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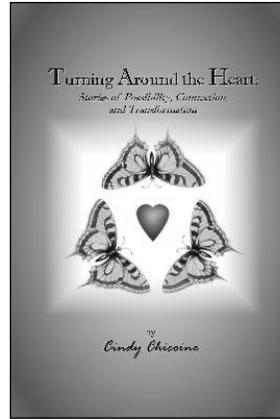
Cindy's spiritual direction training has been interspiritual in focus; sharing the gifts and common roots of the world's many wisdom traditions. All spiritual practices and traditions are welcome.

Cindy finds inspiration in supporting others in accessing their inner wisdom and innate wholeness.

In over thirty-five years of being in healing partnership with others, Cindy's passion for a mind-body-spirit approach has only deepened.

Cindy is the author of

TURNING AROUND THE HEART



Thirty teaching stories with questions for reflection or journaling, with suggested activities and guided imagery.

"On this journey you begin to see how the sides of your heart that seemed awkward, contradictory and uneven are the places where the treasure lies hidden."
John O'Donohue



"It is important to note that being seen enables us to claim our lives."
Mark Nepo



"We need to find a place where we are safe; we walk into that which we cannot yet see."
Elizabeth Alexander

Spiritual Direction
&
Companionship



with
Cindy
Chicoine
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"Be with those who help your being." Rumi

“The most subversive invitation you could ever accept is the invitation to awaken to who you are and where you have landed.”
John O’Donohue



“What is Spiritual Direction?”

In this busy, hectic world we may find it difficult to notice and be present to the Divine in our daily life. Spiritual direction, or companionship, offers support for those of us longing for a more conscious experience of the Divine’s love and presence.

In Spiritual Direction, the word ‘director’ is often used when really there is no ‘direction’ taking place. Spiritual Guide, Companion, Witness, Midwife are really more accurate ways to speak of this co-operative process that unfolds in this experience. The one seeking and the one witnessing join together in a co-creative process, that unfolds in partnership with the Divine Presence, attending to the spiritual orientation of our lives.



“I do not claim to know anything you don’t know, but if I can help you remember what you already do know, I am blessed.”
Rabbi Rami Shapiro

Gifts of Spiritual Companionship:

- Offering a touchstone place to remember our conscious spiritual journey and hold us in our deep pondering
- A companion and safe witness for our life
- Support during transition or threshold places of loss, disappointment, struggle and joyful change
- A place to hear our truths spoken, our questions voiced, our celebrations claimed, our fears expressed and held in holy confidence
- Increasing our awareness of the Divine’s love and healing presence
- Opportunity to know The Holy more intimately, more personally, and to grow in our faith and prayer life or centering practice
- Noticing what captures the attention and energy in our lives
- Expanding the landscape of our inner life
- Giving clarity to our outer expression of how we talk, walk and experience our world; integrating spirituality into our daily lives
- Decision making support and exploration of discernment
- A loving place to hold our growing relationship with ourselves, others, our planet, our universe, our cosmos
- Exploration of our story; pieces of the past, visions of our future and our deep and current present

“If you could imagine the most incredible story ever, it would be less incredible than the story of being here.”
John O’Donohue

- If we believe that our life is a sacred journey, then anything that moves or stirs us is something to explore in spiritual companionship

“Everything is holy now.” Peter Mayer

“When your soul awakens, you begin to truly inherit your life”
John O’Donohue

A Bit of Detail

- When we meet, spiritual companionship sessions are generally one hour and occur approximately once a month. This can be tailored for the specific needs of the one seeking companionship
- Spiritual companion relationships are strictly confidential and may remain in place for many years or less depending on the needs of the one who comes to explore
- It is so very important to know your relationship with your ‘director’ is a good and safe fit. There is no obligation to continue meeting should that not be the case
- The few policies (such as confidentiality and cancellation policy) are listed on the short initial intake form
- An hourly fee is received at the time of each session
- In addition to individual sessions and small groups, retreat experiences with a spiritual focus are also offered.

“The breeze at dawn has secrets to tell you. Don’t go back to sleep.”

Rumi