

Center for Inner Awakening



Spiritual Counseling

Spiritual matters are personal. Counseling in these areas requires insight born of experience, not ideological proselytizing. Such sessions are appropriate for those seeking clarity about particular spiritual issues or help in establishing uniquely tailored inner-growth practices.

Guidelines

The following points are important:

1. I am a meditation and yoga teacher with a wealth of classical information and practical experience applicable to counseling in a spiritual capacity. I am not a licensed psychologist, social worker, or marriage and family therapist.
2. My training stems from the teachings of Paramhansa Yogananda. The material is timeless in value and universal in applicability.
3. Spiritual coaching should not replace marriage and family therapy or psychological therapy. I address a dimension often excluded in traditional counseling sessions; hence my services should be complementary.
4. This work is both informational and experiential. Occasionally, meditation, guided visualization or other “inner-science” techniques may be used.
5. Insights, concepts and practices may be suggested to enhance balance and broaden awareness. No personal beliefs are overridden. You are asked to come simply with a receptive attitude and faith in the potential for healing.

Fees

Spiritual Counseling sessions are \$75 per hour, payable at the time of each session. You may pay by check or cash.

Appointments

To schedule an appointment for Spiritual Counseling, call Alan L Pritz at 612-721-4100.

Testimonials:

"I sought counseling with Alan when I had a work issue that needed to be resolved. I was very emotionally distressed & found it difficult to make a decision. I knew I needed guidance but dreaded the thought of going through the sterile formality of seeking out a psychologist that would suit me. I wanted unbiased guidance in a comfortable setting with someone spiritually rounded whom I could trust. Alan was that person. He provided me with insight and new perspective. I left feeling confident in a decision that I was comfortable with & never regretting making."

Shari O

"I've worked with Alan for several years and have been helped and inspired by him to continuing personal and spiritual growth. I'm grateful for the expertise, talent, skills and experience that he brings to all of his work. I highly recommend him to everyone."

Shelley Nelson

"Alan's meditation techniques and spiritual insights have enhanced my quality of life in numerous ways. Chief among these is a greater sense of well-being and contentment, and the gut-realization that happiness comes from within, not without. Working with Alan has also given me a stronger sense of choice in regards to my inner life, a heightened capacity to engage the thoughts and feelings that nourish my being and to let the others go--in short, a greater hand in shaping my daily experience. He is an inspiring and empowering teacher!"

Bond Love