

## Spiritual Direction Program

### What Are Its “Uniques”?

#### 1) Unitive consciousness.

We awaken into a consciousness of oneness rather than dualistic thinking.

*I was suddenly overwhelmed with the realization that I loved all those people, that they were mine and I theirs, that we could not be alien to one another even though we were total strangers. It was like waking up from a dream of separateness.*—Thomas Merton



#### 2) Mystical wisdom.

We apply transcendent wisdom from ancient to contemporary mystics to your life purpose.

*Theologians may quarrel, but the mystics of the world speak the same language.*

—Meister Eckhart

#### 3) Inner evolutionary spiritual consciousness.

You connect with your inner evolutionary spiritual consciousness.

*Life will give you whatever experience is most helpful for the evolution of your consciousness.*

—Eckhart Tolle

#### 4) Authentic divine nature.

You are encouraged to explore your authentic nature.

*We are not human beings having a spiritual experience; we are spiritual beings having a human experience.*—Pierre Teilhard de Chardin

#### 5) Many contemplative paths to inner peace.

You will practice many paths to inner peace through contemplative or mindfulness traditions.

*Mud settles on its own and you get pure water. Your mind is like that.*—Buddha