

## Finding Spiritual Direction

### Lowering the Volume of Some Voices to Raise the Volume of God's Voice

Have you ever considered seeing a **Spiritual Director**? Do you know how a director can invite you to a deeper sense of loving and belonging?

Sometimes in our wild and crazy life, we miss the clues about our deeper inner longings. Voices in our head or society are amplified, overwhelming the wisdom voice of God. We overlook signs of the Divine, thinking that God has abandoned us. When we begin to pay attention, we finally hear the inklings of God summoning us to "something more".

Does this resonate? If so, Spiritual Direction may be something you might consider. Thomas Hart, a Spiritual Director who has offered direction for over 50 years has created the

#### Ten Guiding Principles of Spiritual Direction:

- God wants life for us
- The purpose of our life is to learn how to love
- Where the action in our life is, God is present and active with us
- God does not send us pain and suffering but works with us in them for good
- The paradigm of death and resurrection is key to understanding our existence
- God can and should be imaged in countless ways, no image being adequate to the Mystery
- God often appears in human form
- We are neither naturally good nor naturally evil, but immensely malleable and ultimately responsible for our own becoming. We have a choice, most times it involves asking for help
- God's will for us is found within our own deepest wanting
- Good people are in danger of being destroyed by their own goodness

Do you find any of these helpful? Do you disagree with any of them? Where is God acting in your life? A spiritual director will invite you to step away for a slow, deliberate process of Holy listening (not directing) to the action and longings of your life. As you begin to hear the still, small voice of God, who is always present, unexpected life arises. As your old ways die, you stand at a threshold, an opening to a new way of standing differently in the world, with the life-giving, Spirit-filled God of love.

#### Where do you find a spiritual director?

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**Jeanne Grevlos** ([director@shephills.org](mailto:director@shephills.org)) are two people at Shepherd of the Hills, who offer spiritual direction, either individually or in a group. **The invitation is yours.**