



# Spiritual Mentoring Support on your life's journey

In organised faiths, there are spiritual directors to turn to explore religious issues. Holistic spiritual accompaniment is a space to go to, without dogma, for you to explore your spiritual paths and issues in a way that is true for you. It is a person centred approach, in that it is your lead. Some of the common issues people bring are:

- How to deepen my spiritual practice
- Resolving difficult emotions such as anger within a spiritual framework
- A space simply to contemplate
- Reflections on the life beyond and those that have passed
- Challenges in living a spiritual life in a material world
- Coming to terms with the 'imperfect'
- Spiritual issues of our time such as climate change, shifts in consciousness
- How to expand my compassion?
- How to stay centered 'when all about are losing theirs and blaming it on me!'
- Am I on track?

I have found holistic spiritual accompaniment the most soul fulfilling support and also the deepest. It is rare to find a place where one can simply share sacred heart in safety and be understood. It is not about fixing anything. More about giving soul a voice and checking you are on track with your inner compass.

Sessions are bespoke, but a common practice is monthly sessions at £40 an hour or £60 for 1.5 hours.

*'What is most bewildering for the contemporary spiritual seeker is the cultural vacuum that often leaves them feeling misunderstood and disillusioned. .To provide alternative sacred spaces, with people trained in the appropriate skills of accompaniment requires primary attention' (Diarmund O'Murchu – Reclaiming Spirituality)*





Contact: [naomi@swanageretreats.co.uk](mailto:naomi@swanageretreats.co.uk)

07904 898 113

01929 422562