



THE SACRED PATH

It is an honor to enter into this journey with you. Below is my promise to you as a professional spiritual director.

What you can expect and my commitment to you:

- Our sacred conversations will always remain confidential.
- You will always be listened to and respected.
- Spiritual direction is a contemplative process - expect occasional silence. This is helpful for both you and me as we listen to how the Sacred is present during our time together.
- Expect me to check in with you every few months to see how the process is going. I may ask simply: "How has your spiritual life changed over the time we have worked together?" Please let me know if you need anything specific to enhance our time.
- I will pray for you.

Sessions:

- Spiritual direction sessions are by appointment and will generally be an hour in length taking place in my office in Fridley, MN, or by Zoom depending on your preference.
- Typically sessions are scheduled once a month but may vary according to your needs and desires.
- All sessions will start and end on time.
- If you need to cancel an appointment, please give me as much notice as possible, preferably 24 hours.
- Either one of us is free to end our spiritual direction at our own choosing. We simply need to inform one another of our desire to do so and, if possible, have a final meeting.

Fee Structure:

- The first session is free to see if it is the right fit and it serves as an opportunity for us to get to know each other.
- The fee is \$80/session.
- Payment is due at the end of the session. Cash, check, Venmo, and Zelle are accepted. Venmo address @TheSacredPath.
- Please contact me about the fee for group spiritual direction.

Special Considerations:

- Spiritual direction/companioning is not therapy but rather a professional, sacred conversation of deep listening and reflecting on how the Divine is moving in your life and exploring the next steps on your spiritual journey. As such, I am not here to give you advice.
- As a mandated reporter, if I learn through our conversations that you are in danger, a danger to yourself, or others I will report the situation to the appropriate officials.
- If you are a young person (under 18 years old), I will need permission from your parents or guardian along with a contact number in case of an emergency.

My Contact Information:

- Email: Thesacredpathsd@gmail.com
- Cell phone 763-221-0342 (call, text, or voicemail)

If you have any questions about our covenant/agreement, please feel free to ask me at any time.

Directee First and Last Name: _____

Contact Information (Phone and email): _____

(Please specify your preferred method of contact)

The Sacred Path: Spiritual Direction with Holly Hoey German, LLC
763-221-0342
Thesacredpathsd@gmail.com