

## ***BASIC E-COURSE INFORMATION***

### ***LS – Let Your Light Shine as a Spiritual Director***

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#### ***COURSE INTRODUCTION***

There is a moment most experienced spiritual directors recognize. It comes somewhere in the middle years of practice, after the initial anxiety of “Am I doing this right?” has settled, and before the deeper freedom of mature accompaniment has fully arrived. It is the moment of restlessness, a growing sense that the approach you worked so hard to learn is both genuinely yours and somehow not quite yours. The rules feel tight. The method that once helped you find your footing now feels like it is getting in the way.

This course begins there.

The restlessness you are feeling is not failure. It is a signal that something is ready to grow. The directors I encountered while researching my book, *The Making of Modern Spiritual Direction*, including Father William Connolly, Sister Irene Dugan, Father Adrian van Kaam, Father Thomas Merton, and Tilden Edwards, all found their authentic voices only after a genuine struggle with the methods of spiritual direction they inherited. The light they eventually brought to their directees was not the reflected glow of their training. It was their own. But it took time, self-knowledge, and a willingness to examine what they had absorbed before they could distinguish what was genuinely theirs.

*Letting Your Light Shine as a Spiritual Director* is a four-week course for directors who are ready to begin that work. What this course offers is not a new method to replace the old one, but a framework for making more conscious choices about how you already practice.

#### ***WHO IS THIS COURSE FOR?***

This course is designed for directors who already have foundational training and some years of practice who sense, as you may be sensing now, that the time has come to move beyond what you were taught toward something more fully your own.

The irony of the course title is intentional. You cannot produce the light. You can only remove what is hiding it: the unexamined assumptions, the borrowed methods applied without discernment, the tyranny of a training that was given in good faith but was never meant to be the last word. What remains when those coverings are gently lifted is something the field has always known but rarely been able to teach directly: the particular, irreplaceable light that this director, with this history, these gifts, and this life in God, brings to the room when sitting with another human soul.

#### ***THE COURSE'S FOUR MOVEMENTS***

The course moves through four weeks, each built around a clarifying question. **Week One** asks: *Do you know your own defaults?* The work is honest self-inventory, uncovering what your training taught you to



do automatically, a necessary step before you can choose whether to follow those instincts or step beyond them. **Week Two** asks: *Do you know why you are here with this person?* The course introduces a framework centered on outcome: what is this particular relationship working toward, and are you and your directee working toward the same thing? **Week Three** asks: *Does your approach fit what this person needs?* This is the hardest week, mapping the full range of what a director can do and asking you to practice beyond your comfort zone. **Week Four** asks: *What would it look like to keep growing?* The course ends with a commitment to keep asking the same question, session by session: are you being shaped by your defaults, or by the particular person God has brought to you? That question, returned to faithfully, is how the light keeps shining.

## ***COURSE FORMAT***

Before the course begins, you will complete a survey based on Father Shaun McCarty's dimensional framework to identify your baseline tendencies and range of adaptation for individual directees across key dimensions of practice. Aggregated, anonymized survey results will be shared to help the group understand its collective profile. Your results are the beginning of Week One's work.

*Let Your Light Shine* is a four-week facilitated online course that takes place in Moodle (our online learning platform). Each week includes presentation content exploring a different aspect of letting your light shine: uncovering your current approach, discovering why outcome matters, expanding your repertoire, and committing to keep growing. Participation means asynchronous engagement with weekly presentations and active contribution to Moodle Forum discussions.

## ***READINGS***

*The Making of Modern Spiritual Direction* is the source from which this course draws its central ideas, its historical figures, and its framework. Participants will need to purchase the book as there will be assigned readings from it during the course, along with selected articles and essays. Those who want more than the assigned readings will find the whole book a rich companion volume to turn to at any point along the way.