

Curiosity, Joy and Responsibility - The Natural Consequence of Being Real Turiya & Rafia



It is natural for the human being to want to be happy and joyful. However, Joy cannot be directly created as it is a result or natural consequence of openness related to the heart; if the heart is free to function there is natural celebration, innocence and an innate sense of curiosity.

As a counselor it is profoundly important to be connected to an inner sense of joyful curiosity with both yourself and with clients. This naturally happens when we are curious about the truth, relaxed and confident that presence itself will create the right conditions for the guidance that is needed.

While many qualities are needed to work effectively with clients, without a connection to your own inner light-hearted joy, working with people can become a heavy burden, which becomes draining and exhausting rather than a delightful, nourishing discovery of our Essence.

In this last section of Basic Counseling Skills we will cover:

- how to work with major existential life changes and endings that are a natural part of life

- how to work with discriminating between loyalty to Being versus loyalty to ego

- how to work with identity issues such as attachment to self images, emotional patterns and ego defenses

- keys for transforming depression, despair and hopelessness into true joy and happiness

- nourishing yourself during a session

- the responsibility and integrity of a counselor (personal ethics)

So openness is the basis of inquiry, but love expressed as curiosity

specifically invites the Diamond Guidance. This active edge of openness is needed for the truth to be revealed. Then there is joy, curiosity, a happy excitement to find out. The not-knowing becomes the beginning of adventure. And because you don't know, it is more exciting. Joy is in the whole process, and the excitement of life intensifies. The soul is turned on to exploring the mystery, and it is curiosity that engages...