

*Were not our hearts burning  
within us as he spoke  
to us on the road  
and explained  
the scriptures to us?*

LK 24: 32



*“Their eyes were opened and  
they recognized him in the  
breaking of the bread.”*

LK 24: 31

### History of Spiritual Direction

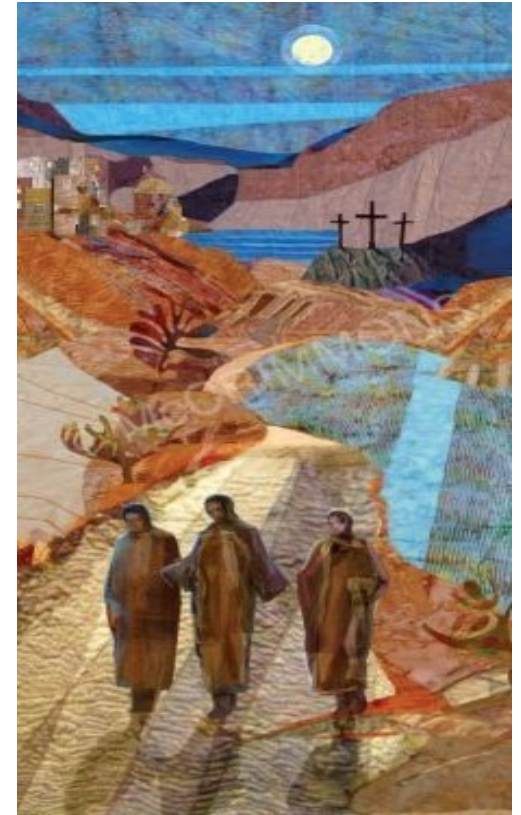
Spiritual Direction has existed in some form among Christians since the earliest times. It was practiced by the early contemplatives we refer to as the “Desert Mothers and Fathers.”

The ancient Sufi Tradition is known to have devised a helpful method of spiritual guidance known as the Enneagram which was used to help a directee come to a greater understanding of oneself. Today the Enneagram is widely used, employed not only in Psychology but also continues to encourage self-discovery under the guidance of the Spirit.

St. Ignatius Loyola developed “The Spiritual Exercises” that outline specific steps or “weeks” used as guidance in retreats but which can also be used as an entrée into spiritual direction.

Some spiritual directors employ a combination of many forms of spiritual guidance. For Sister Mary Pat her lived experience of the charism of the Society of the Sacred Heart strongly informs her approach to spiritual guidance.

### SPIRITUAL DIRECTION AN INVITATION TO COMPANIONSHIP ON THE SPIRITUAL JOURNEY



*The disciples on the way to Emmaus*

*“He opened to them the  
scriptures as He  
walked with them on  
the way.” LK 24: 27*

## Walking the Sacred Path



*The Labyrinth is an ancient symbol of spirituality*

The Labyrinth was first used in Europe during the Crusades when it was too dangerous to make pilgrimages to the Holy Land. Imbedded into the floor of cathedrals, it offered an opportunity for a quiet, spiritual journey that led the seekers downward and inward into their own hearts and the Heart of God. It then, brought them out again ready to walk in the footsteps of Christ in the world. What a beautiful symbol for spiritual direction!

Sister Mary Pat White is a Religious of the Sacred Heart who has been a spiritual director for 15 years.



She has a BA degree in Creation Spirituality, from Holy Names University, Oakland and was trained as a spiritual director at Center Point Spiritual Direction Program in Santa Barbara. She saw students for spiritual guidance as a campus minister for 18 years and served as Vocation Director for the United States/ Canada Province of the Society of the Sacred Heart for 6 years. More recently, she taught in the Franciscan Spiritual Direction Formation Program in Boston from 2017-2019. She studied Spiritual Direction Supervision under Lucy Abbot Tucker in 2020.

Mary Pat sees directees at her home at 2542 Hilgard Avenue in Berkeley, CA. Generally, sessions are an hour long, monthly.

Donations for Spiritual Direction are on a sliding scale range from \$25-\$75. No one is ever turned away for lack of funds. All seekers are welcome regardless of religious affiliation as well as those who see themselves as spiritual but not religious.

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## What is Spiritual Direction?

The Resurrection story of the Disciples on the Road to Emmaus, Luke 24, is a beautiful way to understand what Spiritual Direction can be in a person's life. Heartbroken by the tragic crucifixion of Jesus, the despondent disciples unknowingly meet Christ on the road who brings insight and meaning into their lives. He companions them, breaks bread with them, opens their minds and hearts, and they come to recognize and rejoice in his presence in their lives. So, as in spiritual direction, Jesus is the guide, the companion, the bringer of peace and joy. Both director and directee open themselves to this transforming grace. The role of the director is to listen silently and deeply to how the Spirit is working in the life of the directee. Through gentle urging, questions, and perhaps suggestions the director helps the directee to become more aware of how God is acting in his or her life. Where is God in this person's life? What is the story being told? Where does this person's story fit in our shared Christian story/the story of humanity? How is the Holy Spirit at work in this person's life?