

Spiritual Counselling Through Social Media

By
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Introduction

Counselling psychology is a psychological specialty that encompasses research and applied work in several broad domains: counselling process and outcome; supervision and training; career development and counselling; and prevention and health. Some unifying themes among counselling psychologists include a focus on assets and strengths, person–environment interactions, educational and career development, brief interactions, and a focus on intact personalities.

Dr Filia Papadimitriou is a registered clinical & counselling psychologist. A 55-minute individual session is \$220 and a couple's session are \$250. Filia is passionate about the following issues:

- Mood disorders
- Personality disorders
- Trauma, abuse, attachment issues
- Addictions
- Self-esteem, confidence
- Body image issues
- Marital issues/ divorce/ stepfamilies
- Family, relationship challenges
- IVF and fertility issues
- Adolescent risk behaviours
- Identity issues
- Grief & complex grief
- Work bullying
- Migration, cultural issues
- Life transitions
- Adoption issues
- Sexuality issues

<https://www.filiappsychology.com/>

What is Spiritual Counselling?

For many people, spiritual beliefs are very important - and these people may not be too far off. Some researchers, for instance, equate a person's well-being with the combined health of a person's mind, body, and soul. Perhaps this is why a spiritual crisis in some people's lives may result in upheaval and crises in the rest of their lives.

Spiritual counselling is a type of counselling that focuses on a person's spiritual side. There are a couple reasons why a person may consider spiritual counselling. First of all, they may

seek out a spiritual counselling in order to explore or solidify their own personal spiritual beliefs. Some people might also seek out the guidance of spiritual counsellors when they need help solving other problems in their lives, based on their spiritual beliefs.

Although the term “spiritual counsellor” might bring to mind images of meditating yoga masters or bible toting priests, there are actually all types of spiritual counsellors. Some of these counsellors are denominational, and they do follow one specific religious or spiritual path, like Christianity or Buddhism. Others, however, may be non-denominational, and may incorporate several different religions or spiritual aspects into their counselling. In general, these types of spiritual counsellors usually believe that there is a higher force above us that interconnects us to each other and the rest of the world.

When it comes down to it, spirituality is becoming more and more important in many people’s lives, particularly as they grow up. As we get older, we may begin to question the spiritual beliefs that we were taught as a child, and strike out to solidify our own set of beliefs. Also, as we get older, we may find that we’ve gotten lost as we tread down our spiritual path and find ourselves in need of guidance. Because of these situations, there will always be a need for spiritual counsellors and leaders.

A spiritual counsellor typically aims to help guide and advise individuals on all types of matters, whether they are spiritual in nature or not. Most spiritual counsellors will counsel individuals regarding traditional mental disorders, for instance, such as depression and anxiety, as well as more spiritually based problems. Of course, the type of work a spiritual counsellor performs will typically be determined by each individual client.

<https://careersinpsychology.org/spiritual-counseling-careers/>

Bhagavad Gita

The Bhagavad Gita is a conversation between Arjuna, a supernaturally gifted warrior about to go into battle, and Krishna – the Supreme Personality of Godhead, his charioteer. In the course of giving Arjuna all manner of spiritual and material advice, Krishna explains karma, the self, the Supreme Self, the purpose of yoga, the difference between our self and our material body, how our environment affects our consciousness, and how to attain the perfection of life. The Gita appears as a central chapter in the Mahabharata, the history of greater India. It is the essence of Vedic knowledge and one of the most important books of Vedic literature. Lord Krishna spoke the Bhagavad Gita to Arjuna about 5000 years ago and through disciplic succession the Bhagavad Gita As It Is gives commentary on the verses by Lord Krishna by His Divine Grace A.C. Bhaktivedanta Swami Pradhupada. Essentially the Bhagavad Gita As It Is is the highest authoritative text to explain the universe and the commentary is “almost” 100% accurate.

<https://vedabase.io/en/library/bg/>

The author’s spiritual advancement

The author has experienced psychosis, panic attacks, generalized anxiety disorder, depression as well as being suicidal in the years 2010-2019 as a result of workplace bullying. The first real sign of the author’s improvement in health occurred on the 11th Feb 2013, which was the day

before enrolment for a course in a Bachelor of Social Science degree at Macquarie University. At this point in time the author was also undertaking regular Hatha yoga sessions at Macquarie Gym. The author's health continued to improve throughout 2013. This was assisted by weekly attendance at the Macquarie University Bhakti Yoga club, weekly visits to the Hare Krishna temple, Sydney and reading books of spiritual knowledge available at the Hare Krishna Temple. Throughout 2013 the author also had regular chiropractic and remedial massage treatments. However, the most effective method for resolving mental health came from regular visits to the Hare Krishna temple and daily chanting of the Hare Krsna Mantra: Hare Krsna, Hare Krsna, Krsna Krsna, Hare Hare / Hare Rama, Hare Rama, Rama Rama, Hare Hare. The author would continue the chanting of mantras by weekly visits to Govindas, Sydney in 2014. The author's health significantly improved after reading the Bhagavad Gita As It Is for the 3rd time in May 2019, where the depression disappeared completely, the anxiety significantly eased off; and thus the author successfully came off anti-depressant drugs. From the 26th May 2019, the author became strictly vegetarian and no consumption of alcohol but still enjoys one cappuccino a day. Further on the 26th June 2019 which coincided with the author's birthday, the generalized anxiety disorder disappeared completely and the anti-anxiety medication was reduced to very low doses.

<http://strategicgames.com.au/article67.pdf>

Based on reading and understanding the Bhagavad Gita As It Is, arguably the author qualifies as a spiritual master (even though is not a bona fide spiritual master – not being in disciplic succession from Lord Krishna).

Krishna Temples

Sri Sri Radha Gopinatha Temple, commonly known as The Hare Krishna Temple of Sydney, is the centre of the Bhakti Yoga Movement in Sydney. We help people find real happiness and inner fulfilment through mantra meditation, devotional music and service to society. Our movement is based on a profound ancient philosophy that reveals complete solutions to life's eternal problems.

<https://www.iskcon.com.au/home>

The Hare Krishna Community and Cultural Centre (HKCCC) is dedicated to sharing the immortal wisdom of Krishna Consciousness on a larger scale as envisioned by his Divine Grace A C Bhaktivedanta Swami Prabhupada. This new centre will be located at 217 Windsor Road, Vineyard NSW 2765 and full construction is expected to complete by 2022. The centre will comprise of a range of following activities including:

COMMUNITY CARE

- Stress Management: **Spiritual Counselling** & Spreading Pure Consciousness
- Yoga Retreats
- Sunday Kids School (music, dance, paintings,..)

<https://www.hkccc.com.au/>

Facebook

Strategic Games was established as a business in 2000. The business model has undergone several changes over the years. Initially, the business model was focused on teaching blackjack for profit. This coincided with the author self-funding a trip to Las Vegas from playing blackjack at Star City casino, Sydney. This business model was not successful and in 2002 whilst undertaking a PhD in tennis statistics the business model was focused on obtaining contract/employee work in sport and gambling statistics, which resulted in prediction modelling for betting companies and performance modelling for Tennis Australia. To tie in with the academic work, the business model was such that 'Strategic Games uses mathematics to solve real-world problems in sport, gambling and conflicts'. And hence the Strategic Games website provided a means of distributing the author's academic achievements such as publications and media articles. The author also developed interactive sports and gambling calculators; which are available for download from the site. On the 20th February 2011 a facebook interest group was established for Strategic Games. Although this group was used for discussing sport and gambling problems, the group was primarily developed by the author's realization that the world needed improving based on his own personal experiences in life; particularly in the workforce. This is widely known through the work of Karl Marx on class conflict in the workplace. The posts were initially focused on policies which led to formulating an ideology based on conflict resolution. In particular in March 2013 a connection was made between yoga and conflicts; such that yoga is the most effective method for resolving conflicts. Within days after making this connection a series of spiritual events took place for the author. As a consequence of these spiritual encounters the Strategic Games business model is now focused on promoting 'God Consciousness' (also known as yoga) and not concerned about generating an income; such as previously through sport predictions. As documented in the Overview, King Tristan is starting a new religion. To be saved and enter the kingdom of God in the highest planet of the spiritual world 'Krsnaloka', or you have to do is become a member of this Strategic Games group. This is an easier process than other religions and the Hare Krishna movement. King Tristan had a Divine Revelation based on formulating this interest group. This new religion could also be considered a progressive Hare Krishna movement such that reasonable levels of caffeine and alcohol are accepted along with egg, onion and garlic. However, smoking and the killing of animals are banned as documented in the policies. Note also that the author has the maximum 5,000 contacts allowable on facebook where information on yogic philosophy (as a form or spiritual counselling) is also distributed.

<https://www.facebook.com/tristan.barnett.589>

<https://www.facebook.com/groups/1423038611291814/>

<http://strategicgames.com.au/thebookoftristan.pdf>

Summary

Counselling on a material level could be quite effective and given the author has previous known Dr Filia Papadimitriou (neighbours in 11 Findon St, Hawthorn, Melbourne) would recommend her practice. However, anything on a spiritual level will be more effective than anything on a material level (given that spiritual knowledge is a higher source of knowledge than material knowledge). Spiritual counselling from Hare Krishna Temples (in particular bona fide spiritual masters who are in disciplic succession from Lord Krishna – the Supreme

Personality of Godhead), would be the most effective form of counselling. Also, Bhakti Yoga monks who live at Hare Krishna Temples would also be effective in terms of spiritual counselling as they regularly read Krishna consciousness books and interact with bona fide spiritual masters. Based on the author's spiritual advancement from reading and understanding the Bhagavad Gita As It Is (after 3 times), would also be effective in spiritual counselling and therefore the information being distributed through social media (such as facebook) suggests that one's health would improve. Note also that spiritual counselling through Hare Krishna temples and the author is a completely free service.