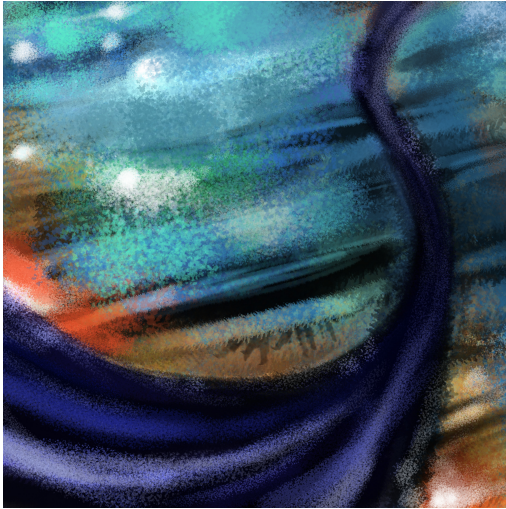


Listening Together ...



Spiritual direction or spiritual accompaniment is the art of **listening together** for the holy in one's life, listening together for the wisdom of Spirit. We can listen in silence, in conversation, through prayer and spiritual practices, including art, nature, music, and the wisdom of our bodies.

Listening to each other's stories has the power to:

- connect us to God and each other, to joy, to healing and to transformation
- help us flourish amidst unknowns and hard places
- recognize the holy in all parts of our lives
- move us toward wholeness, a place where everything belongs.

Our individual flourishing contributes to abundance and love in the whole world.

As Father Greg Boyle writes, 'God's invitation, then, is to be radiant in reflecting God's own tenderness in the world. ... We enter as fully as we can into the open-handed thrill of God's abundance. ... no longer being a stranger to **your own unshakeable goodness...**' (The Whole Language).

Spiritual direction is not counseling or therapy, and I have no formal religious training. The director and directee typically meet once a month for about an hour. Sessions will take place by zoom or phone.

My spiritual direction training was through Stillpoint (<https://stillpointca.org/>), and their Group Spiritual Direction training. My faith origin is Lutheran and Presbyterian, I am open to working with folks in any faith tradition or none, and in any stage of their journey.

- If you would like to find out more, **please call or email with any questions**, and/or to set up an introductory conversation.

Eleanor Hoppe

818-640-3141

eleanor.hoppe@gmail.com

Fees: Free 50 minute initial meeting

Sliding scale \$35-\$100/session

If circumstances prevent payment, we can discuss.

