

# Spiritual Counseling Insights

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## 1). Here are some of my basic insights regarding spiritual counseling down below: (A-H)

- A). Just like any other industry or profession, there are good and bad spiritual counselors and teachers.
- B). Many spiritual counselors, teachers, etc can be religious or spiritual path specific whereas other ones (via eclectic spiritual practitioners and nondenominational ministers) tend to utilize a number of religions, philosophies, beliefs, practices, services, etc.
- C). Virtually anyone can be a spiritual counselor, teacher, etc. due to the lack of regulation.
- D). A lot of spiritual counselors and teachers out there tends to be too idealistic and not realistic or practical. Thus, have too much subjectivity and not enough objectivity, proper logic or rationality. As a result, they don't improve people's lives, problems, situations or issues.
- E). Several spiritual counselors and teachers lack the necessary knowledge, education, information, experience, skills, resources, etc to help people. As a result, they don't improve people's lives, problems, situations or issues.
- F). Many spiritual counselors and teachers have to conform to various rules, teachings, practices, etc whereas other ones do not.
- G). Depending on the situation, spiritual counselors and teachers may not be truthful with people.
- H). Many spiritual counselors and teachers may have issues with ignorance, indoctrination, denial, projection, cognitive dissonance, the Dunning-Kruger effect, ingroup-outgroup biases as well as other cognitive biases.

## 2). Many people want to utilize spiritual counseling due to some, but not limited to the following reasons down below: (A-D)

- A). They want to improve their spirituality.
- B). They want to improve their lives and/or situations.
- C). They want to improve their happiness or mental health.
- D). They want meaning and purpose in their lives and so on.

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- 3). **With the right spiritual counseling, you can improve your spirituality without religious dogmas.** Even Jesus Christ disliked religion according to the Christian Bible or the Gospels.
- 4). **With the right spiritual counseling, atheists, agnostics, freethinkers, etc could improve their spirituality.**
- 5). **Believe it or not, with the right spiritual counseling, you can improve your life and happiness more effectively than utilizing traditional counseling or therapy.**
- 6). **Since spirituality is very personal and subjective in nature, using the right spiritual counselor, teacher, etc could benefit you tremendously in more ways than one.**

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