



## *Guidelines for Spiritual Conversations*

### *Form Three*

#### Instructions

If, after our introductory meeting, you would like to talk again about spiritual concerns, I will ask you to read and sign this form. You may print it and give the form to me in person or snail mail it to me at the address listed on the [Contact](#) page of my website. I will also have copies available when we meet for our get-acquainted session.

#### Guidelines

1. The purpose of a spiritual conversation is to come into deeper relationship with our true, divine nature. It is not the time to rush through descriptions of the many events of your week (no matter how interesting!) or to complain about difficult situations. Before we begin each session, please consider your reason for meeting and discern what is most important to you.
2. Spiritual processes, including conversations, unfold most smoothly when an individual has an essentially stable life and is not burdened by acute life crises or severe mental health issues. If you are dealing with any of these challenges, please let me know.
3. As you contemplate what you want to discuss, please remember that our purpose is to grow in awareness of our divine nature. Our agenda is not to psychoanalyze ourselves or others or to explore practical solutions to financial or other worldly concerns. Together, we will discuss ways to partner with God in everyday activities.
4. *How* you and I talk is also important. Concepts are the basic units of conversation, of course, but it is possible to *feel and converse* at the same time. Feeling—wordless, disciplined self-sensing—allows us to access not only our minds but also the wisdom of our bodies and of our innermost being.
5. While we're talking, don't hurry. Allow space to exist in between your words and sentences. During that quiet time, you may be surprised by the awareness that arises spontaneously from within.
6. Consider the questions you ask, the concerns you express, and the stories you tell, to be gifts—offerings to the divine indwelling. When the content of a conversation is sincerely given to God, talking becomes a spiritual action capable of moving us closer to our divine essence.
7. Contact with our divine self eventually brings emotions like anger, fear, confusion, sorrow, shame, etc. into awareness so they can be transformed. If this happens, release your distress into God's care.

If necessary, ask me, a psychotherapist, a minister in your faith tradition, a loving family member or a friend for support. If your distress persists, I may make our work together contingent upon your seeing a licensed psychotherapist or counselor.

8. Over time, spiritual conversations may shift your focus so that you become more aware of your being—your divine nature. As you open to your innermost self, be prepared for possible changes in your values, attitudes, preferences and perceptions.

9. During or after a spiritual conversation, new ideas sometimes arise. Please don't make life-changing decisions too quickly. Take time to (a) consider what part of you (your personality or your divine self) initiated the new idea and (b) consult with family members and relevant experts.

10. Spiritual work requires clarity—clear seeing into oneself. Please refrain from the excessive use of alcohol, the use of recreational drugs, or the use of mood-altering prescription drugs during the weeks or months that we are dialoguing together.

11. Each time we gather for a spiritual conversation, give yourself unscheduled time right after the appointment. This extra time will help you to integrate our work together and ensure that you are able to drive a car safely.

12. Either one of us may at any time decide to discontinue our dialogues. Whenever it is time for us to part, I hope we will schedule a final conversation to review what we have learned together.

13. My work as a spiritual teacher is a ministry. In the spirit of ministry, all information shared during our sessions will be kept confidential unless: (a) you are at risk of harming yourself or another person; (b) there is evidence of abuse or neglect of a child, a disabled person and/or an elderly person; or (c) an issue arises regarding my conduct as a minister.

14. Being a minister, I do not keep records of our sessions, nor am I available to testify or otherwise provide information to others about you. As a minister, I work by free-will offering. Before or after each session, please place your offering of any amount in the container designated for this purpose. Because my work as a minister is not registered as a church with the IRS, your gifts are not tax deductible.

Spiritual conversations can play a supportive role during a person's interior journey. Please take responsibility for your own spiritual evolution. Use your wisdom and good judgment to decide what works for you and what doesn't. "Be," as the Buddha says, "a lamp unto yourself."

**I have read and understood the material describing spiritual conversations in these guidelines. I affirm that I have the necessary level of mental-emotional fitness to engage in this spiritual process.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_