

An Article about Rahasya and his training in counselling skills

The following is an article that the Aura soma Academy in England has published for Living Energies to say a little about Rahasya and his work.

Rahasya (Dr. Fritjof Kraft) is German, born in Switzerland and originally studied Medicine. He worked as a medical doctor for 8 years, first in hospitals and then for 3 years in his own general practice in Germany. Already in his student years he was travelling a lot, he went to India for the first time in 1971.

As a spiritual seeker he got acquainted with many different cultures and traditions, studied the Sufis in Turkey, the Tibetan Buddhists in Nepal and Tibet and the Hindu Tradition in India.

In 1980 he met the spiritual Master Osho in Poona, India, and got initiated into Sannyas and Meditation. At that time Osho had gathered many of the best therapists from around the world in his commune to experiment with the possibility to use therapy as a tool to prepare the ground for meditation. His vision was to bridge the East and the West, and help people benefit from the wisdom of both parts of the world.

Rahasya spent a full year in Asia and studied many different Meditation techniques. He then returned to Germany and opened his medical practice in Meinhard. There he used many alternative healing methods like Acupuncture, Hypnosis and Breath therapy to help his patients heal.

After many years of education and trainings in Counselling, Group dynamics, Primal Therapy, Breath Therapy, Encounter, Hypnosis and NLP, Tantra, Esoteric Sciences, Energywork and Aura Soma, he gave up his medical practice in 1985 to be able to run his own groups and trainings.

From 1987 to 1997 he lived and worked mainly at the Osho Multiversity in Poona, India, where he was teaching in the advanced counselling training and co-created the trainings "Beyond Psychology" and "The Art of Inner Alchemy". Here he spent 6 months of winter, and the rest of the year he travelled to the workshops around the world. From 1995 to 1997 he was the Director of the Osho School of Mysticism in Poona, India.

Together with his partner Nura who has introduced him to this wonderful colour healing system as an Aura Soma teacher, he is organising and leading adventure tours combined with meditation such as Trekking in Nepal and Tibet, Skiing in Switzerland and Sailing in Greece.

Rahasya and Nura now live in Australia and help develop a big Meditation, Therapy and Healing Centre near Byron Bay, New South Wales, and travel to Europe and Japan for trainings in counselling skills and other courses.

Over the years Rahasya's work has changed and developed considerably. Due to his vast experience in so many different fields, Rahasya has developed a very unique, simple and effective way of working and teaching.

The Training in Counselling Skills for example is not imparting a lot of knowledge over the head but is a step by step experimental experience in which learning happens as a side effect.

From watching himself when he was working with clients or in a group, Rahasya created simple structures, in which understanding happens through experience. The following aspects are covered in Rahasya's work:

Non Intrusion

One of the main features of a good counsellor is his/her state of being and where he/she comes from when he/she gives a consultation. The moment the counsellor wants to change the client or in any way feels that the client is wrong, intrusion is happening, maybe "just" on an energy level, but as we know, energies can affect us very strongly. No client who comes into a session, be it counselling or Aura Soma, wants to feel wrong, or wants to be intruded. Rahasya therefore brings a lot of attention to the state of being of the counsellor and helps the consultant to find this meditative space of being present, non judgmental and centered in the heart before he/she starts the session.

As Aura Soma is a "non intrusive soul therapy", where the client in choosing his/her

bottles finds his/her own healing remedies, this approach can be supported immensely through the awareness and meditateness of the consultant.

We all are so allergic against intrusion, since as a child we have been intruded so many times, all of course in the name of love. Most of our education was geared to change ourselves, improve ourselves and become.... "Becoming" has become a major disease, and "being" was left behind. So deep down we have developed a belief that we are wrong, and we often have the feeling of unworthiness. We even often intrude into and manipulate our own energy and do not listen to the deeper wisdom within. Healing can only happen if we get the space to discover who we are, in a loving, open, caring, non intrusive environment. If a gardener is impatient and intrusive with one of his plants in the nursery and starts pulling the plant upwards, so that it should grow faster, what happens? Eventually, the plant dies, because its roots or stem get ripped apart. How can we explain non intrusion in this context? What makes a good gardener? He provides the right climate (enough light and sunshine, good soil, the right amount of watering, maybe a little compost, and last not least, his loving caring attitude) and the plant does the healing and development by itself.

How can we provide the right climate?

Centering in the Heart

In the western world most of us are centered in the head and try to deal with life's problems from a rational approach. The beauty of Aura Soma is, that in its nature it cannot be approached just rationally, since we play with colours and chose them intuitively. But the interpretation of the bottles can be intuitive or mental. When we come in contact with our heart center and tap into this energy field of love and acceptance, the whole climate changes. We all know on what a high level of energy and awareness we ride when we just had fallen in love, when our heart got touched. Rahasya has been working with the heart center for many years and has found different simple ways to access the heart as a center of deeper intelligence and intuition. The space of the heart has many layers, and in the center is pure emptiness. It is so simple and direct, that we often miss the heart's power for Transformation

Relaxation

Rahasya teaches counselling from a state of inner rest and brings awareness to a state of being versus doing. Being only happens when we are relaxed. Just as we know that Einstein found his theory of relativity when he was relaxing in the bathtub, a counsellor that is relaxed and open has a much easier access to his/her own intuition. In a state of alertness and relaxation, spontaneity can flower and add to the aliveness of a session.

Meditation and working out of emptiness

Meditation has often been misunderstood in the West and confused with contemplation or observation. In his training Rahasya introduces different meditation techniques that help the participant to come in touch with their "Inner emptiness". In the West this may be a not very desirable state, and the fear of meditation may very well be the fear of this inner emptiness. Nevertheless as we get a little more familiar with this space, it can give rise to beautiful spontaneous and original responses to the moment during a session and saves the client from the preconceived ideas of the Counsellors own psyche. The capacity of the counsellor to wait and to rest in himself/herself, even if there is a gap of emptiness, can bring session to a much deeper level.

Synchronicity

Rahasya has been exploring the phenomenon of Synchronicity and found a beautiful way to teach it in his trainings. Synchronicity in the context of a session for example can be that the client and consultant fall into a spontaneous harmony and on a certain level become one, so that the insights of both arise simultaneously and add to the level of wisdom and magic of the session.

We can observe synchronicity very beautifully in nature, when we see birds flying in a flock, and suddenly they turn all at the same time in a new direction, as if an unseen link is connecting them.

Transmission

Those of us who have participated in a course with Mike Booth may have noticed a phenomenon that we could call transmission. While we all were busy taking notes and trying to get what Mike was saying, something inside became more and more light, clear and loving, in spite of the minds almost going bananas. Mike was transmitting a certain energy vibration, and everyone picked it up on a deeper level than the intellect. The same experience might have happened for you with another Aura Soma teacher. This training is introducing the possibility of working through transmission by helping participants to recognise and utilise a state of energy inside themselves. The participant not only hears what is being said but experiences the reality and vibration behind the words.

Language patterns

In German there is a saying: "Wie man in den Wald ruft, so schallt es heraus" which could be translated into: "The way you call into the forest, that way it sounds from the forest". So it seems very important to be aware of the kind of language we use when we talk to people, also in a session. The language needs to be congruent to the space we want to transmit, and also "non intrusive" but allowing. In his training Rahasya is teaching the basics in verbal Communication, NLP and Hypnosis, to give the participant simple and effective tools for verbal expression.

Awareness of Issue

In a consultation or counselling session what seems to be most important is to find out what the client's issue is, so that there is a clarity of what to look at or where the healing can happen. If the client is confused, which is often the case, otherwise there might be not so much reason to seek help from a therapist, it is crucial for the counsellor to help identify and clarify the client's issue. As we know from ourselves, even if we know our issue we often do not know how to approach it or solve it.

Rahasya is teaching a step by step possibility to bring awareness into the context in which we relate to our issue:

1. Are we aware of it?
2. Do we have a "yes" or a "no" to it, do we accept it?
3. Are we identified with it?
4. Do we take responsibility for it or are we being victimised
5. Is our issue part of a projection, including another person, which brings in relationship patterns?
6. Do we maybe carry a past life memory that creates this issue in this life?

Bridging psychological problem to awareness of energy patterns

The modern physicists have realised that everything is energy, even matter is energy. Aura Soma works with energy through colours, the vibration of plants and gemstones. Why should a psychological problem not also be just an energy pattern in our subtle anatomy? In his education as therapist Rahasya has started with learning the psychological approach and later extensively explored the subtle anatomy of the seven chakras subtle bodies. He is teaching a beautiful method to create a bridge from one to the other and help dissolve and heal "problem states" on an energy level through

The Alchemy of Transformation

The "Alchemy of Transformation" is a whole process originating from the heart that opens a door to acceptance, responsibility, love and understanding. It explores hypocrisy and the ideals that we have about ourselves versus who we really are on an energy level. Just as the Aura Soma Colour Healing supports the light and the potential of the client, the "Alchemy of Transformation" works through bringing light and love into everything that is.

Exploring existential understanding versus intellectual understanding

We all know that when we have tried to understand something intellectually, nothing changes. But when this certain click happens, this feeling of aha deep inside, things change by themselves, simply because of the space that opens when true understanding

happens. This space can be explored as a state of being inside of us.

Counsellor - Client relationship

When 2 people meet, like in an individual session, a certain relationship is created. It is very important for the therapist to recognise the type of relationship that is happening between him/her and the client, so that he/she will not get involved or manipulated into undesired situations. It is important to become aware of power- and co-dependency issues on the side of the counsellor as well as of the client, and use the "Alchemy of Acceptance" to be able to move on. A loving awareness of what is can more than enough to allow healing to happen.

Learning basic energy reading skills

As an Aura Soma consultant we already give our clients a certain kind of reading, when we decode the bottles they have chosen. As we know from many psychics, energy readings can be done without any help of Aura Soma bottles or other tools, simply by tuning in. In this training Rahasya is teaching a simple method of attunement that enables the participant to "read" the heart energy of the client and gather more information that can become available to the client.

Difficult client situations

There is no such thing as a difficult client, so let us call them "interesting" clients instead. For those of us who have been working with people before, we are aware that some clients are a real challenge to our love and acceptance as consultants. Recognising these challenges and becoming aware of our responses and limitations are crucial. In a playful and humorous way Rahasya indicates a few possibilities of how to respond to an interesting client in different specifically "interesting" situations.

Since each of topics mentioned above can be a deep exploration per se, this training is like an inspiration to bring light into so many possibilities and open many doors for more specific studies.

The training includes teaching, self exploration, meditation and practising of sessions under supervision. At the end of the training the participant will receive a certificate of completion.