



## Exploring the Practice of Spiritual Direction

Many of us yearn "...for a soul-friend with whom we can share our desire for the Holy One and with whom we can try to identify and embrace the hints of divine Presence and invitation in our lives. Neither soul-friends nor anyone else can fully enter our deep soul space. However, they can listen to our articulations of it,...and occasionally speak when something is heard in that openness that seems to be meant for [us]."

Tilden Edwards. Spiritual Director, Spiritual Companion.

"Spiritual guidance is being present in the moment, seeing and honoring the sacred mystery of the soul of another. It is witnessing this mystery and reflecting it back in word, prayer, thought, presence, and action."

*Carol A. Fournier, MS, NCC, Interfaith Spiritual Director/  
Guide, Silver Dove Institute, Williston, Vermont, USA*

"Most people would agree that spiritual direction means companionship with another person or group through which the Holy One shines with wisdom, encouragement and discernment."

*Gerald May, MD. Excerpted from Shalem News, Volume xxii,  
No. 1, Winter, 1998, "Varieties Of Spiritual Companionship*

"Although spiritual direction has had a burst of new life, it is really quite ancient. Across both the Hebrew and the Christian Scriptures, we find people seeking spiritual counsel. The Queen of Sheba sought out the wisdom of Solomon. Jesus gave us examples in his conversations with Nicodemus, with the woman at the well, in the ongoing formation of Peter and the other disciples. In the early church, people flocked to hermits in the desert for spiritual counsel."

*Marian Cowan, CSJ*

"Spiritual direction is, in reality, nothing more than a way of leading us to see and [hear] the real Director — the Holy Spirit hidden in the depths of our soul."

*Thomas Merton, Trappist monk, USA*

"We define Christian spiritual direction as help given by one Christian to another which enables that person to pay attention to God's personal communication to him or her, to respond to this personally communicating God, to grow in intimacy with this God, and to live out the consequences of the relationship."

*William A. Barry, SJ and William J. Connolly, SJ,  
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