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Counselling and Aura Soma

A bridge for healing

Aura Soma is such a beautiful healing system, that just being in the presence of the Balance Bottles gives one a feeling of relief, joy and light. More and more sensitive people get enchanted and magnetized by this rainbow of colors and light, and they start the journey of the Aura Soma education, participating in the Aura Soma Foundation- , Intermediate- and Advanced course. But perhaps many of the Aura Soma Students never before had the opportunity to share their insights and wisdom with other people or, later, with clients who come for an Aura Soma Consultation. Suddenly they become practitioners and healers with Aura Soma Color Therapy as a vehicle, and they encounter people may be in need of healing, of support and of guidance. The young Aura Soma Practitioner may feel insecure how to respond to a client's issue. He/She may feel helpless when the client gets upset or goes into a deep emotional response during an Aura Soma reading. Some clients may not understand or have a reaction to the practitioner's consultation and create a "difficult client" situation. In these moments the practitioner needs to be familiar and confident with the art of being with people. The presence and love of the healer, the personal contact between the healer and the client, the atmosphere of trust, and the art of communication are crucial for a successful session.

Here is where the art of Counselling comes in.

Counselling Skills will help the Aura Soma Practitioner to trust in his/her own gifts, to create a relaxed atmosphere in the session, to establish a good rapport with the client and to use very effective tools for communication taught in the training, so that an Aura Soma consultation can become supportive, reflective and healing for the client.

Counselling Skills can be taught in many different ways: One can learn a lot of theory about communication, learn techniques and tools and acquire more and more knowledge. But knowledge alone does not make a good Counsellor or Healer. Counselling and the art of being with people can also be taught experientially. New information and knowledge can be integrated while practicing open counselling sessions with other participants, and the student can be supported to find access to his/her own personal and unique gifts as a counsellor. Learning in this way is congruent and in line with the Aura Soma Healing System that very much supports a permissive, reflective, non-intrusive and experiential approach.

The Aura Soma Academy in England to has invited Rahasya (Dr. Fritjof Kraft) conduct the training in Counselling Skills for Aura Soma Practitioners all over the world. His unique approach to teaching Counselling has proved to be very supportive and effective as well for the beginner in the healing profession as for the highly skilled and experienced Counsellor. He teaches a blend of meditation, information, self-exploration, and practicing that allows every participant not only to learn new skills, but to also go himself/herself through a deep healing and transformation during the course. The learning and exploration in Rahasya's Course gives the Practitioner an authority to work from experience rather than just from knowledge.

This way the Training in Counselling Skills is helping to create a bridge between the Aura Soma Practitioner and the client so that the flower of Aura Soma can unfold it's full fragrance and power for healing.