

# Spiritual Direction

inviting the Sacred into everyday life

with Kaudie McLean, PhD, DASP  
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## Holding a Space for Your Journey with the Sacred

Kaudie McLean is a spiritual director, artist, writer, editor, and writing coach, who earned her M.A. and Ph.D. in theology at Yale University and her Diploma in the Art of Spiritual Direction at the Hesychia School (Tucson, AZ). Throughout her career, she has maintained a commitment to practical theology, working primarily in religious writing while serving as a formal and informal counselor and spiritual friend.

Kaudie welcomes people from diverse spiritual traditions, and her practice is open and inclusive. She has a longstanding interest in gender justice and is sensitive to the unique perspectives that women and men—gay, bisexual, transgendered, and straight—bring to their spiritualities.

## What Is Spiritual Direction?

Spiritual direction is a covenant relationship between fellow travelers on a journey of faith, mindfully and humbly conducted in the presence of Spirit, or whatever name you give to the holy presence in your life.

The spiritual director offers spiritual hospitality through deep and compassionate listening, providing gentle guidance when invited and appropriate.

This guidance takes the form of helping the client, or directee, notice where the sacred may be especially active in her or his life. Together, under the greater guidance of a holy presence, the director and directee take a long, loving look at the real—life as it is, here and now.

Cost: \$50 per hour. A sliding scale is available.

## Feminist Spiritual Direction

Within the broader practice of spiritual direction, feminist spiritual direction gives special attention to the character of being female in our culture and seeks to empower women—lesbian, bisexual, transgendered, and straight—in their unique spiritual journeys and lives. In its emphasis on women's wholeness, feminist spiritual direction seeks justice and wholeness for all of God's people and creation. Everyone is welcome to explore this perspective for the gifts it may bring to their own spiritual journey.

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