

Charlotte Spirituality Center
Spiritual Direction Verbatim

Director: Danny Trapp

Directee: Stella

Date of Session: 11/19/2024

Session # _1

Session Location: Coffee shop - Outdoor garden

Introduction: Give a brief description of the life-context and characteristics of the directee – those that particularly contribute to an understanding of the experience upon which you are focusing. e.g. family of origin, current family structure, age, gender, cultural background, career, faith community, energetic presence, grief, theological constructs, etc.

Stella is a woman in her mid-fifties. She grew up in the Christian tradition (Methodist). She has always been inquisitive and curious and she has developed a broad, inclusive understanding of the divine in both her personal and professional life. She is a professional photographer but also has a business that provides evolutionary astrology readings, tarot reading and creation and intuitive healing (Reiki).

Dialogue	Thoughts of Director	Feelings of Director	Body Response in Director	Body Response in Directee	Intuition
SD 1 – Hi Stella, it's great to see you again. D 1 – I'm so glad we could do this.	Afraid it is going to start raining.	Happy to connect with Stella	relaxed	relaxed	This will be interesting
SD 2 – To get started I invite you to relax and take some deep breaths and listen to a reading from Psalm 139. Does that sound ok? D 2 – Yes. SD 3 – Reads Psalm 139 How was that for you?	I hope she doesn't think I am trying to create an overtly religious or Christian conversation.				
D 3 – It was lovely. Thank you for centering us in that way.	I can tell she was listening intently.	Glad to be moving us into conversation			We are off to a good start

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SD 4 -Great. So how are you feeling today? What has been on your heart lately?	Trying to create a broad starting point to see where the conversation goes.	Hopeful			
D 4 -Hmmm, I feel really good. Lately I have been more in touch with my feelings around all of the division in the world. How acrimonious and angry society seems to be. I just feel like people are missing something important. We can project love and be about loving others and still not agree with them.		Engaged	Sitting up straighter. Leaning in a bit.	Animated	
SD 5 -It sounds like the election and the news cycle we are in has had an impact on you.	Probing				
D 5 -Well, yes but it's not just that. I am also feeling so much conflicting emotion around the hurricane in Western NC and the aftermath of that.	Maybe the primary concern?	Interested			The election in the context of the recent storm
SD 6 -How so?		Curious			
D 6 -It was, and still is, so devastating. And yet there are so many signs of hope and love that have sprung from it. It feels like a perfect metaphor for our world right now.					

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SD 7 -You sound very moved by both the devastation and the more positive stories we are hearing. How does that help you process all the divisiveness and anger out there?		Curious how these 2 concerns hold together			There is something deeper here
D 7 -Yes, it's like the chaos of the storm mirrors the chaos in society and yet there are glimpses of the divine in our everyday life that give hope.	There it is	Connected			
SD 8 -That sounds like a beautiful tension.		Affirming			
D 8 -Yes. And guess what today is?	?				
SD 9 -Tuesday?					
D 9 -And... today at 4:30 pm Pluto will move into Taurus for the first time since during World War 2. I feel like we are heading to great change. It won't always be like this.	Woo Woo time	Fascinated		animated	This is what's driving her these days
SD 10 -And that is a good thing you think? You know some people have a hard time with any sort of change in their lives.	Want to offer just a little challenge to see what happens	Comfortable			

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<p>D 10 -I know but for me it is helping me to just show up for people and be present. I think that is where we most deeply connect with God.</p> <p>SD 11-That's a wonderful attitude to have in the midst of the concerns you feel.</p>	Coming full circle				This is the core statement of where she is right now

Reflections

While certainly not word for word, this was an actual conversation I had this past Tuesday afternoon. I knew she would provide an interesting spiritual outlook and was also not surprised when she went into the influential astrology that is helping to shape things from her perspective. The conversation ended up being much longer and was, frankly, hard to keep straight but this was the core of the first 10 or so minutes.

For my part, I felt like I did a good job of staying quiet and curious and simply prompting her along. While I don't see her that often for long conversations this is not that far off from how they usually go.