



Counselor's Precept, Class 8

"All is well in this moment as it is and as it is not. I am kind and capable. I am whole and wise."

You can add: "You (the counselee) are kind and capable. You are whole and wise."

You can also add "I am divine," or/or "you (counselee) are divine," if it is supported by your beliefs.

Use

While counseling, when your attention wanders away from the counselee, or if you feel nervous or concerned about how well you are doing, meaning that your attention is not on the counselee, you can

- Use the above precept (or affirmation)
- Make up your own, or
- Use one you already have

Building the Precept

If the precept is a new one, say it frequently in a context that pleases you, to imbue it with the ritualistic qualities that come from repetition and association (building a neural network). To set up an effective association, say your precept in the same way under the same circumstances, such as in morning meditation, during a lunchtime walk, upon awakening, or before falling asleep.

Note: Don't familiarize yourself with it by saying it when there is an issue. That will turn the precept into the opposite of what it is intended to be because you will make a negative association.

