

UNDER THE SWEETGUM

Spiritual direction

- is a process that focuses on examining and deepening the relationship between a person and the divine presence and living out the consequences of that relationship.
- is a safe and non-judgmental space to which a person can bring anything—their experiences, their feelings, their struggles, their questions, their joys—with the confidence that the spiritual director, as a fully present companion, will allow them to look at it all.
- is attentive listening to a person's deepest longings and to the movement of the divine in their life and is space for responding to this movement.
- is a space where a person arrives at their own realizations and conclusions about their relationship with the divine sometimes through deep listening and mirroring by the director and sometimes through questions, observations, and even invitations from the director.
- is not a place where you will be handed advice, quick fixes, or answers (although you could discover them for yourself).
- cultivates deeper awareness of how the divine is present in every moment and initiates movement into greater inner freedom so that this person can be more fully present to themselves, to others, and to the divine.
- could include learning spiritual practices or ways of praying.
- is for people of all faith traditions or no faith tradition.
- is not a counseling or therapeutic relationship, but might be a helpful companion process to the work happening in these other settings.

For more answers to the question "What is spiritual direction?", see <https://www.sdiworld.org/find-a-spiritual-director/what-is-spiritual-direction>.

John Koon, Spiritual Director
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