



Spiritual Guidance: Healing the Spirit

What is spiritual guidance?

As it is usually defined, spiritual guidance is the process of accompanying someone on their spiritual journey and being a witness to their spiritual growth. Spiritual guidance invites a deeper relationship with the spiritual aspect of being human. That spiritual aspect may or may not involve experiences of the divine or the context of a particular religion, but it generally does involve connection with that which we define as greater than our finite selves. I will call this "greater something" Spirit, which can be defined however you wish; as an ordained Interfaith Minister I work within your own spiritual framework and do not impose my religious beliefs onto you.

Spiritual guidance is not psychotherapy or counseling, but rather it is companionship on your spiritual path, whatever that path may be for you, and helping you discern ways in which Spirit pervades your whole life. Your path may be religious, as you walk within one of the world's religious traditions, or it may be distinctively your own as you search for the sacred meaning of your own unique life.

Spiritual guidance and healing

In the context of healing, spiritual guidance focuses on the spiritual part of the body/mind/spirit triad. It relates to your understanding of the deeper meaning of your healing journey, what it means in the context of your life.

The process of spiritual guidance may include any or all of the following:

- **Listening:** especially my listening to you without judgment, perhaps with questions, to help you discover the spiritual aspects of your path
- **Dialog:** sharing our insights on the spiritual journey
- **Journaling:** keeping a record of your insights and growth, perhaps including creative writing
- **Reading:** finding personal insights and encouragement from other people's writings about their own spiritual journeys
- **Art:** using media such as painting, drawing, collage, or sculpture to express yourself and aid your insights
- **Prayer:** petitions to the holy or your own higher power
- **Meditation:** either silent or guided, perhaps including walking the labyrinth
- **Ritual:** developing and performing rituals for insight and healing

In other words, anything we do together during your healing journey may have a spiritual component.

Contact me if you have more questions about spiritual guidance, or see my links page to take you to some good Web references. I would be glad to meet with you for a free consultation to discuss how I may help you on your spiritual path to greater healing.

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