



Spiritual Guidance Agreement

My role as your spiritual guidance mentor is to be your companion. Walking beside you as an equal, I will share in your spiritual journey as you seek to grow closer to God. I am here to support, encourage, and to hold space for you during our time together. We will engage in dialog, embrace your questions and concerns and be ever open to the greater mystery of life. There may be points on the journey where you wish to explore a specific spiritual tool or practice such as dream interpretation, meditation, prayer, trance or energy work, the creation of sacred art or ceremony or journaling. If so, I will be with you as your guide. I draw from the world's religious and spiritual traditions within an interfaith context. Throughout this journey you alone will determine how we will proceed and which way to go; trusting always that spirit will provide you with perfect discernment.

Our meetings are scheduled for every two weeks or later, for an hour in duration. The fee is \$50/session. Please provide, if possible, at least 24 hour notice for cancellation. Contact between each session is generally by email. In-depth discussions will be limited to actual sessions so as to not dilute or fragment the process. All sessions are confidential (with the standard legal exception of disclosures concerning the risk of injury to self or others).

Spiritual guidance mentoring provides you the opportunity for spiritual growth and development. However, it is not therapy and I am not a psychologist or a pastoral counselor. Any solely therapeutic issues, therefore, will be referred to others for treatment. Note, some people choose to seek both psychological counseling and spiritual guidance mentoring simultaneously as they do not address the same issues from the same perspective. Only you can determine if this is the best option for you.

I seek to make this process as transparent as possible and am always open to any and all questions. I look forward to mentoring you as you explore more fully your relationship with the Divine. Together we will seek to learn and grow closer to God.

Open to me, so that I may open.
Provide me your inspiration
So that I might see mine.
Mevlana Rumi