

Spiritual Direction Agreement

Heather Hayashi

My approach to Spiritual Direction is somewhat simple and practical. As I listen to your story, your questions, your joys and fears, and the ordinary events of your life, I prayerfully look for the stepping stones that God is creating for you and the pace of which He is setting them down.

I will patiently observe, along with you, for these stones. If the stones stop, then I will too. We will observe what is happening at that place. It is often tempting to try to feel better by searching for or forcing another step. But, if the purpose is to truly follow God's direction for your life, then that is our goal.

Time: 1 or 1.5 hour sessions (your choice)

Cost: \$75.00 (CAN) per hour

Payment: You may e-transfer, paypal or write a cheque made out to Heather Hayashi before each session begins.

Frequency: sessions two weeks apart (minimum) but to your discretion as to how often beyond that. Commonly, people will want to meet often at first and then less frequently along the way. It's up to you. There is no formula.

Availability: I have a chronic pain condition that can be unpredictable and so I may need to cancel your appointment at the last minute. Although that is not an ideal situation, it is realistic for me. So, I extend that courtesy to you as well. We book a time and plan for it, but if something comes up on either your side or mine, we respectfully let the other person know as soon as possible and honor the flexible agreement and reschedule when it is suitable for both of us.

Length of Agreement: If at any time, either you or I feel that this agreement is not working, we both reserve the right and freedom to exit the spiritual direction relationship/agreement. Often there are seasons where one person may be helpful to you and then you may need another type of input. This leaves room for flexibility, God's direction to both of us and for whatever life circumstances present themselves along the way.

What happens in a session: We'll say hello, make sure the connection is good (skype/facetime etc) and visit for a few minutes, and then you're welcome to start with what is on your mind and/or I can ask some questions. Near the end of the session, I'll let you know that we'll be wrapping up in about 10 minutes, that way you don't have to watch the clock, and I may suggest something practical for you to focus on, and then pray for you.

What happens in between sessions: I will add you to my prayer list and will regularly pray for you. I will not be available for quick questions or emails or texts. That role is reserved for your spouse, close friends and mentors. When you're ready to book another session, you can email or text and we'll set something up.

Accountability: I will meet with my mentor on a regular basis to discuss my interaction with you, keeping your name anonymous and ask for feedback and accountability. This way, I am not operating on my own, as well as the opportunity you have to benefit from double input.

Confidentiality: Besides the accountability with my own mentor, what you share in our sessions remains confidential and no written notes will exist. If there is evidence of clear and imminent danger of harm to self and/or others, I am legally required to report this information to the authorities responsible for ensuring safety.

Blog posts: I write regular posts on my website regarding things that God is teaching me, personally. (You are free to subscribe to this if you wish, but no obligation.) My writing is reflective of what God is teaching me and although it may contain similar themes of how we talk about God in our sessions, it will not break confidentiality with you.

I have read, understand and agree to the terms and conditions of this agreement.

Spiritual Director: _____

Date: _____

Directee: _____

Date: _____