



Within each of us

lies the desire to find meaning

beyond the moment...

to discover our true selves...

to grow closer to God.

A spiritual director can help

you satisfy that longing.

Silence

Contemplation

Deepening

Finding Meaning

Freedom

Connection



For more information, please contact:

Spiritual Directors International

PO Box 3584

Bellevue, WA 98009-3584 USA

Telephone: (425) 455-1565

office@sdiworld.org

www.sdiworld.org



With Spiritual Direction

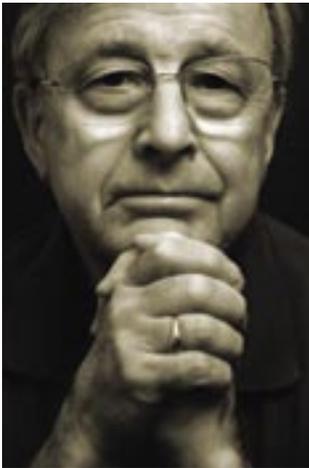
Explore

Spiritual direction encourages you to explore a closer relationship with God. In the midst of a busy life, many people find it difficult to notice God's action in their daily affairs. Yet, at the deepest level, all of us long for a more conscious experience of God's presence and love.

Discern God's Presence

In spiritual direction, you reflect deeply on the experiences of your daily life. Gradually, as you reflect, you may begin to recognize God's presence and grace in your life. You may come to realize how God's spirit is truly with you every day and everywhere. You discover that God has been waiting for you to seek this closer relationship.

Spiritual direction is really not about being "directed." Rather, it is very much about being encouraged to draw closer to God. Spiritual direction invites you into this relationship whether you attend a church, mosque, synagogue, temple, or none of these. God seeks you where you are. Spiritual directors come in all faiths.



With Spiritual Direction

Gifts of Spiritual Direction

You might come to spiritual direction for a variety of reasons, including to:

- Identify and trust your own experiences of God.
- Integrate spirituality into your daily life.
- Discern and make difficult choices.
- Share struggles, losses or disappointments.
- Find encouragement and affirmation.
- Grow in relationship with God, self, others, and creation.

Meet with a Spiritual Director

The privilege and responsibility of a spiritual director is to journey with you as you deepen your relationship with God. The journey takes place in the context of confidential, one-on-one sessions with your spiritual director.

Most spiritual directors have extensive training and formation and are seasoned in the art of spiritual direction. Spiritual directors continue tending the spiritual life by engaging in ongoing education, confidential supervision, and also meeting regularly with a spiritual director.

You and your spiritual director will agree on a convenient location and time for meeting, usually once a month for an hour. Many spiritual directors request a nominal fee, some receive your free will donation, and others offer their time to you. Together agree upon what is beneficial for your relationship.



After three or four sessions, you will have the opportunity to evaluate the relationship. Whether your relationship with the spiritual director continues for many years or for only a short period of time, it is very important to be comfortable with the spiritual director you choose. What is shared between you is held in confidence.

Respond

How do you find a spiritual director?
Ask questions.

1. Ask for the regional coordinator in your geographic region by contacting Spiritual Directors International, www.sdiworld.org.
2. Interview at least two spiritual directors and notice your comfort in conversation with him or her.
3. Ask prospective spiritual directors if they abide by ethical guidelines such as those published by Spiritual Directors International. Ask about their theological and spiritual education.