

\* Gentle conversations \* Sharing stories \*



## CONSIDERING SPIRITUAL DIRECTION

Next to the door in my sunroom, I have a plaque with a saying that hung over the door of Carl Jung's home in Zurich. It says *Vocatus atque non vocatus Deus adent*, which means "Bidden or not bidden, God is present."



This idea is central to my understanding of life and my awareness of our stories as vital, living things that can offer us deeper understanding, connection, and ultimately, wisdom.

In gentle and respectful conversation we can discover together the ways spirit is already at work in our lives and families—whether we consider ourselves people of faith or not, no matter what our current sense of the divine may be. I invite you to develop your awareness of spirit's presence in your life and open to the loving grace and light that I believe is here for us in every moment, no matter what we may be facing. If you want to learn more about your own spiritual nature, I would be honored to help you explore these ideas.

Spiritual direction is really about exploring stories of the deeper meaning in our everyday lives, so when we meet for spiritual direction, we may just talk and see where our stories leads us. We could also map a specific path by exploring ideas like these:

- My faith is strong and spiritual direction helps me continue to grow spiritually.
- My own ideas about my faith are developing and I'd like to talk about them.
- I haven't thought much about faith—I'm not sure how spirituality fits in my life.
- I want my spirituality to have a more active role in my life.
- I struggle with belief and want to understand why.
- I don't feel like my prayers or meditations are helping anything.

- I feel a sense of some larger purpose and I'd like to discover what it is for me.
- My relationship with God is a source of joy for me and I want to learn more about my spirituality.
- Traditional faith groups aren't for me, but I'd like to be able to talk about my beliefs.
- I have so many questions I don't even know where to start.



Katherine Murray, M.Div., has a degree in pastoral care and counseling from Earlham School of Religion. A life-long student of western and eastern spiritual traditions, Katherine is a contemplative person who knows first-hand how helpful loving conversation can be when we listen and explore a deeper spiritual understanding of our experiences. Katherine has served as a

chaplain with St. Vincent's Hospitals in Indianapolis and currently offers spiritual direction to individuals and families. Katherine is the author of a number of books, including these, available free on Scribd.com:

- **Stay in Touch with Your Teen**, a how-to book for parents, teachers, and anyone else who cares about teenagers, offering gentle, practical approaches to help build trust and communication in the family. [<http://www.scribd.com/doc/14139892/Stay-in-Touch-With-Your-Teen>]
- **Awareness: An Owner's Manual**, a simple meditation on finding peace and beauty through awareness. [<http://www.scribd.com/doc/13689910/Awareness-An-Owners-Manual>]
- **Getting Over the Rainbow: Peacemaking through Conversation**, a friendly book about relating to the essence of the light in ourselves and others, dissolving separation, and creating a more peaceful world. [<http://www.scribd.com/doc/18030222/Getting-Over-the-Rainbow-Peacemaking-through-Communication>]

#### How-Tos for Our First Conversation

- Call 317-985-5070 or e-mail me at [kmurray230@sbcglobal.net](mailto:kmurray230@sbcglobal.net) to schedule our first conversation.
- We will meet face-to-face (no charge) to see whether it feels right to both of us to work together.

#### Costs and Scheduling

- We can set up the schedule as it fits your needs—one time, ongoing (biweekly, monthly, or quarterly)
- Cost: \$45 - \$65/hr (pay what feels comfortable for you)
- Student rate: \$25/hr
- Phone conversations: \$25 (½ hr session)

*Please remember:* Whether this feels like the right time for you to begin exploring spirituality in your life or not, know that any time you choose to do so is the right time. You are always supported in love and the right opportunities for growth will be there when you need them.