

## Spiritual spectrum Questions

1. What did spirituality look like to you in your childhood?

Michael: As you know I grew up Catholic we did go to church and, but we were never very spiritual. Religion is more hypocritical. Organized religion tends to be more about power than being spiritual, that's what it feels like anyway. I Believe in God and Jesus but active religion is not something I agree with anymore. I have faith but I do not practice.

\*I asked this question to gain an understanding of what the base to spirituality would be for my partner. This also lets me know if we are starting from a clean slate or one that has information that has been ingrained into the individual due to childhood experience.

2. are there any spiritual symbols that you value in your daily life?

Michael: Angel wings have more to do with something then God (His son who passed in infancy). Well, honestly, I believe whatever this spiritual symbol is it's spiritual specifically to you.

\*I asked this question to find out if there are any totems or visual triggers in place for my partner that would allow them to focus deeper into their spirituality daily and to see if that would be a necessity for them.

3. Do you think that your spirituality has been a factor in the different outcomes of your life? Positive or negative.

Michael: I don't know. Spirituality is part of who I am so I would say "yes."

\*I asked my client this question to find out if the level of spirituality that they have effects their current existence. Also to gain an understanding of how much past experiences affect them currently.

4. Is there anything that has happened in your life that you have ruminated on throughout most of your existence? (something distressing).

Michael: My full ride scholarship to college academics. I didn't know what I wanted to do in college though. Also, most everything that has happened did so for a reason and without that I would not have my children. So, I don't really ruminate on much because the outcome was so great.

\*I asked this question to get a better understanding if any hypothetical situations or apparent errors were a barrier to finding spiritual healing. Rumination is obsessing about previous errors, apparent failures, or hypothetical situations. Anxiety, despair, and poor problem-solving might be the result (Recovery Village, 2021).

5. Is there anyone in your life currently that you have not been able to forgive for a personal offense? And do you think that controls any part of your life? (Negative or positive).

Michael: I never forgave my ex-wife for cheating but had she not I would not have been able to confirm the level of love and respect she had for her marriage. I also would not be free now to be with you.

\*I asked this question to confirm if my partner had negative feelings that inhibited his sense of present peace and intuition. Strong emotions -- particularly negative ones -- can cloud our intuition. Many of us know that we feel out of sorts or "not ourselves" when we're upset, and it may be because we're disconnected from our intuition (Gregoire, C. 2017).

6. Do you believe that spiritually you are a present thinker, a past thinker, or a future thinker and why?

Michael: I think I'm present mostly not that I don't think about the future, but I mean I think I'm a present thinker.

\*I asked my partner this question to find out if he was present at the moments that were happening to him. Forward thinking can be a wonderful thing unless it causes anxiety and that could also inhibit his current state of wellness.

7. Are there any holistic healing methods that you have always been interested in trying?

Michael: I could think massage has always been an acceptable form of healing the body and mind for me.

\*I asked my partner this question to find out if he had interest in any other modalities of holistic healing.

8. Do you believe in mysticism?

Michael: Yes, I believe in mysticism. No, I have not experienced that for myself.

\*I asked my partner this question to confirm whether his mind could think on other planes of spiritual existence.

9. Do you believe in astrology in general?

Michael: Yes, but horoscopes tend to be vague and general.

\*I asked my partner This is to confirm if he had any astrological awareness.

10. If you were forced to have a God, would it have a sex? And why would you choose that sex?

Michael: I would pick female to go against the normal Judeo-Christian type father God because that doesn't work for me so that's about it.

\*I asked my partner this to confirm what his position was on gender in religion.

## The Plan

As a practitioner I would use this information to formulate a healing journey. This journey would include a weekly detoxifying lymphatic massage to allow the bodily fluids more circulation and release tension. I would also advise Michael to journal anything that he noticed on his daily interacting with others that changed his mood. This could be something as simple as a transfer of positive emotion. I would also advise Michael to write journal about things that he saw in nature that were esthetically pleasing. This could be a multidimensional flower or butterfly. Along with this journaling I would have him add a page explaining how he felt in these moments and if it connected him more deeply with his spirit. I would also set sessions for breathwork to allow for positive emotions to have a free space of movement within his body and for negative emotions to be detoxified out. Once Michael spends time collecting different instances of beauty in nature and things that feed his spirit, I will use the answers from the questions as well as his experiences and advise him to use these items in meditation. These meditations would start out at 5 minutes and slowly increase to 30 minutes. Hopefully, he can use these practices to allow him to have more cognitive connections to his dreams, his spirituality, and his daily experiences. The goal would be to allow for more peace with what he does

know and what he does not know. Hopefully, this would allow him to explore more about his spiritual connection to the world around him, the influence that he has, and that others have on him.

## **Ethics**

The ethical considerations that I would need to make would be specific since Michael is my partner and we do have a personal relationship. I would need to make sure that the plan is specific to him and not to any interest in myself. I would also want to keep a level of professionalism and integrity in the plan that I advise him of. This is a lot easier when knowing the starting point of the journey. Since Michael is not starting from a fresh base of unfamiliarity with spirituality and religion, I have a lot of information to create a positive outcome for his spiritual healing that is based off his needs. I do not think that I would ask other questions or change anything specifically. I do like to encourage all my clients to find a way to manage their stress.

## **References**

- Gregoire, C. (2017). *10 things highly intuitive people do differently*. Huffington Post.  
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