

Spiritual Direction by Melanie Abela

“Spiritual Direction is concerned with healing and reconciliation . . . with the transformation of consciousness.” *Soul Friend* by Kenneth Leech

The soul is the purest form of Spirit’s energy in us, constantly moving and nudging us towards expression and transformation of our being to develop a harmonious relationship which allows us to become an instrument of the Divine Source.

In the context of Spiritual Direction, transformation is a shift of consciousness. Nothing separates us from the life-force of Spirit, but our minds need to awaken, to become conscious of our being for us to become a co-creative force with our soul and thus Spirit.

Wherever we put our attention, Spirit is. So when we focus on the present moment, cultivating presence, we experience the flow of Spirit. Opening to the flow of life, with an open heart is where humanity meets. It does not matter whether we are consciousness or not, whether we are wounded mentally, physically, emotionally, or spiritually, Spirit is there, gracing the presence of who we are, as we are. The difficulties, pain and suffering we experience are attributed to the human-divine dance we do in coming to terms with the cycles of life. The key to feeling liberated in body and spirit is acknowledging and surrendering repeatedly to the natural rhythm of our beingness.

This awareness of embodied presence opens the vulnerability of being naked in the world and discerning our consciousness to navigate the waves and storms of life. This awareness greatly effects both who we are and how we choose to live life. With a discerning heart, we navigate, the ARC Cycle of Integration (our own personal process of growth), building upon the strength of Self (our spirit and will), to embrace life fully.

Spiritual Direction helps others explore their interior lives, their unique movements of their spirit, and recognize the wisdom of their discerning heart, with the focus of Spirit as our guide. There is a mutual receiving of life as directee and Spiritual Director open to one another. In this mutuality, a communion of hearts develop and we give life to another and call each other to greater freedom.