

SPIRITUAL DIRECTION BASICS

A Spiritual Director is a companion who walks with you on your spiritual journey, and serves as a witness to the voice and discernment of God's guidance in your life.

A Spiritual Director is helpful when you are in a life transition, spiritual crisis, or if you are feeling an urge to grow deeper in your faith.

A Spiritual Director listens to and affirms your story; encouraging your awareness of how God is working in your life. A Director stands with you in your process, helping to ignite God's Spirit within you—making it real.

Recommended process to begin Direction:

- Contact your prospective Director by phone or email to plan an informal "meet and greet" either in person or by phone with your prospective Director. If meeting in person, you can agree to meet in a sacred space, an office, or in a more informal environment like a coffee shop.
- Plan for 3-5 sessions, one session per month; sessions last one hour.
- Decide on a mutually beneficially meeting place. Spiritual Direction sessions are best held in a sacred space such as a church or spirituality center, and usually, the Director will suggest a suitable place to meet. Meeting in your home or the Director's home can work if interruptions can be avoided for an hour.
- After a recommended minimum of three sessions, you decide if you wish to continue in Spiritual Direction with your current Director.
- Typically there is a fee for Spiritual Direction. Fees are usually \$50-80 an hour depending on the Director's level of experience, education, etc.
- After 5 sessions, you will know if the process is working for you and if you wish to continue in Spiritual Direction.

Questions to ponder if you are considering Spiritual Direction:

(PS: There are no "wrong answers"—and not all questions may apply)

- What are your desires in seeking spiritual direction at this particular time of your life?
- Do you have any concerns in seeking spiritual direction?

- What in your life gives you joy at this time?
- What in your life is difficult at this time?

Past spiritual--religious history:

- What was your experience of religion and spirituality in your own immediate family of origin?
- What were your family's religious practices? Were they integrated into the family's daily routine?
- Was there a special person in your formative years (grandparent, special aunt or uncle, parent or family friend) who nurtured your faith? If so, how?

Spiritual Practices

- What spiritual practices have you participated in or tried, i.e. prayer, meditation, journaling, retreats, liturgy, etc. Are they still a part of your life?
- How do you experience God in your life at this time?

Recommended Spiritual Directors in the area:

- Martha West - 952- 451-8400
- Cathy Nordheim – 651- 460 - 4637
- Nancy Cohen – 612- 987 - 3263

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