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Counselling

A key to the door of the Inner Treasures

By Rahasya

Every living being in existence, be it a plant, an animal or a human being, is born with a potential, and has the longing, the urge, the drive to fulfill its potential, to live itself.

For a flower this means to become this specific flower. It means for the seed to die, to take the challenges of a vulnerable sprout to find its way through the earth into the sun, to take the challenges of the weather and to finally explode into its flowering. Reaching the fulfillment of this potential is not guaranteed. Any time there is a possibility for the sprout to die, to be uprooted by wind, floods, drought or other catastrophes. Nevertheless the desire, the longing and the urge of every living being is, to discover these intrinsic qualities that want to be lived and shared in existence.

As the mystic Osho says in one of his discourses, the plant kingdom and the animal kingdom are living their essence already. The program is inbuilt. A dog is born a dog, lives as a dog, and dies as a dog. He is spontaneous in that expression of life. He does not think whether he should be anything else than a dog. The same is happening with a rose, or a lotus or any other kind of flower or plant. It grows and becomes that which it is meant to become. And in that growing it continues to live in oneness. No animal or plant ever experiences separation.

The human being seems to be different. The human being is born with a potential, and then it is up to him or her to nourish that potential, to develop it, to realize the essence, or to forget it. As we are brought up according to ideas of our culture, of our society, of our family, we are usually not so much supported in discovering our intrinsic potential. Our whole focus aligns itself with the demands of our surroundings. We are told: "Become!" And in trying to become, we waste most of our lives in creating a more and more refined personality without ever wondering who we are. Very seldom somebody tells us: "Be!" Through the conditioning of becoming we suffer many experiences of separation, and alienate ourselves more and more from who we are already. This alienation is the main cause of suffering in the world.

Counselling can initiate a healing process for this suffering.

What we call healing in this time is not just healing of the physical body, it is also healing of many misunderstandings of the mind, of the past, that has created wounds. These wounds are carried in the aura, the energy field surrounding and pervading each person.

These wounds can have their origin in this life, or in past lives. It seems that suffering patterns repeat themselves. If we look at a family, the suffering pattern gets inherited, gets transferred from grandparents to parents to children to grand children and so on. The habits, the behavior patterns, difficulties in life, the mindsets seem to be very similar. This is what we could call Karma.

Underneath that conditioning is waiting to be discovered the true nature of each human being. The true nature is unaffected by any conditioning, by any upbringing, by any personality. We could call it our individuality, our potential, our purpose in this existence.

Aura Soma with its beautiful colors and fragrances reflects the intrinsic energies that are part of our individuality. As a reflection in the Balance Bottles, these energies can be seen, recognized and welcomed back home. In that unification healing is happening, an opening to our potential is happening.

The beauty of Aura Soma is, that the person who needs the healing is choosing his or her own bottles and colors himself or herself as a reflection of who he or she is. The Aura Soma practitioner is simply a translator of the language of color and of the wisdom hidden in these bottles, so that the client can understand more about himself or herself and uncover the intrinsic potential in this life.

Counselling has the same purpose. Counselling is using the psychological insights of this time to help the client to move from the personality to the individuality. It is using the expressions of this body - mind to move beyond the body - mind. It is using language, communication, emotions, sentiments, physical sensations, sensory experiences, be they visual, auditory, kinesthetic, olfactory or gustatory, as a key to unlock the door of the inner treasures. A great discovery is possible to find what is actually behind all these sensory experiences. As the counsellor is in contact with his/her own potential, he/she creates an energy field in which the client can resonate and uncover his/her own potential.

The counsellor supports the client in the question "Who am I behind the personality that I adopted from parents and society?" As the client discovers what is behind the personality aspect, he/she comes in contact with what we could call the essence. From that essence (which we could also relate to the "Soul bottle" in Aura Soma) the client can discover the very specific elements and traits of their individuality. He/she can discover the flower that is there already, the flower that he/she is meant to be in this life. The client can understand and stop trying to be someone else. Just like a rose does not try to become a lotus, but enjoys being a rose, the client can uncover and rejoice in what he/she is already.

As the essence is not in any way affected by personality and by the change of personality, counselling can help the client to accept, embrace, enjoy anything that this lifestream in this body-mind is expressing.

Most of the suffering in life happens, because we feel split, separate and disconnected from our source. Suffering happened because we feel pushed or pulled, feel under pressure of some outside forces, where we become slaves and victims of outer circumstances, rather than masters.

This victimization and suffering is a misunderstanding. It is due to energy moving out trying to identify with objects outside of us.

Counselling helps the client to turn the energy around and discover who is there already. The strange phenomenon is, that whatever is being experienced in the moment, be it sadness, anger, desperateness, hopelessness or joy, happiness and love, all become a door to discover ones individuality. As any emotion or state is experienced totally without rejection, without trying to make it different, without hope of any change, the very experience becomes pleasant. In the willingness to fully experience that which is in this moment, the negative or painful happening transforms into joy.

Now why is that?

It is because the pain of any negative experience lies in the interpretation that things should be different. The moment one becomes one with the experience, the byproduct is joy, love, relaxation into who one is. The astonishing phenomenon is that in becoming one with any emotion, sentiment, or experience, the negative aspect simply disappears.

The mysterious discovery is, that anything that was always desired outside, like happiness, bliss, peace, love and freedom, can be rediscovered as being already present inside. Everything that a human being is looking for, is running after, like running after money, a bigger house, a bigger car, a more interesting love partner, is basically an attempt to fulfill this need for happiness, bliss, peace, love and freedom. Every desire tries to fulfill a basic need of returning back to oneness. But once we are willing to turn in and look what is there, we find that we have never moved from this oneness.

Through counselling, Aura Soma, and other healing techniques, this attempt to become one again is supported. In the colors of Aura soma the client can recognize: This is who I am. In that recognition a relaxation can happen, and the energy that is represented in the color and may have been rejected, can be welcomed home. In that very welcome, a healing happens, because oneness happens. The byproduct of that oneness is joy, love and bliss and peace.

In counselling, when a facilitator supports the client to simply see and recognize what is, without any hope of being different, the same phenomenon of becoming one is evoked. As the counsellor supports the client to fully experience what is, the energy that was trapped in fighting what is, becomes available.

If we look at ourselves we discover, that so much energy is wasted in fighting who we are. Since everything that we are fighting in ourselves is also reflected in the outer world, we fight the same things outside of ourselves also. The moment we stop fighting ourselves and experience that which is in its totality, we discover the love and acceptance inside. The whole gestalt changes, the whole way of seeing the world changes. We also stop fighting the world. This is best illustrated with someone falling in love: The lover feels that the whole world is love, the whole world is a flower garden.

So counselling is simply a support, a help for the client to discover who he/she is already. Counselling has no intention to change anything in the client, even though the client may want to change something. The paradox is that change cannot happen through wanting to change something inside. Change and transformation can only happen through stopping wanting to be different, through seeing and living what is, and through relaxing into what is.

The best way to illustrate that is if we take the example of a tree: If one leaf is unhappy and wants to change itself, it becomes difficult. It becomes more difficult if the leaf is unhappy with the way the other leaf looks, and wants to change that. In both situations the whole energy is going against the tree itself. It is a misunderstanding of the leaves that they think they are separate, just like it is a misunderstanding of humans to believe that they are separate.

The moment the leaf on the tree relaxes inside and experiences the isness of things, it experiences that it is part of the tree, and that the tree gives all the nourishment to the leaf that it needs. The tree is already there, living rejoicing and celebrating life. Part of that celebration is this leaf and all the other leaves. In that recognition the change in the leaf from unhappiness to happiness has come.

In the same way we can say that every living being is a leaf on the big tree of existence. Existence is already happening. Since we are not separate from anything or anyone in existence, we discover that if we fight ourselves or someone else, we are always fighting and hurting ourselves.

As we discover, that who we are is already happening, it becomes absurd to live in comparison and competition. We then want to simply support everyone and everything around us, because each time we support someone else, we support ourselves.

The art of counselling is a key for that support. Counselling is then a key to the door of one's inner treasures.