

My Interspiritual Approach to Spiritual Direction

Listening across traditions with humility, care, and respect

A client-led approach

Spiritual direction is a form of reflective companionship. It creates room to notice prayer, practice, longing, doubt, sacred experience, discernment, grief, and the deeper movement of a life.

My approach is interspiritual, which means I am open to the wisdom of more than one tradition. It does not mean asking you to adopt my beliefs, blend traditions carelessly, or fit your experience into a system. The work begins with your lived experience.

The guiding question is not, "Which tradition should this person belong to?" but, "What is asking for attention, grounding, honesty, healing, and deepening in this person's spiritual life?"

Interspiritual does not mean vague

An interspiritual approach can be spacious without becoming rootless. Different traditions have different histories, practices, disciplines, symbols, wounds, and gifts. Respecting many traditions requires humility, not appropriation.

In spiritual direction, we may draw on Christian contemplative practice, Buddhist and yogic wisdom, Sufi poetry and devotion, Pagan and earth-based spirituality, mystical theology, depth psychology, or existential reflection. But we do this carefully and only when it serves the directee's own path.

What may enter the work

- Questions of meaning, vocation, grief, prayer, silence, doubt, belonging, and sacred experience.
- Experiences of faith transition, religious harm, spiritual longing, or loss of old certainty.
- Practices such as meditation, centering prayer, ritual, nature-based attention, journaling, or contemplative reading.
- Moments when a person feels drawn to more than one path and needs a way to live that multiplicity with integrity.

A note about therapy and spiritual direction

Spiritual direction is distinct from psychotherapy. It does not focus on diagnosis, treatment planning, or symptom relief in the way therapy does. If psychological symptoms, trauma, crisis, or risk concerns become central, psychotherapy or another clinical support may be more appropriate.

Good spiritual direction honors both openness and limits. It listens for the sacred without losing respect for ordinary human grounding.

Closing reflection

An interspiritual approach invites reverence for the many languages through which people seek meaning, healing, and connection. The aim is not to collect spiritual ideas, but to listen for the path that is becoming more honest, grounded, compassionate, and alive.