



Finding the Path to Health Through Intuitive Counseling

Intuitive counseling goes beyond the intellectual analysis of behavior patterns that is common to most psychotherapeutic counseling to discover the deeper underlying patterns of the whole person—body, mind, and spirit—and how they interrelate to form the unique pattern of function, including disfunction, of the individual.

Intuitive counseling is based on intuitive sensing, which is the core of my healing work.

What is intuitive sensing?

When I use intuitive sensing I use a sixth—psychic—sense to perceive the physical and/or emotional state of a person. When I am perceiving intuitively I am not “mind reading” in that I do not perceive specific thoughts. Nor do I diagnose “disorders”; I leave that to Western medicine. Rather, my intuition gives me a sense of a person’s inner mood and attitudes. Information can come to me in the form of images (clairvoyance), verbal information (clairaudience), or just knowing (clairsentience), depending on the circumstances. My intuitive sensing abilities, developed over about 35 years of practice, allow me to develop an understanding of each unique individual as a whole being.

How does intuitive counseling work?

Using my intuitive skills in conjunction with your own sense of what “feels” right, we work together to help you understand and rebalance all aspects of yourself to achieve the state of body, mind, and spirit that is your birthright.

The process I use to help both of us understand and bring you back into holistic balance is very interactive and often involves the use of other modalities besides simply talking. Here’s how it often works:

- ***Dialog together:*** Intuitive counseling begins with a dialog between us designed to help us both deeply understand the problem (or problems) you face. As we talk about your story I use my intuition as well as my physical ears to carefully listen to what you say, then ask appropriate questions to be sure I clearly understand the problem and your goals.
- ***Understand the context:*** We may want to not only discover how the problem manifests in your life but also explore when it began and under what circumstances it bothers you. That context is often necessary to help us discover what might be underlying the pattern you want to change. The underlying factor (or factors) may prove to be the key to achieving the healing you are seeking.
- ***Develop a plan of action:*** Using this information, we develop a plan to help you achieve your goal.
- ***Integrate healing modalities:*** Sometimes we might want to use a technique from hypnotherapy to help us better understand the sources of the problem I am helping you address. The historical context of the problem—when and under what circumstances it first appeared—or the “messages” an illness might have for you, can be accessed using hypnotherapeutic techniques in conjunction with my intuitive sensing. If your problem is manifesting physically we may decide to do a Reiki

session, which may not only help ease your discomfort but can also allow me to more clearly intuit the nature of the problem, providing us with the information we need to achieve the best resolution.

- **Teach you skills:** I will also help you acquire skills you can use to help yourself. Perhaps I can teach you visualization techniques that can help control your symptoms, or I might attune you to the Reiki energy so you can bring it in yourself, or we might work together to create and perform a ritual that will help you let go of some pattern from the past that is causing you difficulty today.

These are only examples; just exactly what we do will be determined by your unique situation.

I welcome you to contact me with any questions, or see my links page to take you to Web sites on intuitive counseling. I would be glad to meet with you for a free consultation to discover how we might work together.

Bibliography

Myss, Caroline *Anatomy of the Spirit: The Seven Stages of Power and Healing*. New York: Three Rivers Press, 1996.

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