

Consulting a Metaphysical Practitioner/Counsellor

Chris Taylor is one of a small number of trained, qualified and registered Metaphysical Practitioner working in the UK.

Metaphysics is a philosophy which maintains that we live in a Universe of Infinite Intelligence permeating all existence. Our Spiritual Nature is one of total harmony, at One with this Intelligence. When we are out of alignment with our True Self, we experience conflict and difficulties. The work of a Metaphysical Practitioner is to uncover these imbalances in our belief system, and through awareness and understanding, help us restore both mental and spiritual equilibrium to our lives.

ONE TO ONE CONSULTATIONS WILL INCLUDE

- METAPHYSICAL COUNSELLING
- MYSTICAL STUDIES AND PRINCIPLES
- MEDITATION
- SPIRITUALGUIDANCE
- SPIRITUAL TREATMENT
- VISUALISATION

METAPHYSICAL COUNSELLING – The First Meeting

The Practitioner will ask you a series of questions about your background and life history. This will enable her to ascertain what kind of belief system is contributing to the problem you are currently experiencing. You will be asked what is troubling you and what you consider to be the problem. It may be that you don't quite know where to begin – in that case you just take your mind back to when you made the decision to come along – ask yourself what was going on for you at that time. This will give you important information as to the core issues and will be of great help to the Practitioner. You may at some time during the session be asked to close your eyes for a short while to meditate or relax. This will help you to focus and allow you to access the intuitive aspect of your mind that knows the answers.

SPIRITUAL MIND TREATMENT

The Practitioner may speak some positive words concerning your problem, or you may be given a short written statement to repeat to yourself between each session. This is known as a Spiritual Mind Treatment and affirms the Truth about you and your situation. People generally find this comforting, reassuring and beneficial.

SUBSEQUENT SESSIONS

The Practitioner will explain to you how the mind works and teach you some of the Universal Laws so that you can put them into practice and begin transforming your life. At times you may be in touch with your feelings but this is all part of the healing process. If at any time you don't feel comfortable with the questions or inner work, simply inform the Practitioner and alternative ways of helping can be used. Clients generally experience a greater sense of peace and well-being following a session.