
***“Be Still...
and know
that
I AM
God”***

Entering The Atmosphere of God

Sometimes in life, we need someone to help reflect the movement of God in our lives. Or maybe our own movement toward God.

Spiritual Reflection is a form of companioning another on their spiritual journey with God.

It is about holding the space for deeper listening, for one's own interior guidance led by the Spirit of God to reveal itself in the ordinary and not-so-ordinary experiences of daily life.

We come together for each session to allow whatever is occurring in your own journey to bring forth the messages that may be speaking to you in order to deepen and develop your personal relationship with God, and with yourself. Or perhaps revealing places where you are experiencing an absence of this.

We begin with short meditation/prayer, open up the space...sometimes we embrace Silence itself together, we may use art in some way to reveal inner reflection. Or as a spiritual companion, I simply allow time for your sharing while practicing my own interior

listening and reflect back to you what I hear, potentially pointing to what the Spirit of God may be revealing through what is being shared.

Spiritual Reflection (also known as Spiritual Direction) differs from therapy or counseling in that we are not coming together to 'solve' a particular issue, nor am I providing 'answers' or 'solutions' as much as providing a safe and loving environment and supporting you to inquire more deeply.

Simply put, I am there simply to Be and witness your journey reflecting back to you something that may not be readily available to you on the surface.

Ultimately it is the growth promoted by cultivating such a space where two come together to seek God's guidance, who is the Ultimate Spiritual Companion. “Where two or more are gathered together in my name, there am I in the midst of them” ~ Jesus

This offering is open to those of varying backgrounds and spiritual paths, welcomed in the Spirit of Love, Truth, and non-judgment. Non-denominational – Christ Centered.

*“Draw nigh unto me, and
I will draw nigh unto you”*



*Discovering the foundation of
Love, Stability, Authenticity,
Peace, Strength, Inner-knowing,
Healing, Devotion*



*‘reflecting God’s ability to
transform difficult situations,
restoring harmony and peace of
mind ~ heart.’*



*monthly ~ bi-weekly
sliding scale ~ or ~ by donation
in person ~ zoom available*

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Wings of Light



***Spiritual Reflection~
Contemplation
with
Altruh Dominion***
