



Michele Bergemann is a devoted and faith filled journeyer of life.

The wisdom of Michele's own story of discovering her authentic self is the awe which calls her forth to companion others.

Her belief is that we are always in a state of becoming. Michele offers herself to support you on your sacred journey through deep listening to your story.

Michele is a graduate of Spirations Institute for Interspiritual Formation and a Reiki practitioner.

Michele considers being a Spiritual Director a gift and a sacred privilege.



*Walking in the stream of Light  
refreshing one's soul...  
shining out into the world.*



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Spiritual  
Direction

*What  
Is  
Your  
Story?*



Many of us are on a spiritual journey of self discovery. We yearn for a more intimate relationship with the Divine and a deeper awareness of and response to God's presence and love.

Each of us has a sacred story unfolding and inviting our attention. Spiritual direction provides a sacred space to notice, reflect, discern and recognize how God's Spirit is present, guiding us toward healing and wholeness in our daily life.

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### WHAT IS THE PURPOSE OF SPIRITUAL DIRECTION?

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Spiritual direction is meant to help a person learn how to be attentive to the Spirit's presence and action in his or her life and to make choices based on that awareness.

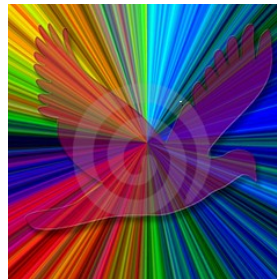
Spiritual direction helps us to share our story, discover our true self and learn to walk freely in the stream of God's Light.

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### WHAT HAPPENS IN A SPIRITUAL DIRECTION SESSION?

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The subject matter of spiritual direction is what seems significant in the life of the person seeking direction. It could be exploring a dream or life experience, discerning life choices, discovering ways to pray, or simply acknowledging a longing or question that persists over time. The spiritual director/companion remains present to the directee through deep listening, thought provoking questions, support, and creating a safe environment where one can openly and prayerfully explore where the Spirit is guiding.



*We are each gifted in a unique and important way. It is our privilege and our adventure to discover our own special light.*  
Mary Dunbar

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### WHAT ARE THE GIFTS OF SPIRITUAL DIRECTION?

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- Finding encouragement and affirmation
- Acknowledging the God moments in my life
- Being connected with God, self, others and the world
- Discovering God's own heart
- Living for God
- Deepening freedom to live a more authentic life
- Longing to share my story anew
- Shining out into the world