

Interview about counselling with Rahasya, September 23,1998

Interviewer: Gatasansa

Gatasansa_

Rahasya, you wrote an article in Living energies about counselling. Now I would like to ask you to say a little bit more about counselling. Generally Counselling is not so familiar in Japan, people do not know so much what it is. They know about Freud, Jung, Gestalt Therapy and the more analytical approach, which is being taught at the University. But your way of counselling is quite different. Also the Aura Soma Color Therapy works in a different way. So I would like people to get a clearer idea of what the essence is of counselling for Aura Soma. How can healing happen with counselling?

It seems that in Europe the status of a counsellor is quite respected, almost like a doctor, whereas in Japan some people practice as counsellors mostly at the University. Usually only people who feel psychologically sick go to the counsellor, and they seek a sort of therapy. But what you are doing is addressing healthy people, confronting them with themselves and helping them to look inside? Can you please explain?

Rahasya_

Yes, originally also in the West, counselling is connected with psychological sickness and is one form of therapy. When somebody feels sick in the body, he goes to the medical Doctor, and when he has a psychological problem he goes to a therapist or a counsellor. The way that I am practicing Counselling is in a very different context. I help healthy people to become more healthy, to become more conscious and to learn more about themselves. It is a sort of self-exploration, a discovery of themselves through Meditation and other ways of looking inside. This approach is very much in line with Aura Soma, a healing System of the soul.

Gatasansa

It has been found through Kirlian Photography that sicknesses appear in the Aura before they appear in the physical body, and Aura Soma can help healing the subtle Anatomy or Aura, so that the physical body does not have to become sick. Is what you are doing also a kind of healing of the Aura to prevent sicknesses in the physical body?

Rahasya

Yes, in a way I am practicing preventive Medicine. So my work fits very well with where I am coming from. My background is being a medical doctor, and I also studied a lot of different therapies to treat psychological sick people. Then through my own exploration with Meditation and meeting a enlightened Master my whole focus shifted towards preventive Medicine and Counselling as a support of healing.

In the past, this kind of counselling was also not so common in the West. But slowly more and more people are getting interested in themselves and in alternative healing Techniques and Meditations that help them to get to know themselves more.

The kind of Meditative Counselling I am teaching here for the Aura Soma practitioners is similar to what I am teaching in the West as part of the education for Therapists who have learnt different Therapeutical Techniques like Bioenergtics, Breath Therapy, Primal, Encounter or Gestalt, since these therapists also need to learn skills in the art of communication and being with people.

This art of being with people is important whether you work with sick people or with healthy people. In our approach with Aura Soma it is more for healthy people who want to become more healthy, more aware of themselves, more aware of how they function, more aware of their connection to themselves.

The approach of counselling is the same as the approach for Aura Soma. In a session the client gets mirrored things that he perhaps does not see himself. This happens in a loving environment in which the client can trust to open himself more. That opening in itself is already a healing. Just as in the physical body, when a wound is covered it can make the rest of the body sick, spreading germs and infection. So in the medical profession when there is a hidden wound, the doctor opens it and helps the pus to come out, and then the wound heals. In the subtle anatomy and in the psychology of people there are also wounds, and even though the people seem healthy mentally and physically, they also carry energy blocks or wounds carried on from their childhood that prevent them from living as free, flowing and rich as they would like to. So this kind of counselling

is supporting an opening of the energies, and in this opening the healing happens. In the same way Aura Soma is reflecting the colors of the person, and through allowing the colors to come back to the person, the healing is happening.

In a counselling session, as the client understands energetically more about himself and starts to love himself more for what he recognizes inside, opening and healing is happening. Sometimes an emotional opening needs to happen where the client has to release some tears or some old pain. This is only possible in a loving atmosphere where trust is there and the client is not pushed in any direction. So it is very important for the counsellor to be able to create such an atmosphere.

When you take the example of a child, and you want the child to do something by pressuring him, he usually does not want to do it, or he shrinks and is reluctant. He maybe does it, but with fear and resistance, and not with his full potential. So the result is usually not the best. But when you love the child the way he is, and you support his gifts, the child is ready to do anything, because there is love. And with love there is no split in the energy, the performance is better, and the child functions from its source.

Counselling is helping the client to reconnect with his own source, with his original being. This is where Meditation comes in. If people would meditate, they would not need counselling. Counselling can become a bridge towards meditation or a bridge to a deeper self-exploration. Very often when people start e.g. with Aura Soma or with Counselling, they discover things about themselves that they have not known before, so they come closer to themselves, and this very fact is helping them to open to love.

If you want to have one sentence to describe what counselling is, counselling is helping the client to open more to self-love. In that self love, everything happens, healing happens, freedom happens, sharing happens, old conflicts are resolved.

There a quite some magical things happening when a person opens to love inside. We had an experience with somebody in the course that had a conflict with a family member for a many years, and there was no communication possible. Just through contacting her own heart on a deeper level, something happened energetically and she got a more loving and understanding connection to the person she had a conflict with before.

Counselling affects all the chakras, since whenever a person opens in the climate of acceptance and love, everything opens, and whatever was hidden inside can come into the light. As a result there is an opening to self-love, to creativity, to a deeper understanding, to intuition and eventually an opening to wholeness.

This approach is very unique and different from how counselling is taught at university . It is also different from other approaches like NLP for example. In America there is a big movement with NLP, modeling and manifesting, which is exploring the mind to discover how it works and then using the elements to create your life. This is an approach through which people can create their life in a more beautiful way, but it is all somehow in the limits of the mind. It is a lot about doing. What I have come to know through my own exploration is that everything we are looking for is actually possible, when we relax and trust in ourselves. Usually we struggle and fight for the things we want. As we come closer to ourselves we find that life provides everything we need in the right time without any struggle as a part of the flow of life. I also teaching basic NLP and communication techniques, but for the purpose of growing more in love.

We all might have had that experience that the world looks different depending on how we feel. When we feel expanded and loving, the whole world looks expanded and loving. When we feel very tight and restricted, tense or worried then the whole world looks terrible and depressive. So a lot of the exploration through counselling is to see and to recognize how we create our own world and how we become victims of it.

Gatasansa

In your counselling skills training you are teaching synchronicity. Usually people are not so familiar with this expression. Can you please explain it?

Rahasya

Synchronicity is a very mysterious phenomenon. Actually I got introduced to it by a very beautiful woman, Kaveesha, who lives in Sedona. She has been guiding meditations with a group of people going into synchronicity. We found that the elements of synchronicity are parts of the quality of the heart. If two people are deeply connected within the heart, they might think the same thing in the same moment and perhaps speak it out in the same moment. We could say this is synchronicity. Or when somebody in Japan sits in a room and thinks very lovingly about a friend who is in America and the next moment this friend calls. This is synchronicity.

Through meditation and experiencing ourselves we have found a possibility to create a certain space with a client, where synchronicity is possible. The best way perhaps to explain it, is like falling into a vibration inside, where both the client and the counsellor attune to each other, tune into the same vibration. To work from that space is very beautiful, because in that moment when the counsellor says something, the client does not need to understand it mentally, he can experience what the counsellor says inside as a state, and understanding happens on a deeper level.

Synchronicity is often happening in nature. I saw a beautiful poster, where two dolphins were jumping in a yin and yang sign, and underneath it was written synchronicity. Dolphins are actually very talented in synchronicity. You may notice when you look at them swimming that at the same moment they change direction without anybody knowing. Sometimes when you see birds flying in the sky, in the same moment the whole flock of birds turn into a different direction with an invisible message connecting them. With a deeper knowing they all do the same thing in the same moment.

Synchronicity in the context of counselling is a very beautiful space to start a session with. It is a deep space of connectedness in the heart. In that space the counsellor and the client are not separate. The counsellor is not on a higher level or feels superior. The counsellor and the client are in the same space and the counsellor can learn in that moment as much from the client as the client can learn from the counsellor.

This is a very different approach to the old analytical way of therapy. In the Freudian or Jungian analysis the therapist was always very distant. When the client was lying on the couch the therapist was even sitting behind, so that the client could not see the therapist. There should not be any personal connection. The way I have learned therapy and counselling is more from an understanding that we are all one, that nobody is better or worse. Some people may have walked on the path of self-exploration a little bit further than others so we can help each other. But we are all on the path to deeper insights or on the path towards enlightenment.

So you can say that as Aura Soma is a spiritual healing system, it includes the spirit, it includes the master essences, it includes higher frequencies, that are connected with the masters, in the same way the counselling I am teaching is a sort of spiritual counselling. It includes the higher vibrations of the masters and conveys the message of love. So in this way Aura Soma and my way of teaching counselling are beautifully fitting together. I am very glad that Mike Booth has recognized this, when he invited me to teach counselling for the Aura Soma Practitioners.

Gatasansa

You have realized or experienced while you were teaching counselling to the Aura Soma people, that what people shared in the counselling or what happened to them was very connected to the Aura Soma Balance Oils they chose. Can you talk about it?

Rahasya

Yes. As the practitioner learns counselling, he will find out that his own intuition and love is big enough to see everything even without an Aura Soma Bottle. And then when he brings the Aura Soma bottle in, it is like a reconfirmation. It is an extra tool where the bottle is adding to the whole picture. With this experience the practitioner learns to trust that maybe the same bottle means many different things for different people who choose them. All the people that experience counselling in the training for Counselling Skills who give a session and then let the client take a bottle see that whatever has been addressed as an issue in the session is reflected in the bottle. Without any exception this always happened. This is a joy and discovery for the person participating in the course. It is a reconfirmation of how Aura Soma works, a reconfirmation of that

the bottles are actually quite miraculously reflecting what is, and that synchronicity works.

Counselling and Aura Soma together can enrich an Aura Soma consultation tremendously, because the person who has learned this kind of counselling can feel much freer to add many other different aspects. He can support the client through counselling, through speaking, through synchronicity, through using the techniques and skills that he learns in the training and then integrate them in the Aura Soma reading.

Gatasansa

Rahasya, besides counselling sessions you offer metaphysical energy readings without Aura Bottles. Is there a connection to somebody's choice of Balance Oils to your readings? Also, can you say something on how the Aura Soma Healing system could support counselling?

Rahasya

Yes. In a metaphysical reading I am reading the energies in the chakras and the subtle bodies. I am looking at the energy flow between the chakras and address certain issues that may be connected to different chakras. In this way I become like a mirror to the clients energies. As I am in Synchronicity with the client the reflection is happening with love, light and acceptance. This supports the client to accept more aspects of himself, creating an opening and healing.

Aura Soma works in a similar way. The bottles directly reflect the client in his different aspects. As the client chooses the bottles himself, and as color is neutral, light and acceptance are reflected by the bottles.

It always happens that in a metaphysical reading the same issues are coming to the light as in an Aura Soma reading. Just the angle of seeing things may be different, so a Metaphysical reading can be a beautiful addition to an Aura Soma reading, or vice versa.

To your question on how the Aura Soma Healing system could support counselling
Counselling alone sometimes may only address one aspect. It may be looking at one certain issue, which we could say is usually connected with the challenge. So counselling is often addressing the second bottle, looking into the issue and then finding a way to turn the issue into a gift. Then Aura Soma can open a much vaster picture. It gives you the potential, it gives you the challenge, it gives you what is happening in the here and now and it gives you the direction towards the future. So Aura Soma is a beautiful addition to counselling skills and vice versa.

Sometimes it happens that the client does not understand what the therapist is saying about the bottles or can not relate to it . When the therapist is then familiar with counselling techniques and with synchronicity, he goes a little bit deeper inside and reaches the client on a deeper level. He goes in sychronicity and perhaps uses the language patterns that he learned, or pacing and leading as NLP techniques. Then a deeper connection happens, and then the client is much easier able to understand what the therapist actually wants to say about the bottles.

Gatasansa

Thank you very much, I feel what you have said can bring a deeper understanding into the value of learning counselling skills

Rahasya

Thank you