



## ***Spiritual Direction***

*“No vocation is born of itself or lives for itself. A vocation flows from the heart of God and blossoms in the good soil of faithful people”* Pope Francis. Further he adds that *“We will never be disillusioned or lose our way if we are guided by God”*.

Spiritual direction is a human relationship between a director and directee. In this relationship the spiritual director helps the directee to discern the inner inspirations of God and follow his guidance.

One evening in 1862, Mother Eliswa experienced a great stirring of the spirit and she hurried to the parish Church. She heard an inner call, “Go and open your heart to *Kochumoopachan* (assistant superior)”. She called Fr. Leopold to the confessional and revealed her heart’s desire to him. Anna and Thresia also chose him as their spiritual director and confessor.

Spiritual direction helps to reach our goal. Its well-known fact that, Mother Eliswa discerned God’s divine plan with the help of her spiritual director. It’s an ongoing process during which directee developed the art of directing her sisters towards God. Therefore being in the guidance of Fr. Leopold Mother Eliswa was also a spiritual director to her sisters.

### **Some Essential Qualities of a Good Spiritual director**

- To Be In Direction;- its very important to be on the road of direction in order to direct the other. One must experience the process before we can apply it to others. In all her exhortation Mother Eliswa has the glimpse of what she herself learn from Fr. Leopold and more over from her relationship with Jesus the Divine Spiritual Director.
- Holiness:- Sanctity along with a detachment from creatures, is another quality required for a director. Holiness of director is attested by his humility and charity. “The saints when they realized that God so loved us by living in our hearts, they gave up the world and followed the Lord in Holiness” Mother Eliswa. The Lord’s will leads to holiness of life, which is possible for all. The journey is absolute. God wants you to be holy writes the apostle Paul to the Thessalonians (1Thess 4/3).
- Spiritual director as the agent of the Holy Spirit:- According to St. John of the Cross, the director is not a master imperiously intervening in the affairs of the soul and limiting its progress by the standard of his own spiritual gifts, but an instrument to maintain contact with the church in the soul as it develops through the operations of the Holy Spirit.

Mother Eliswa not only guided the sisters through spiritual direction herself but even encouraged them saying, “in everything before you pass judgment, study the matter and discern God’s will carefully by yourself or with the help of your spiritual Father”. Remember like Moses some ones’ hands are always raised up in prayer for us that is how we are victorious in our spiritual battle. That someone can be those who have listened to us during the spiritual direction sessions. May be our confessors, formators, superiors or even our friends.

Spiritual direction is a loving dialogue between two souls in whom is the working of the Spirit felt, recognized. Does the Spirit live in us? Work in us? If so, follow the direction of our Mother Foundress and stay with the Lord the Master Director. Be under His guidance. Miracles will happen. Amen!

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