

Voice of Love Spiritual Direction

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What is Spiritual Direction?

I view spiritual direction as a way of helping us to be attentive to God's presence and "voice of Love" in our daily lives. Spiritual direction rests on the belief that God is speaking and desiring to interact with us. It also acknowledges the spiritual life as something that is not done alone. Thus spiritual directors through the centuries have journeyed with others in their life with God, listening with them for the Holy Spirit's invitations in the directee's life, acknowledging the Spirit to be the true Director.

A typical spiritual direction session may include moments of silence, meditative reading, guided prayer, parts work, and/or conversation. I am willing to enter into the time however the directee chooses as well as focus on any questions or issues for discernment they bring.

In the midst of constant activity and noise, spiritual direction can provide space to tend to one's soul, to enter into the quiet and discover what is there, to breathe and rest in God, to discern how God may be leading.

While I am open to providing this space for those who follow other religions or forms of spirituality, I am based in the Christian tradition. As a spiritual director, my commitment is to honor your sense of the divine presence in your life.

Are You Ready for Direction?

How can you know if you're ready for a program of spiritual direction? Here are three criteria for making that decision.

Desire.

Love does not coerce us to listen; Love gently invites us. Love waits for us to be receptive. When we have a desire to learn, to listen, and to respond, we are ready for spiritual direction. This desire is the first requisite.

Openness to connection.

Central to spiritual direction is the openness to experiencing the Divine Presence. When we open ourselves to meeting God and practicing intentional postures of hearing from God, we will begin to experience more and more of God's presence and love in our lives.

There are seasons in which listening - and listening from the heart - is not easy. With the guidance of a spiritual director, progress can be made.

Curiosity about life-giving rhythms.

Regular biweekly or monthly sessions will provide space for a meeting between ourselves and God. In our sessions, we can work toward setting realistic rhythms for experiencing God's presence in your day-to-day life.

Getting Started: Details to Consider

My spiritual direction practice is in Palatine, IL, but I am also available to meet with you via Zoom if you have an internet connection. For virtual meetings, a webcam is my preferred means of communication due to the level of interaction and connection it offers.

We'll begin with a consultation, for which there is no charge. We'll talk about your journey up to this point, where you'd like to go, and what your questions and longings are. I'll share a bit more about myself, and you can ask any questions you have about my background and the process of spiritual direction.

After our first meeting, we will both take a week or so to reflect (through prayer, meditation, journaling, or whatever your process is), and then decide whether we both think I could be a helpful companion and guide for you.

It takes time to build a relationship of trust, of course, and therefore, after an initial complimentary session, I ask for a commitment to a series of 3 sessions, after which we can debrief again about how things are going.

How does Spiritual Direction Compare and Contrast to Other Disciplines?

	Life Coaching	Counseling or Therapy	Consulting	Spiritual Direction	Mentoring and Discipleship
Typical Relationship	One-on-One or group in a professional context	One-on-One or group in a professional context	One-on-One or organizational in a professional context	One-on-One or group in a professional or ministry context	One-on-One in a business context (mentoring) or ministry or personal context (mentoring or discipleship)
Focus	Future, vision	Past, pain	Project or problem	God	Teaching by example
Desired Outcome	Action toward meaningful goals	Healing and restoration	Expert opinion and recommendations	God's direction	Personal or spiritual growth and maturity
Training	Professional training and certification available and commonly expected	Professional training and licensing typically required	Training specific to consultant's area of expertise is commonly expected	Professional training and certification available	Not typically expected
Meetings	Often by phone, sometimes in person	In person	Usually in person	In person	Usually in person
Role	Coach is a collaborator who provides structure and process to an agenda set by the client	Counselor provides clinical expertise and facilitates a healing process	Consultant is an expert who analyzes a problem or project and provides reports and recommendations	Spiritual director is a collaborator who prays and listens with clients	Mentor or disciple is a companion who has "gone before" and can lead and advise by example

Chart taken from <http://www.stevestutz.com/spiritual-direction.html>

Training and Experience

- Deep love for providing a safe environment, an attuned witness for the experiences in your life, and gentle guidance as you experience God's attentive, gracious, transformative presence
- Personal knowledge and practice of contemplative practices for Spiritual Formation
- Experience leading contemplative retreats and providing teaching and guidance for nurturing spirituality (2016-present)
- Educational Background:
 - M.Div. (Masters of Divinity), Trinity Evangelical Divinity School (2005)
 - Current studies: Doctor of Ministry in Spiritual Direction and Formation at GarrettEvangelical Theology in Evanston
- Over 20 years of vocational Christian ministry experience; 9+ years of experience in Pastoral Counseling (2014-present)
- Continued education and further formal training such as:
 - Group Spiritual Direction, Shalem Institute
 - Trauma-Informed and Race-Conscious Spirituality

- Anxiety Certification Course with Kimberly Morrow, LCSW, & Elizabeth DuPont Spencer, MSW, LCSW-C
- “The Body Keeps the Score” Continued Education course with Dr. Bessel van der Kolk MD (2023)
- “Trauma-Informed Leadership” with Dr. Lallene Rector (2023)
- "Decolonizing Spirituality" with Dr. Esther Acolatse (2023)
- "Healing Racial Trauma" with Dr. Sheila Wise Rowe (2021)

Payment

Your consultation session has no cost.

After that, the fee is:

- \$65 for a single 55-minute session.
- \$180 for a package of 3 sessions (\$60/session)
- \$350 for a package of 6 sessions (\$58/session)
- \$660 for a package of 12 sessions (\$55/session)
- \$95 for a single 85-minute session (I do not offer packages for longer sessions since these are scheduled only as needed)

Packages are non-refundable.

For clergy, BIPOC, or LGBTQIA persons, I offer a reduced or negotiated rate - please inquire if you are interested.

Electronic payments are preferred:

Paypal (julietwaite@gmail.com)

Venmo (Juliet-Liu-4)

Cash or check can also be accepted in person.

Time of Sessions & Changes:

Appointments may be scheduled by reaching out to me over email (juliet.voiceoflove@gmail.com).

- We will commit to beginning and ending our sessions on time.
- If you need to change or cancel your session please contact me at least 24 hours in advance. You will be charged for half of the session that is missed or canceled without 24-hour notice (unless due to sickness or emergency).
- Although a monthly meeting is most typical, you may need to meet more frequently or desire a longer session periodically. This is fine as long as we schedule it in advance.

Privacy:

You have a right to expect confidentiality of the information we share with each other. I commit to holding our conversations in the strictest confidence.

As part of my professional practice, I may consult my supervisory Spiritual Director regarding our work together. This is intended solely to provide additional perspective when necessary in order for me to be fully present, listen and guide you in your journey. Identity will always be held in confidence.

If dialogue in a session is referenced in printed or website materials, your identity will always be held in confidence.

Mandated Reporter: As a professional clergy member, I am required by law to disclose information without your consent or authorization in certain situations of abuse or neglect of minors and elders, self-harm/suicidal ideation, or physical danger to others.. If such a situation arises, I will make every effort to discuss it with you before taking action.

Termination:

The format of Spiritual Direction may not be for everyone. You may discontinue Spiritual Direction at any time. Please give advance notice if you intend to discontinue meeting together.