

What is Spiritual Direction?

“The ministry of spiritual direction can be understood as the meeting of two or more people whose desire is to prayerfully listen for the movements of the Holy Spirit in all areas of a person’s life (not just their formal prayer life)... The director is a companion along the pilgrim’s way, wanting to be directly open along with the directee to the Spirit-undercurrents flowing through the happenings of the directee’s life.”

-- Tilden Edwards

“Spiritual direction explores a deeper relationship with the spiritual aspect of being human. Simply put, spiritual direction is helping people tell their sacred stories every day.”

-- Liz Budd Ellmann

What’s it like?

- ☞ Sessions are usually an hour, once a month-- perhaps more frequent in times of stress or transition.
- ☞ Sessions are in person, over the phone or via Skype or FaceTime.
- ☞ The subject matter for a session is determined by the directee, based on her/his sense of the movement of the Holy Spirit in her/his life.
- ☞ Some sessions will include exploring dreams, events, and conversations while others may explore reflections from journaling, reading, and prayer.
- ☞ Some sessions may be spent mining the directee’s spiritual stories, or helping her/him to find language and imagery that capture the felt sense of God’s movement.
- ☞ Spiritual Direction is an activity of companionship, much like a dance in which the director and directee work together to hear the nuance and invitation of the Divine music.

Intentions in Spiritual Direction:

- ☞ To learn and practice discernment, the art and gift of recognizing and responding to God’s presence in one’s life.
- ☞ To increase in self-knowledge, brought about by bringing into the light deep tendencies, dispositions, gifts and wounds.
- ☞ To deepen spiritual and emotional freedom so as to lead a more authentic life.

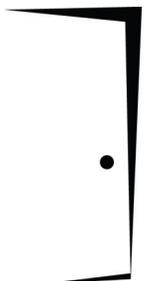


How is it different from Counseling, Psychotherapy or Life Coaching?

Counseling and Psychotherapy focus on problem solving and therapeutic behavioral modification.

Life Coaching is task- and goal-oriented.

Spiritual Direction focuses on care of the soul and your relationship with the Holy.



Is it a good time to seek a spiritual director?

- ☞ If your well of spiritual resources seems to have run dry...
- ☞ If you want to explore new approaches to spiritual self-care, prayer and other spiritual disciplines...
- ☞ If you are trying to discern the call of the Spirit in your life...
- ☞ If you feel the need for a companion to listen with you for how God may be present in your life...
- ☞ If you are experiencing the beginning of a nudge toward new ways of being and you want to explore where you are being led...
- ☞ If you are in transition or approaching transition, and you want to connect with the deep places in you that remind you of God's nearness...

Yes.

"The art of spiritual direction lies in our uncovering the obvious in our lives and realizing that every day events are the means by which God tries to meet us."

— Alan Jones

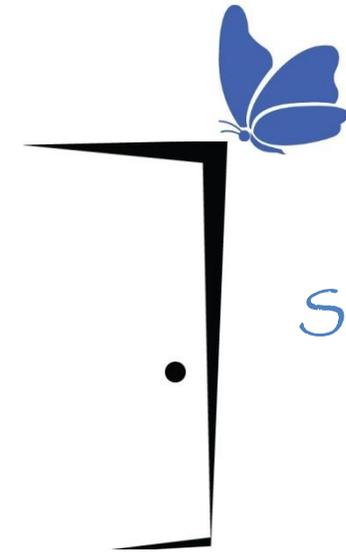
"To be able to say what one truly wants or where one is in pain is a great step toward achieving order in one's spiritual household. ... Order is not synonymous with cleanliness."

— Margaret Guenther

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is a spiritual director, body therapist, writer, and retreat leader. Her passion for spiritual care rises from a deeply incarnational understanding of how God works in the world and a persistent concern for helping individuals and groups find the intersections between faith and daily life.

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