

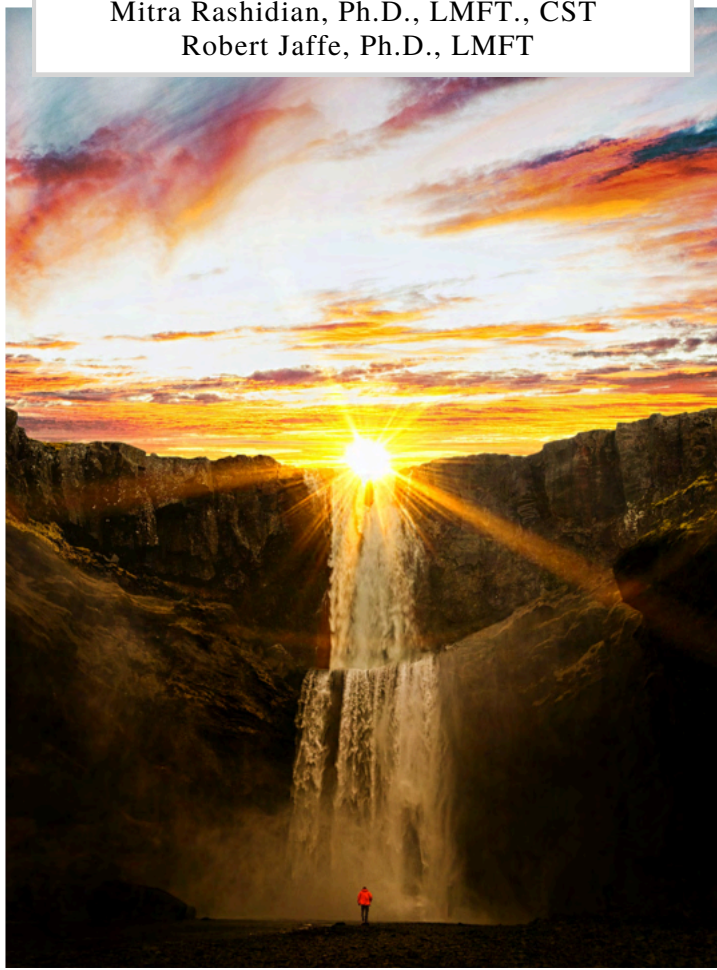
SPIRITUALITY

THE KINGDOM OF SEXUAL TRANSCENDENCE

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HEART TO HEART COUNSELING

SPIRITUALITY – THE KINGDOM OF SEXUAL TRANSCENDENCE

*...It is the pleasure of the flower to yield its honey to the bee.
...for to the bee, a flower is a fountain of life,
... And to the flower, a bee is a messenger of love,
...and to both, bee and flower, the giving and the receiving
of pleasure is a need and an ecstasy.*

Kahlil Gibran
The Prophet



Spirituality is the language of the heart!

The unasked but always present two questions that every couple questions are:

Who am I, and Who am I in this relationship?

Our spirit, contrarily is that part of us that is not concerned with our bodies survival or our personal achievements. Instead, it's only desires are to love, be loved, and connect authentically with all other spirits. Our spiritual values are to embody kindness, empathy, appreciation, gratitude, truth, as well as the unconditional giving and receiving of love to all others.

Understanding spiritually-based values assists in helping couples to achieve what everyone seems to desire: a more fulfilling relationship in which each person feels safe and loved in the way that means the most to them.

Most books on self-esteem and establishing better relationships do not focus much on the dimension of spirituality. Our view is that human beings, by definition, have two main facets. One, we call 'human' which relates to our bodies and our egos, and the other, we call our 'Being', which relates to our spiritual essence. Here we wish to focus on the importance of our spiritual evolution, and our spiritual purpose, as related to our intimate relationships. Over the years, we have learned from our couples during the therapy hour, that the concept of Who am I, and Who am I in this relationship, have been the unspoken questions that are always present between them, that inform all of the dialogues they engage in. When spirituality and spiritually based values are absent in a relationship, these important questions remain mostly unanswered.



In the Spiritual Transcendence Dimension of our Multidimensional Relational Model of Therapy (**MDRT**), we will endeavor to help to make clear the following:

1 –How and why your spiritual essence needs to be online to create the high self-worth and loving connection with your partner.

2 – How to align respect and empathy, by emphasizing curiosity and eliminating blame and judgement in the face of disagreement, and to understand how these can be relationship killers.

3 – How to increase spiritual awareness to assist in identifying the causes and conditions that created and maintain your addictions, and how to overcome them.



As we explore the riddle of who am I and who am I in this relationship, the following questions need to be considered:
Can I share my deepest concerns and fears about our relationship with my partner?

- Can I be honest about one or more behaviors that my partner exhibits, that I have a problem with?
- Can I discuss both what I like and don't like in bed with my partner?
- Can I reveal my sexual fantasies without fear of being judged?
- Am I safe to tell my partner when I am attracted to another person? Is that a part of an intimate relationship?



At times like these in our intimate relationships, we may feel confused about whether to be honest, or how transparent to be without jeopardizing our safety and security, as well as the love and connection we have with our partner. Basically, any of these issues can potentially become a roadblock to our intimacy and happiness in relationships.

Why is spiritual transcendence an important part of an intimate relationship?

What most couples say they want when they come to counseling, is to achieve a ‘more fulfilling relationship.’ What we have found is that this usually has to do with one or both partners not feeling loved in the way that is meaningful to them.

Spiritual transcendence has to do with our ability to put our ego’s needs second, and our spirits’ need to feel love and loved, primary. The further along we are on this spiritual quest as individuals, the more powerful will be the impact we have within our relationships, , to bring to both us and our partners what we all treasure most. What then gets in the way of achieving this?

One spiritual pillar that we discuss in our MDRT model of psychotherapy has to do with the realization that both we and our partner form our relationship with a host of emotional injuries and traumas that are going to affect how we relate to each other. This is ubiquitous in every individual and in every couple. Insights into both our own and our partner’s needs are necessary to create space for those injuries to be investigated, understood, accepted, and, to ideally, be resolved. Most couples do not understand this, and then are taken by surprise when unforeseen issues based on prior traumas arise. Only by understanding and accepting this within ourselves as well as within our partners can we then start to transcend our ego’s survival needs and move toward a place of undefended love within ourselves and between us and our partners.

By applying our MDRT model of psychotherapy, we can attain greater mindfulness and awareness, as well as love and connection, both individually and together. With many couples, that journey of change begins by setting a major therapeutic goal of helping them identify their spiritual beliefs and values. Next, we assist them in communicating those beliefs and values, so that they start to transcend the traumas that have been holding them back. To do this successfully, we help them identify specific goals, unique to each couple and offer them our MDRT method of psychotherapy to help them become aware, understand, and embody their spiritual-selves.



“Who am I, and who am I in this relationship?”

Heart To Heart Counseling is proudly introducing a non-pathologizing way of raising self-esteem and eliminating ‘stuck-ness’ in your most important relationships...!

Multi-Dimensional Relational Therapy (MDRT)

Based on our many decades of research and clinical experience, we have designed a new model, which we have named Multi-Dimensional Relational Therapy (MDRT). Our objective is to assist you in transforming the inner core of your being, to create high self-esteem, lasting love, connection, and intimacy, both with yourself, and between you and your partner.

Dimension 1 – Ego Functioning and Defenses

Before we grew up and developed an adult intimate relationship with another person, we were all individuals who were learning about ourselves and the world around us. This learning took place through the culture we were raised in, and through childhood life experiences. These experiences gave us both positive loving, and/or negative interactions and connections, which left us with feelings of being loved and cared for, or the lack thereof. How do those experiences shape and form our personality, and affect our ability to create intimacy later in life?

Dimension 2 – Spiritual Transcendence

What most couples say they want when they come to counseling, is to achieve a ‘more fulfilling relationship’. What we have found is that this usually has to do with one or both partners not feeling loved in the way that is meaningful to them.

How does spirituality and the embodiment of spiritual values inform our ability to have high self-esteem, and to give and receive love in the way that is most meaningful to us and our partner?

Dimension 3 – Sexuality

How happy are you with your sexual life? Has sex with your partner become routine and/or unfulfilling? Is sexual desire an unresolved issue between you and your partner?

Can you say exactly what you want in bed, or let your partner really see you during an orgasm (or do you have orgasms)? How inhibited do you feel in bed? Do you have sexual questions that remain unanswered? Have you stopped having sex altogether? Have you attempted and tried to use sex to get non-sexual needs met in your relationship? Do you fantasize or act out your desires to have sex outside your relationship?

Dimension 4 - Attachment and Childhood development

When we care deeply about another person, we form an emotional attachment to that person. This is ubiquitous in human development throughout the world. One dictionary definition of *attachment* is that *attachment is a deep and enduring emotional bond between two people in which each seeks closeness and feels more secure, when in the presence of the attachment figure.* How we attach emotionally in our romantic relationships is a vital area to be both explored and understood if we desire true intimacy to develop.

There are three basic attachment styles:

1 – Secure attachment

2 – Anxious, Ambivalent attachment

3 – Avoidant attachment

Understanding how these develop, and which style you utilized can help you to co-create the secure attachment style that everyone needs and wants.

Dimension 5 – Trauma and the loss of the authentic true-self

Many individuals enter into a relationship with one another while having many unexamined traumas as part of their unique life histories, which have impaired the formation of their self-esteem, interpersonal skills, and ultimately the formation of their authentic true-selves. We call this impairment the ‘adapted-self’, or the ‘co-dependent-self’. Many marital conflicts are the end result of these unexamined and unresolved traumas they carry with them. This dimension’s primary focus will be on the impact of trauma on the individuals’ authentic true-self, and by extension his/her relational-self. Gaining a deeper understanding of this will allow us to transcend these traumatic experiences and help form positive loving relationships within ourselves and with our significant other.

Dimension 6 – Communication

How we express ourselves to our partners often informs how our partners respond to us. Do we focus on the negative, i.e., say what we are not getting (you never hug me when you come home from work) or do we focus on the positive and ask for what we want more directly? (i.e., I really appreciate you coming home on time, and if you would give me a hug when you enter you would make my day!).

What makes communication so vitally important to long-lasting romance, and what are the secrets to having intimate communication with your partner? Do you listen to each other in order to understand, or do you listen to respond, and to be right?

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Robert B. Jaffe, Ph.D., LMFT, has been working as a licensed Marriage and Family Therapist and Ericksonian Certified Hypnotherapist, with over four decades of clinical experience in Encino, California. He holds a Bachelor of Arts degree in Philosophy from California State University, Northridge – Northridge, California, a Master of Science degree in Counseling Psychology from the University of LaVern, LaVern California, and a Doctoral degree in Philosophy and Hypnotherapy from the American Institute of Hypnotherapy, in Anaheim California. He concentrates his practice focusing on the treatment of addictions, trauma, Post Traumatic Stress Disorder, and couples counseling. He further specializes in the treatment of childhood trauma, sexual abuse, neglect, and emotional/physical abandonment. His many years working in the community and his extensive academic and in field training have established Dr. Jaffe as a seasoned and experienced psychotherapist. In addition to his clinical responsibilities, Robert is an unwavering and dependable friend, cherishing deep connections with his loved ones, embracing the joys of travel, and nourishing his body with a commitment to healthy eating.

Mitra Rashidian, Ph.D., LMFT., CST, ABS., is a licensed Marriage and Family Therapist (LMFT) in full-time private practice in Encino, California. In addition, she is a Certified Sex Therapist through The American Association of Sexuality Educators, Counselors and Therapists (AASECT). Also, she is Board Certified Diplomate by the American Board of Sexology (ABS). Further, she is a Certified Hypnotherapist via the Ericksonian Foundation in Arizona. She was trained at The Valley Trauma Center in Van Nuys, California, where she worked extensively with sexual assault survivors.

Dr. Rashidian earned her Ph.D. in Counseling at the University of New England (UNE), School of Health, in Armidale, Australia. She then completed a two-year post-Doctoral fellowship position at UNE with the focus on sexual healthcare and inclusion. She received a Master

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of Science degree in Counseling – Option: Marriage and Family Therapy from California State University, Northridge – Northridge, California. She has presented her research topic and findings locally and abroad, at various conferences, and lectured at workshops throughout Europe, and the United States. Further, she has written and published articles and book chapters in numerous scientific journals.

Committed to sexual healthcare and mental well-being research, Dr. Rashidian has focused on the enhancement of relationships and sexual enrichment over the past 25 years. Her passion is to help all people achieve and experience joy and fulfillment with their partners. “We all want everlasting happiness in our lives, and I believe that this is achievable.”

In addition to her clinical and research pursuits, she possesses a remarkable talent in the culinary arts, an enduring passion for painting, a fervent dedication to gardening, and a strong commitment to maintaining a healthy lifestyle through mindful eating and regular exercise habits.

Further information about her clinical work and focus can be obtained at Psychology Today, [trfsq.com](https://www.trfsq.com), and ResearchGate.

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