

SPIRITUAL FORMATION

DIRECTION IN OUR SEJOURNEYING

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ON PERSONAL DEVELOPMENT AS SPIRITUAL FORMATION THROUGH DIRECTION IN OUR PERSONAL JOURNEY...

Spiritual Formation is first and foremost a journey, not a destination. This journey remains personal, and as any aspect of life, is unique, though sharing characteristics with the journeys others have travelled. It is in recognising and sharing the signposts, bringing awareness to aspects of a map whose reality others have explored, that what is called spiritual direction may be beneficial. The journey remains, however, personal as development unfolds according to one's own steps upon a path created anew and afresh.

Spiritual direction provides us with a means to deepen our relationship with the divine, and to learn and grow in our own spiritual life and formation. A spiritual director is someone who is able to accompany us, in part only, within that journey. As a director, I see my part of the journey as bringing some guides or signposts into view, making use of symbolic tools that have long been used so assist you in taking some new sejourneying steps.

CHARACTERISTICS OF SEJOURNEYING AND SPIRITUAL DIRECTION...

Sejourneying emphasises the idea that the spiritual director is not an authority figure but an experienced companion whose journey at times overlaps. This companionship reflects the mutual journey and direction, seeking and developing greater awareness of divine or spiritual presence.

The spiritual director and directee explore and discuss spiritual experiences, struggles, and growth together. Sejourneying creates space for uncovering insights and encountering the divine in everyday life.

Sejourneying opens awareness to discovery and suggests steps and practices along the way, increasing the potential to sacred presence. Here the director serves as a co-witness to the sacred, holding space to explore your relationship with the divine. This involves what is at times referred to as deep listening: sensitivity to what the spirit may be revealing in the directee's life.

Just as a physical journey may have twists, turns, and unexpected stops, the spiritual journey is not linear. Sejourneying allows for an open-ended process that adapts to the unique needs, challenges, and rhythms of the directee's spiritual path. Life transitions, spiritual crises, or periods of uncertainty often require accompaniment. Sejourneying ensures support to the directee during these times, offering encouragement to trust in the unfolding process.

By journeying together, the director may gently encourage the directee to explore deeper questions about their faith, purpose, and connection with the divine. This may involve reflecting on meditative prayer, sacred scripture, practices, life experiences, and how the divine is present in the midst of it all, developing discernment and patience.

Sejourneying reminds both the director and directee that we are not alone: the journey is shared with others and with the divine.

GROWING AND PROGRESSING IN SPIRITUAL FORMATION

There are various practices that become regular in supporting spiritual formation. Amongst these are meditation and opening our heart to nuances previously closed or narrowed; undertaking a symbolic pilgrimage - moving from one inner space towards another; and investigating, reflecting and allowing understanding, insight, and loving-wisdom to guide us in day-to-day situations we face. This does not mean we do not falter, but rather that as we do, we more deeply reflect and come to a more genuine space reflective of the workings of the Spirit of Truth and Love.

ORGANISING TIME FOR SPIRITUAL DIRECTION

Direction in Spiritual Formation requires some commitment. Following an initial session, meeting for an hour session once a month for a commitment of six months (renewable if mutually deemed suitable) is optimal in most cases. For costs, please refer to my website.

