



*"What you seek, is seeking you"*  
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## Gestalt Spiritual Direction

*"Gestalt Spiritual Direction is essentially about spiritual growth and accompanying you on your spiritual journey."*

DINAH EADES BUCHANAN

# A Spiritual Journey

*Often our spiritual journey can become convoluted and confusing as we dismantle old and limited ways of thinking, seek to throw off confining religious conditioning that is no longer life-giving, and absorb new ways of being, spiritually, that don't yet feel familiar.*

Spiritual Direction is about spiritual companioning – offering a safe and non-judgmental space to allow you to connect to God in ways that resonate deeply with your own way of being and walking the spiritual path.

This is not about 'religion' or having to accept certain ways of thinking about or believing in God, but rather in providing a safe space to explore your doubts and seek wholeness in a way that connects you to your deeper self and to God, and allows spiritual formation at your own pace and in your own time.

The particular way that I (Dinah) offer spiritual direction is through a *Transformational Gestalt* framework, which is a synthesis of spiritual companioning and Gestalt Therapy. This work is based on the premise that God is present and available for healing and wholeness (and is indeed part of any healing process).

Acknowledging this allows us to enter a sacred healing space that is profound and inspirational. If we can 'step aside' metaphorically and attend to the emerging process, then healing and change will occur naturally, as deeper parts of self are revealed through embodied experience.

Those involved in this work have experienced profound physical, emotional, and spiritual healing and growth, and the framework of Gestalt offers a vital and enriching backdrop to this growth work. Your faith will be deepened, and your spiritual vision become clearer and more profound.



## Dinah Eades Buchanan

Founder

Opening To Grace Centre & Breakthrough Counselling

M.Couns., Grad Dip Gestalt Therapy, Grad Dip Spiritual Direction, PACFA Reg.

Dinah is a Gestalt Psychotherapist, Spiritual Director, Clinical Supervisor and Educator with many years experience in Counselling, Child & Family Health, Gestalt Therapy, Group Training, mentoring & Clinical Supervision. She has offered therapeutic services for over 25 years on the Mid North Coast, in Sydney and on the Central Coast, NSW. She has also been a Gestalt Trainer / Group Facilitator for the past 17 years. She currently has a private practice on the Central Coast and in Sydney NSW.

Dinah's particular focus includes personal/spiritual development, working with Dreams & Metaphor, working with Depression/Anxiety, and Grief/Bereavement. Dinah has a special interest in integrating spirituality and psychotherapy, and understanding psychological crisis through a transpersonal lens. She is also currently completing studies in Spiritual Direction at the University of Divinity in Melbourne.

Dinah has a passion for assisting others to discover their inner strengths, move through difficulties, transform their lives and realise their full potential.

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