

# MORONTIA COUNSELING: HEALING THE SOUL

by Marayeh Cunningham, Ph.D.



When I arrived at Global Community Communications Alliance in 1993 I was a licensed clinical psychologist with a private practice in La Jolla, California. I had been a student of *The URANTIA Book* since 1979 and was beginning to study ascension science<sup>1</sup> (the fusion of spirit and science) as found in *The Cosmic Family* volumes. Over the years I have been fortunate to be on the editing team for *The Cosmic Family* volumes and teach classes in these concepts. I am a morontia counselor<sup>2</sup> and Vicegerent Liaison Minister to Gabriel of Urantia and Niánn Emerson Chase whom I have both studied and worked under since 1993. I have learned a lot about the soul and counseling at the soul level, much more than I can write about in this article, but I will try to give you a taste of morontia counseling and some of the psychospiritual principles behind it.



and then to consciously change them. This type of counseling is a psychospiritual process, fostering soul ascension and cosmic perspective and depth by learning to superimpose higher perceptions of day-to-day experiences. It encourages people to consciously and deliberately identify and change patterns that are interfering with their soul growth and heal past damage that has resulted from wrong thinking.

So, morontia counseling focuses on an individual's thought life, motives, emotional reactions, and the nature of his or her relationships with others. Balance, stabilization, and moderation are emphasized. A willingness for self-evaluation and taking personal responsibility are necessary prerequisites in order for a person to truly benefit from this type of counseling.

## Morontia Counseling

Morontia counseling is a form of psychospiritual counseling, and many of its fundamental concepts are found in *The URANTIA Book* and *The Cosmic Family* volumes which comprise the Fifth Epochal Revelation<sup>3</sup>. The word *morontia* refers to the intervening level between the material and the spiritual and is comprised of both material and spiritual.

The aim of morontia counseling is to encourage continual spiritual, intellectual, and emotional growth that leads to a well-balanced, spiritualized personality. In other words, it is concerned with spiritual progress and the fulfillment of destiny purpose and personality actualization.

In morontia counseling, a person is encouraged to become conscious of his or her own unconscious processes and defenses



Morontia counseling fosters coming into God's will and thus developing a balanced, integrated personality. Emotional symptoms of depression, anxiety, and ongoing anger fade as the person becomes healthier. The symptoms are just signs that something is wrong. Outwardly there are symptoms such as anger, depression, or anxiety, but at the core of those symptoms is a psychospiritual problem.

Underlying dio<sup>4</sup> patterns that are out of God's will cause these disorders. Persons often exhibit psychological distress if they are out of divine pattern. So, in order to get out of distress, it is necessary to identify how one is out of God's will and what dio patterns exist in order to change those patterns so that the symptoms dissipate. When the dio pattern is corrected, the symptoms resolve. Hopelessness and chronic fear are indications of being out of God's will. Love of God and faith in God's outworking goodness overcome fear and generate courage and hope.

As stated previously, most mental illness is rooted in being out of God's will, out of divine pattern, and one of the processes of healing involves identifying dio patterns and changing them. There is no need to determine how a person acquired the dio pattern; actually, focusing on that can even intensify the pattern and reinforce it. For example, an abused person may hang on to the story of his or her abuse because it provides justification so that he or she does not have to take responsibility for his or her current situation and responses, and then act to change.

The real root of many emotional and psychological problems is pride and ego. Pride has 

many branches, including: jealousy, envy, competition, control issues, self-assertion, anxiety, self-absorption, victim mentality, and judgmentalism. Selfishness, which actually comes from ego, is also a very big problem and a cause of mental illness. Self-love is a given, but self-denial is also needed. When an individual pampers oneself, he or she will, consciously or unconsciously, despise his or her overly self-indulgent actions. Overly focusing on self provides only temporary delight and will ultimately turn sour.

Many people would rather, year after year, sit in a group and justify the reasons why they have not changed rather than take responsibility for their own lives. Self-pity can often feel so good, so why not have a pity party and be so angry at someone else. When a person does this, he or she moves into the world of “no responsibility.”

Until a person takes responsibility for *who* he or she is, nothing can change. In morontia counseling, a person’s childhood experiences are not emphasized as a cause of current problems; instead, the focus might be on ways the person may have mistreated others or had wrong motives, thus taking responsibility for one’s own life.

There are basically two ways of coping with stress—an individual can either alter the situation or alter his or her perception and emotional response to the situation. Morontia counseling stresses making the internal changes and seeing the external stressors as opportunities to practice new and higher patterns of responding to situations.

Often in counseling people justify why they are depressed. To overcome depression, a person needs to identify the dio patterns causing it, change those patterns, and experience joy. Don’t talk about, dwell on, or in any way use history to excuse present behavior. Dwelling on the past keeps people from changing in the present. As they focus on changing their own patterns, they will become merciful because they realize from personal experience how difficult it is to change. A forgiving nature is birthed in the hearts of truly repentant persons.

Sometimes people try to change everything and everybody else around them so they do not have to make changes in themselves. Thus they remain in a continual state of frustration or depression. Anger and depression accompany being out of divine will. To reiterate, taking responsibility for their situation rather than blaming others is the solution. If people err without correcting their mistake, they will automatically feel angry and depressed.

Though people may “feel good” initially when wallowing in their self-focus and self-pity feelings, the “feel good” stuff is temporary, and after these self-centered feelings have run

their course, persons are left with feelings of guilt, depression, rejection, isolation, and loneliness. Morontia counseling and therapy helps people become more God-focused and other-focused, which will automatically result in a better relationship with humankind.

### Subatomic Reality

Western medicine works at the organ- and organ-system level. Naturopathic medicine works at the cellular level. Morontia counseling works at the subatomic level and realizes that there is a positive correlation between optimism and health. There are biological processes that are forming the link between personality variables and health.

Thoughts actually make physical changes at a subatomic level and, over time, lead to healthiness or illness and disease. When the mind sends imbalanced or dio messages of any kind, the body responds by short-circuiting in various locations, and over time disease will occur. The more willing a person becomes to follow the laws of God, the more pliable his or her own reality becomes, which includes every atom and molecule in the body.

To repeat this very important principle in morontia counseling—thoughts and behavior have their counterpoints in the subatomic world. Wrong thinking such as self-deception and selfishness actually cause transmutation of subatomic particles.

Extreme or excessive personality traits and inflexibility characterize a personality disorder. Healthy personality is flexible and not stuck in any extreme but moment-to-moment is able to discern the higher response in any given situation. A healthy person is in touch with his or her circumstantial reality and is able to respond appropriately.

Dio non-reality does not change easily. Genes are plastic, and just as the brain can form new connections, genes can change as a result of repeated decisions and actions on the part of the person carrying them. That is one of the things that make it so difficult to change longstanding patterns.

### Universe Soul Age and Origin

The majority of people on the earth today are new-light souls, souls who are experiencing their first life. There are also souls who have had one previous life on this planet. There are still others whose soul origin is on another planet and who may have had many lives on earth.

Knowing a person’s planet of origin and soul age is important in morontia counseling, and it is understood that planet of origin significantly 



influences personality type. New souls are more affected by their biological parental inheritance and the families and cultures they grow up in. Older souls are less affected by their earlier environment, carrying some biologic inheritance and experience from previous repersonalizations<sup>5</sup> and astral<sup>6</sup> patterns (both Deo<sup>7</sup> and dio) from past repersonalizations. The older the soul, the greater the potential of good or harm to others and the more difficult to counsel.

### Values and Goals

In recent decades, especially in the materially-prosperous civilizations, selfishness has actually been taught, regarded, and prized. Children tend to be spoiled and pampered, and often there is tremendous imbalance in their personality due to teaching them the “getting” principle instead of the “giving” principle. These children grow up to spend most of their lives acquiring things they do not really need, pursuing careers and relationships that are not in their destiny purpose, squandering leisure time instead of using it for creative growth or to serve someone else’s life.

People growing up pampered become caught in and consumed by materialism, which is so accepted as “normal” in the larger society that if they even try to get out of it there is often enormous pressure from loved ones and “society” to stay there. Very few people or institutions really support an individual’s efforts to break free of the material shackles of this planet and rise to higher and less selfish values and pursuits.

People come to believe that they have to have excessive material items to be happy and that they really *need* them. They are like the elephant that is chained as an infant to a stake, never going more than 15 feet from the stake. As the elephant gets older, the chain can be removed but the elephant has learned not to go more than 15 feet from the stake and will not do so even after the chain is removed.

Millions are chained to the stake of materialism and have been convinced that they must never leave it. They learn to justify their misplaced values and goals. Morontia counseling helps persons examine their values and make higher choices.

### Taking Responsibility

Every person must learn to solve his or her own problems—with God’s help. Misplaced compassion is unwise, and helping someone too much will weaken the character which needs strengthening.

There is the story of the child with no arms who is struggling to put on his tee shirt. The mother is there but is not helping him put the shirt on. Finally a friend watching says,

“Why don’t you help him?” The mother replies, “I am.”

Difficult circumstances provide the opportunity for character growth *or* emotional instability. Anyone who has ever accomplished anything of significance has overcome many difficult obstacles. It is not the obstacles that create mental illness, but an individual’s response to them. It is actually unimportant what caused someone to be the way he or she is, what is important is that the person identifies those patterns in herself or himself which are unhealthy and counterproductive—dio patterns—and change them.

A person cannot heal as long as he or she sees himself or herself as a victim. This perpetuates the illness. Until someone takes responsibility for his or her thoughts, emotions, and actions, he or she cannot heal, for the individual sees his or her healing as being out of his or her hands.

### Morontia Counseling and Psychiatry

Traditional therapy tends to glorify the self and emphasizes: “What do you want?” “How do you feel?” Morontia counseling supports spiritual values and direction, so, it emphasizes: “What do you think God wants you to do?” “What is right in the situation?” “What is best for the whole?” Self-indulgence does not lead to happiness but serving others does. Having goals and interests outside of self as well as being focused on the bigger picture result in an enhanced enjoyment of life.

Spoiling someone is one of the worst things that can happen to that person, for he or she develops unrealistic expectations. A spoiled person does not develop the necessary coping skills to meet the realities of life.

Mental illness has increased since we stopped saying: “This is right behavior.” “This is wrong.” There *are* moral choices—higher choices.

Although the word *psychology* means the “study or knowing of the soul,” psychotherapy has tended to instead foster the false teachings that the patient is a victim and that the one being treated is the center of the universe. Instead of placing God at the center of the universe, man is placed there.

This is a regression—like a young child who thinks the sun follows him around. The importance of the development of character has been diminished and, instead, man has gone from being held responsible for this behavior to being the victim of things beyond his control. Until a person takes responsibility for who he or she is, nothing can change.

Psychotropic drugs such as antidepressants, anti-anxiety drugs, and anti-psychotic drugs will never heal anyone. The main causes of the chemical imbalances



in us are our thoughts, emotions, and actions. Just trying to adjust the chemical reactions with psychotropic drugs without correcting the thoughts, emotions, and actions that are causing these imbalances will never lead to permanent healing.

As has been stressed in this article, much mental illness is caused by being out of God's will—whether a person believes in God or not. People do all sorts of things to avoid coming to terms with this. People blame their parents, society, the other person, their spouse, their children, their genetics, their chemical imbalances, the drugs that were taken, etc. etc. etc. Morontia counseling is about an individual taking responsibility for the state of his or her own mind, seeing how he or she is out of God's will, and getting back into it.

A client of mine recently said to me, "I've never had a therapist who made me look at myself so hard, and I have had a lot of therapists." Those therapists used traditional psychotherapy rather than morontia counseling, and my client recognized the difference between the two modalities of treatment which are based on two very different foundations of principles.

### Spiritualution<sup>SM</sup> is the Solution

In summation, with morontia counseling, patterns out of divine will—dio patterns—that interfere with a person's soul ascension are identified and the spiritual solution given. These dio patterns block or cut off or interfere with God's given personality structure. As a person rids himself or herself of common dio patterns, *God's will* will increasingly become the *individual's will*, and the personality that has been given to that individual by the Universal Father will come forth and grow. As a person heals, his or her higher personality will emerge.

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#### References:

- The URANTIA Book*
- The Cosmic Family, Volume I*
- The Cosmic Family, Volume II*
- The Cosmic Family, Volume III*

<sup>1</sup> Interrelationship between scientific and spiritual aspects; includes the physics of rebellion.

<sup>2</sup> A trained psychospiritual counselor who provides morontia counseling—counseling that is concerned with the spiritual progression, fulfillment of destiny purpose, and personality actualization of an ascending son or daughter, human male and female.

<sup>3</sup> Revelatory information published as *The URANTIA Book* and containing more than 2,000 pages of facts about God, the cosmos, and many of the celestial and mortal inhabitants of the grand universe. *The URANTIA Book* was first printed in 1955, although the information contained therein came to the planet beginning in the 1930s.

<sup>4</sup> Erroneous; evil; ungodly; not of God, out of divine pattern.

<sup>5</sup> When an existing soul is born as a baby in a new body on an evolutionary planet.

<sup>6</sup> The circuitry of an individual's various past lives which encompasses that soul's memories and experiences and make up the personality's unique identity.

<sup>7</sup> Good; godly; of God.

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<b>For each Deo, or divine pattern, there are two polar opposite dio patterns.</b>		
<b>Humility (Deo)</b>		
Prideful	∩	Self-depreciation
<b>Interdependent (Deo)</b>		
Dependent	∩	Independent
<b>Initiative (Deo)</b>		
Passive	∩	Self-assertive
<b>Good Discernment (Deo)</b>		
Judgemental	∩	Not discerning
<b>Self-Confidence (Deo)</b>		
Self-Pride	∩	Low Self-Esteem
<b>God's Time (Deo)</b>		
Impulsive, impatient	∩	Procrastinates
<b>Flexible (Deo)</b>		
Inflexible, stubborn	∩	Too flexible, without boundaries, relative
<b>Straightforward (Deo)</b>		
Manipulative	∩	Passive avoidance
<b>Trusting (Deo)</b>		
Suspicious	∩	Naive, inappropriate trust of those who are not trustworthy
<b>Creative Imagination (Deo)</b>		
Unimaginative	∩	Unrealistic fantasy, daydreaming
<b>Responsible, Reliable, Conscientious (Deo)</b>		
Irresponsible, unreliable, sloppy	∩	Rigid, perfectionist