

## ***Spiritual Direction***

Often people get stuck in their lives and do not fully realize it. Instead they recognize a nagging sense of dissatisfaction and unhappiness. This can be your spirit's attempt to get your attention. Those who listen to the call are able to address their challenges, learn healing concepts, and transform their lives.

### ***Common spiritual challenges:***

#### **Strong Emotions**

Overcome your fears and doubts  
Work through your anger and resentment  
Replace emptiness and despair with hope and possibility

#### **Addictions**

Learn to break the cycle of compulsion and self condemnation  
Replace negative habits with positive ones  
Heal your shame and guilt

#### **Disillusionment**

Work through any negative impacts of your religious upbringing  
Understand why some of your prayers are not answered  
Restore the hurt and broken places in your heart

#### **Lack of self worth**

Heal old childhood hurts and disappointments  
Make peace with your mistakes and regrets  
Bring your gifts and talents into the world

### ***Spiritual direction can help you:***

#### **Work through places you are stuck**

Understand what your life is trying to teach you  
Identify and release inner resistance and fears  
Change your experience by changing your beliefs

#### **Understand and apply spiritual concepts**

Use prayer and affirmations for healing  
Positively impact your life by using intention and principles of attraction  
Create your dreams by lining up your emotions, behaviors, and beliefs

#### **Develop spiritual practices that support you**

Connect with God through prayer, meditation, and gratitude  
Inspire yourself through uplifting music, books, and nature  
Hear and understand your inner voice and guidance

#### **Create a life of joy and fulfillment**

Move from limitation to abundance  
Embrace simplicity, order, and flow in your life  
Live a synchronistic life filled with every day miracles

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