

An invitation to Life Conversations

The Carmelite Centre Melbourne seeks to provide a contemplative space to facilitate spiritual journeys and personal growth. Spiritual Direction is one of the services offered. It is available through conversations about your life in the light of your faith or values.



Come as you are to talk and to be heard

“The process of Spiritual Direction has enabled me to grow in self knowledge and to see and understand how my life is guided and supported by a loving God. Through the supportive presence of my Spiritual Director, listening without judgement or criticism, I am experiencing a deepening in spiritual awareness that would not otherwise be possible.”

Mary C

(Turn over for more information about Spiritual Direction.)

Life Conversations: Spiritual Direction

“Take off your shoes, for the place where you are standing is holy ground.” Acts 7:33

What is Spiritual Direction?

- † Spiritual Direction is a series of conversations about your life in the light of your faith or values. The focus is on your spiritual journey through the day to day experiences of your life. These conversations assist discernment of what is life-giving for you, and what is binding you or holding you back from becoming all you have the potential to be. With greater clarity and self-knowledge you can then choose the way forward on the spiritual journey with greater freedom.
- † Spiritual Direction conversations are times set aside for yourself; times to talk and to be heard; times for focused attention on what’s important to you. There is no set agenda or prescriptive process but rather an openness and attentiveness to your deepest longings as they emerge.

Who can benefit from Spiritual Direction?

- † All those with an open heart who are genuinely seeking to discern the way forward in life – the way toward greater inner freedom, greater love of self, others and God, and the way to more authentically live their faith or values.
- † Those who realise that the spiritual journey need not be a solitary one.

What if I don’t believe in ‘God’?

- † Spiritual Direction requires belief in something greater than yourself that draws you beyond yourself to others and to the wider world. It requires a relational openness to more than the self. This ‘more’ has many names, or no name, and need not be named ‘God’.
- † Spiritual Direction is within the framework of what you do believe in and the values you hold.

What happens in a session?

- † The conversation may begin with an overview of what’s going on in your life – the joys and sorrows and challenges. Through talking and listening together the broad sweep may begin to focus on a deeper level. The content of this focus may be a surprising and helpful revelation. Or the session may begin with a particular aspect of your life that you want to talk about. It’s your time so it’s up to you.
- † The Spiritual Director listens to you relate your experience, and by attentiveness and gentle questioning assists you to notice the subtle dynamics in your life and your responses.



Life Conversations make space to be still and focused, and attentive to self and to God.

How long, how much, how often?

A session is up to an hour and in 2017 costs \$66 (incl. GST) Sessions are usually on a regular basis, at most monthly. This can be discussed at your first session.

How do I make an appointment?

Contact the Carmelite Centre to be put in touch with a Spiritual Director to arrange a suitable time to meet.

More questions? Go to the website.

- † When can Spiritual Direction be helpful?
- † Is Spiritual Direction different from counselling?
- † How are Spiritual Directors trained?
- † Who are the Spiritual Directors?

Recognising that the Holy Spirit is the true Director, through conversation we listen together and hear how God’s Spirit is at work in you, inviting a response.