

Tools for Spiritual Directors: Mindfulness, Emotional Regulation, and Self-Care Presented by Megan Lyon

Questions to Consider When Working with Directees

- * How much inner work have they already done?
- * Are they in the first half or second half of life (morning or afternoon)?
- * Are there mental health issues/traumas to consider?
- * How many resources do they have available to them?

Why Cultivate Mindfulness as a Spiritual Director?

- * Compassionate presence
- * Detachment from the outcome
- * Awareness of your own reactions (including complexes)
- * Tools to share with directees to enhance well-being and allow a foundation for deeper work

The 60 Second Pause

1. In a sitting position, place your feet on the floor and notice that you are grounded
2. Notice that you are supported by the chair
3. Begin taking deep breaths
4. Imagine yourself in a place where you feel peaceful (preferably a nature scene)
5. Notice sensations in your body, especially pleasant ones

The R.A.I.N. Method

- * R-Recognize your feelings (I feel...)
- * A-Allow them to come (Don't try to resist them)
- * I-Investigate (Be curious about your experience)
- * N-Non-attachment (Let them flow through you)
Nurture (Offer yourself compassion)

Loving Kindness Meditation

Use phrases such as these:

- * May I/you be filled with loving kindness
- * May I/you be well
- * May I/you be peaceful and at ease
- * May I/you be free from suffering
- * May I/you be happy

Like Me Exercise

When dealing with a person who challenges you, remind yourself of your commonalities...

- * This person sometimes struggles...just like me
- * This person wants to be happy...just like me
- * This person makes mistakes...just like me
- * This person is still learning and growing...just like me
- * This person wants peace...just like me

Mindset: Detachment from the Outcome

- * Each of us is on our own spiritual journey
- * Remind others of their own inner authority
- * Wanting nothing for others but what is true for them
- * Third chair reminder

Affirmation of Non-Attachment

- * All beings are on their own spiritual journey. May you experience healing and wholeness on your journey.

A Physiological Response Can Occur When...

- * Our shadow selves are encountered
- * A complex or trauma is activated
- * Any stress or anxiety is present

Attending to Physiological Needs

- * Use less words/soothing words
- * Focus on the breath
- * Notice what is happening in the body (without judgement)
- * Do grounding exercises (notice your feet on the floor, your body's connection to the seat)

Responding to a Traumatic Story Shared in a Session

- * Thank them for sharing their story
- * Slow down/attend to their physiological needs
- * Point out ways they showed strength or resiliency in their story
- * If needed, encourage them to seek additional support

Self-Care Includes...

- * Tending to your own health and well-being (body, mind, heart, and spirit)
- * Engaging in your own inner work
- * Honing your craft as a spiritual director
- * Protecting your energetic boundaries

Egg of Bright Light

Use for protecting your energetic boundaries.

- * Closing your eyes and visualizing your body surrounded by an egg of bright light
- * Sitting for a moment allowing yourself to bathe in that light affirming, "Only love in, only love out"

Discharging Your Energy

- * Using rose water to clear your space
- * Grounding in nature
- * Discharging movement (dancing, running, walking, etc.)
- * Body and energy work (massage, reiki, acupuncture, etc.)
- * Epsom salt baths
- * Adequate rest (Yoga Nidra resets when necessary)

Celtic Weave (Energy Medicine Exercise)

Use for discharging energy after a session. Affirmation included is optional.

- * **Standing tall, placing hands on thighs, breathing deeply for a moment** (“I honor my directee.”)
- * **Rubbing hands together to generate energy and bringing hands up to ear level** (“I am grateful for our connection.”)
- * **Bringing elbows together, weaving hands together slowly from the top of the head down to the feet** (“And I am aware that I cannot hold their energy in my body.”)
- * **Gathering energy at the feet, pulling the ball of energy to the crown of head, and throwing it behind you** (“And so, I gather all their stories, struggles, joys, etc. and keep what is mine to keep, return to them what belongs to them, and release the rest to the earth.”)
- * **Shaking or bowing afterwards if desired** (“I am grateful for their spirit and their presence.”)