

Exploring Spiritual Direction

Discern the calling in your life

Inspiration for daily living

Respond to the call within

Evaluate evolving emotions

Connect to everyday

Transform and trust

Identify and integrate

On-going processes

Nurture relationships



**Resource Team for Faith, Values
and Spirituality**

Call or email for a referral

wellness@ut.edu

(813) 257-1877

What is Spiritual Direction?

- To explore a deeper relationship with the spirit within
- To be open to the presence of God/the Divine/Creation
- To search for ways to find new solutions when old ways may not work
- To seek wisdom, encouragement and discernment

“Your soul mission is your reason for being, your life purpose. It's your calling in life - who you feel called to be, what you feel called to do. Mission is an energy that flows through you - a drive, voice or passion that you cannot ignore. It's what you know in your heart you must live if you are to experience inner peace and harmony.”

- Alan Seale



“At any moment, you have a choice, that either leads you closer to your spirit or further away from it.”
-Thich Nhat Hanh

Who is a Spiritual Director?

- Someone who talks with you about your life's journey.
- A good listener who helps by asking questions, so that you may find your own path and discern for yourself how and where YOU are called.
- A faith community partner who has completed a background check with The University of Tampa.

Spiritual Direction is provided by the following leaders:*

- Baha'i
- Catholic
- Episcopal
- Humanist/Meaning Making
- Interfaith
- Islam
- Jewish
- Messianic
- Methodist
- Unity

You can meet with a spiritual director in a quiet space on campus. Your meeting will be a confidential, one-on-one session with a spiritual director of your choosing from the list provided in this brochure.

**If your choice is not listed above, please contact the Wellness Center to locate a spiritual director who will serve your needs. Phone: (813) 257-1877.*

We will continue to build our list of providers as our program grows!