



Benefits of Spiritual Counseling

Why seek Spiritual Counseling?

Through spiritual counseling we gain a deeper understanding of ourselves; discover our divine power within to solve life's challenges; and find creative ways to peacefully resolve conflicts with others.

Spiritual counseling can help if there is a need for inspiration, crisis support, or a healing in any area of your life, e.g., health, finances, relationships, or career.

Prayer and meditation are an integral part of Unity's spiritual principles, and an essential practice in realizing the answers we seek. We believe in the transformative power of affirmative prayer.

You are a unique expression of God. Spiritual counseling will remind you of that!



Unity's Five Principles

- 1). God is absolute good, everywhere present.
- 2). Human beings have a spark of divinity within them, the Christ spirit within. Their very essence is of God, and therefore they are also inherently good.
- 3). Human beings create their experiences by the activity of their thinking. Everything in the manifest realm has its beginning in thought.
- 4). Prayer is creative thinking that heightens the connections with God-Mind and therefore brings forth wisdom, healing, prosperity, and everything good.
- 5). Knowing and understanding the laws of life, also called Truth, are not enough. A person must also live the truth that he or she knows.



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Unity of Arlington



Spiritual Counseling



"What you seek is seeking you."

~Rumi

unity



Spiritual Counseling at Unity of Arlington

Spiritual counseling at Unity of Arlington is based upon the universal principles found in Unity's teachings. We offer a process of discovering the Truth within ourselves—that the Presence of God is always available to us in the midst of any circumstance.

We are committed to creating a safe and supportive environment for those we serve, so that he or she can experience compassionate listening while being encouraged to turn within for inner guidance. Spiritual counseling does not attempt to “fix” problems, instead, we are dedicated to assisting each person as they open their hearts, open their minds, and awaken to the divine potential that exists within them.

Spiritual counseling is available to anyone who sincerely seeks this kind of help. There is no requirement of membership at Unity of Arlington to receive spiritual counseling; however, we do encourage attendance of our Sunday celebration services and Unity classes.

Reverend Anne is available by appointment only for spiritual counseling sessions. As an ordained Unity minister, she is bound by a code of ethics, which requires absolute confidentiality. The only exception to this requirement occurs if the counselee shares something indicating the violation of state laws or imminent danger; and reporting to law enforcement is necessary.

Q&A

How to make an appointment?

Appointments may be made by calling the office during business hours (Tuesday thru Thursday, 10am – 4pm). Church office: 817-467-5151

F.Y.I.

Spiritual counseling is not psychotherapy. It is designed for short-term support. Generally, one to three 1-hour sessions are sufficient. However, if the spiritual counselor, or you, feel you would benefit from another kind of counseling, you will be given a referral for a local therapist who can help you explore the issue from a psychological perspective.

If more than three sessions of spiritual counseling are desired, mutually agreeable arrangements may be decided upon between you and the counselor.

How much does it cost?

Spiritual counseling is offered on a love offering basis. While no specific fee is expected or suggested, we do invite each person to leave a love offering. Please leave it with the administrative assistant on your way out.