

# Why Spiritual Direction ?

- ◆ ARE YOU FEELING UNCERTAIN ABOUT YOUR FAITH AND LONGING FOR SOMEONE TO TALK TO ABOUT GOD & SPIRITUALITY?
- ◆ ARE YOU SEARCHING FOR ANSWERS, BUT UNFULFILLED BEING PREACHED TO?
- ◆ ARE YOU STRUGGLING TO IDENTIFY WITH THE GOD OF YOUR RELIGIOUS UPBRINGING AND FIND YOU ARE MORE COMFORTABLE IDENTIFYING AS SPIRITUAL?
- ◆ ARE YOU FEELING CALLED TO SOMETHING MORE IN YOUR SPIRITUAL LIFE BUT NOT SURE WHICH WAY TO GO?
- ◆ ARE YOU LONGING TO SLOW DOWN, SPEND TIME IN QUIET, MAYBE EVEN MEDITATE, BUT JUST DON'T KNOW WHERE TO BEGIN?



**SOUL CARE** embodies the practice of Spiritual Companionship, traditionally known as Spiritual Direction, which is designed to help you deepen your awareness of God's activity and presence in your life and to support you in responding to the inner longings of your soul.

The art of **SPIRITUAL DIRECTION** has been described as "holy listening" and the Spiritual Director as a "soul friend." A spiritual director serves as a guide to the silence of another's inner life and offers tools to help nurture and cultivate a life inclined to listen to the Spirit.

Being in a **RELATIONSHIP** with a Spiritual Director offers you a safe space to journey inward and find meaning for matters of the soul that are often explored in our private inner conscious lives. In this sacred relationship, you may share thoughts and experiences occurring in your private times of meditation and prayer.

By meeting regularly with a spiritual director and incorporating **CONTEMPLATIVE PRAYER** practices into your everyday life you nurture an intention to notice and reflect on your relationships, your work, and your emotions, through a deeper, more richly integrated, and more sacred lens.



# What is Contemplative Spirituality & Practice?

A simple definition of **CONTEMPLATION** is "loving presence to what is." And if God *IS*, then the contemplative life is about waking up to this mystery of the presence of God within oneself and living in an awareness of this loving Presence within everyone and all of creation.

**SPIRITUALITY** can be understood as the energy of this loving Presence manifest in our desire and longing to participate in the work of this Loving Presence that invites us beyond self and into participation in God's world.

Spiritual **PRACTICE** is the way in which we nurture our desire to be active participants in God's work. Practice includes disciplines like prayer and meditation that help to cultivate our ability to respond to the invitations of Spirit and ultimately fulfill God's deepest desires for ourselves and others.

*The whole purpose of spiritual direction is to penetrate beneath the surface of your life, to get behind the facade of conventional gestures and attitudes which you present to the world, and to bring out your inner spiritual freedom, your inmost truth.*