

RESOURCES for SEEKERS & SPIRITUAL DIRECTORS

1. **SPIRITUAL DIRECTORS INTERNATIONAL:** www.sdiworld.org
 - SEEK AND FIND: A worldwide listing of spiritual directors and information on spiritual direction, free newsletter
 - For spiritual directors: Ethical Guidelines; Guide for ethical guidelines teaching notes; many videos on aspects of spiritual directions; webinars, PRESENCE

2. **SOUNDS TRUE:** www.soundstrue.com
 - Video programs - often the first one is free:
 - Mindfulness Daily by Jack Kornfield and Tara Brach (41)
 - Downloads of free programs such as Practice Mindfulness meditations (6), Meditation Music (9); accessible digital library.

3. **Loyola Press:** www.loyolapress.com
 - Daily 3 minute retreat and other resources.

4. **Center for Action and Contemplation:** www.cac.org
 - Offer daily reflections, weekly reflection, e-courses, webinars

5. **HEARTBEAT JOURNEY:** www.heartbeatjourney.org
 - Philip Newal and Celtic Spirituality (Iona)

6. **Joan Chittister:** www.joanchittister.com
 - Daily Reflections and e-courses

7. **Creighton University:** www.creightonuniversity.com
 - Various Ignatian reflections, retreats, prayer programs

8. **Contemplative Outreach:** www.contemplativeoutreach.org
 - Serves a spiritual network of individuals and small faith communities committed to living the contemplative dimension of the Gospel.

9. **Spirituality & Practice:** www.spiritualityandpractice.com
 - It is a multifaith website presenting resources for people on spiritual journeys.