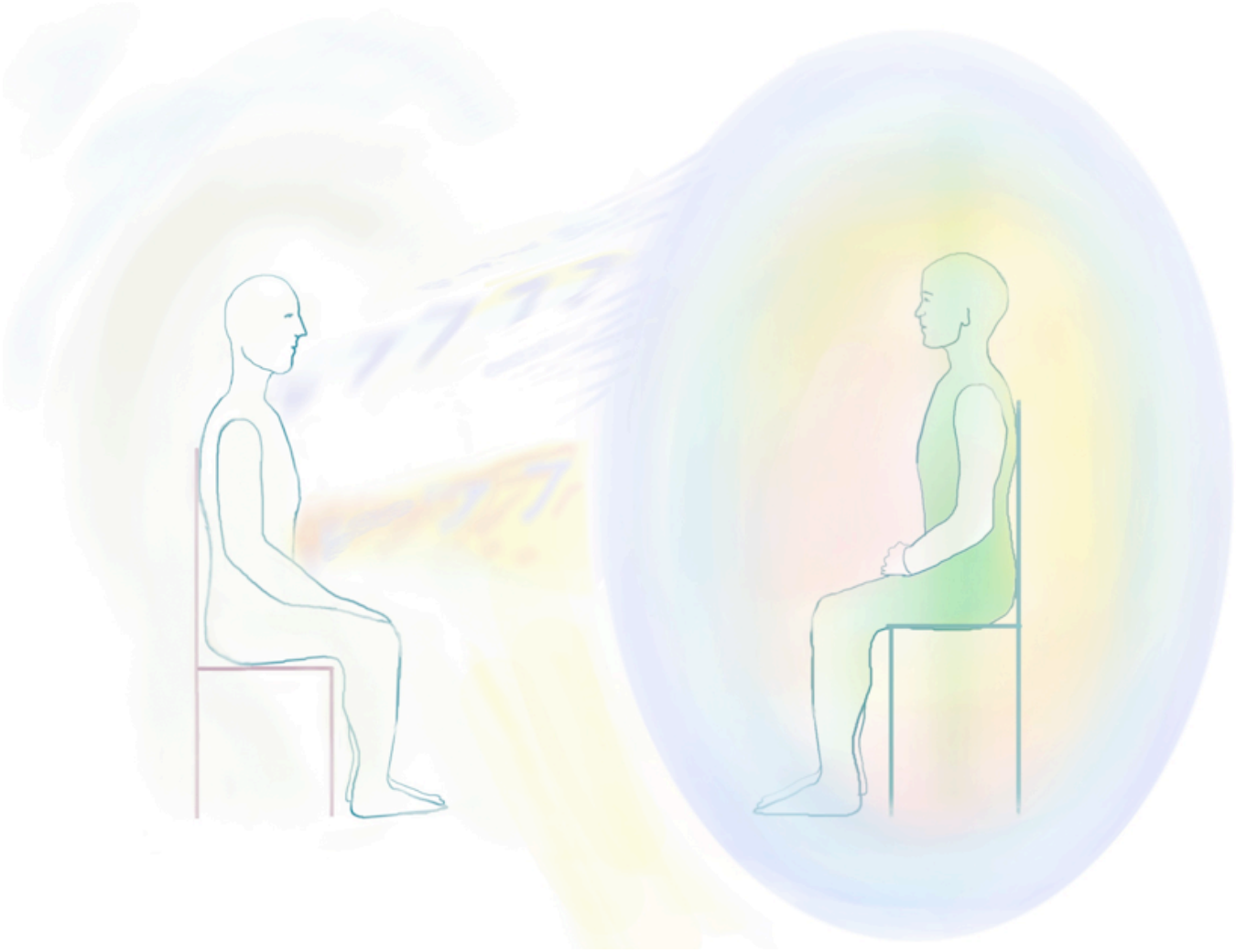
Client controlling a therapist who is aligned but not sealed

An attempt to lead and manage the session,
a reflection of the control issues being addressed.

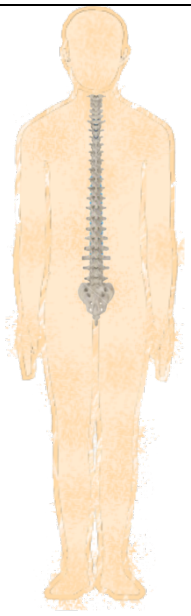
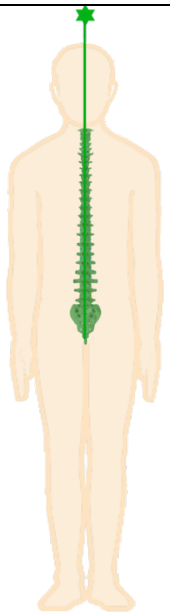


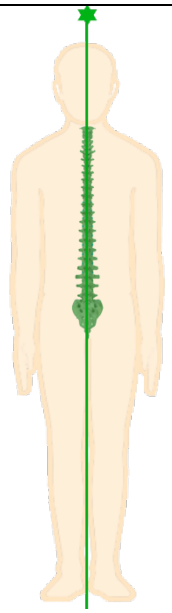
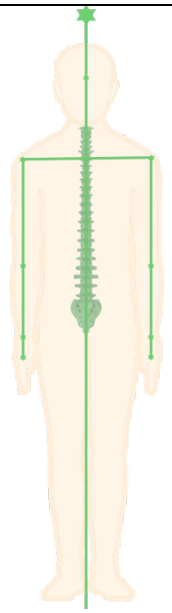
Projection

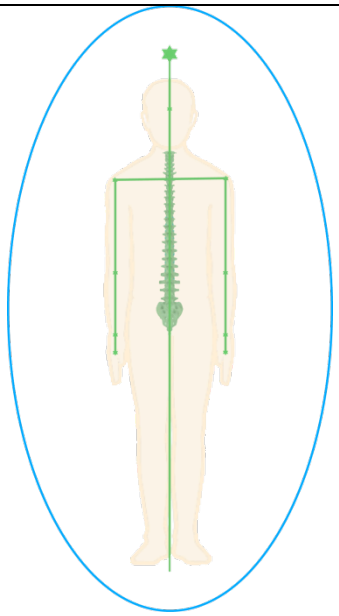
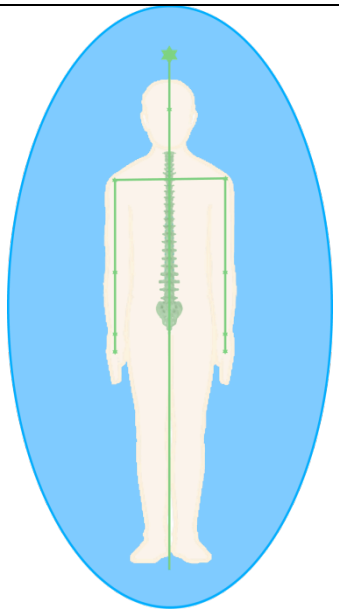
Client unable to accept projects inner conflict.
Therapist unaffected



THE EMERALD ALIGNMENT

	Take a moment to relax. Breathe down the body, from head to the fingers and toes, releasing any tension or heaviness within the body as you breathe out.
	Visualise a point of emerald green light above the crown of the head. Breathe the emerald light down to the top of the spine and into the body, following the line of the spine. Anchor the emerald light in the base of the spine.

	Continue breathing the beam of emerald down to between the heels and into the earth. Feel the body straight and balanced on each side of that line.
	Again, focus to the crown of the head, drawing the emerald green down to the top of the spine. Breathe the emerald across the shoulders, holding the shoulders light and straight. Breathe the emerald down the arms to the elbows, to the wrists and into the palms of the hands.

	At a distance of arm's length, visualise an oval bubble of blue light surrounding the body
	Visualise this bubble of blue light sealing and protecting all the positive light within.



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