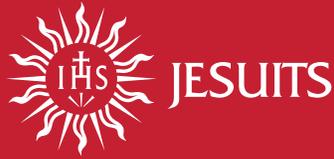


Ignatian Spiritual Direction



What is Ignatian Spiritual Direction?

While spiritual direction is found in most religious traditions, Ignatian spiritual direction is distinctly rooted in Ignatian spirituality and the Spiritual Exercises of Ignatius of Loyola. Simply stated, Ignatian spirituality presumes that God is present in all things; Ignatian rules of discernment are the primary method for paying attention to and reflecting on one's inner movements and how they lead one away from or closer to God.

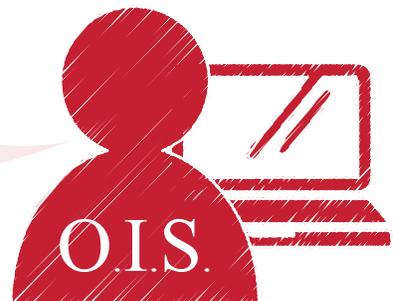
Finding a Spiritual Director

We have compiled the OIS Catalog of Spiritual Directors to help you find a trained spiritual director near you. Here's how it works:

- 1** Visit our website for spiritual direction.
- 2** Click on **Find a Director** and fill out our short form.
Before completing the form, please review the list of locations at the bottom of the page to verify that your region is listed. Unfortunately, we are able to connect you only with spiritual directors in those regions listed at this time.



- 3** OIS will search the Catalog for available directors.
OIS will contact directors in your area to find out if they are available. Please allow us approximately two weeks.



- 4** OIS will notify you with the names and contact info of available directors.



- 5** Contact your spiritual director to set up your first meeting.



For Current Spiritual Directors

As an Ignatian spiritual director, your work is at the heart of the Jesuit mission. At the Office of Ignatian Spirituality, we are here to support you. For resources, opportunities for ongoing formation, and to connect with other directors, visit our website or send us an email.

www.JesuitsEastOIS.org/spiritualdirection | ueaois@jesuits.org

The Catalog of Spiritual Directors is a service offered by the Office of Ignatian Spirituality of the Maryland and USA Northeast Provinces of the Society of Jesus.

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