



What?

- Clearly establish the spiritual direction process with your directee, and explain how technology will be used in your particular setting.

Why?

- Technology use in spiritual direction occurs when distance and time availability reduce the possibility for the directee to receive direction in person. It should not be substituted for face-to-face meetings whenever possible.

Who?

- Whenever possible use technology and distant approaches with directees who are already well along on the journey and understand the basis of their spirituality and what spiritual direction is all about. This will help the directee discover how using technology mirrors the face-to-face relationship between director and directee.
- Whenever possible, meet the directee face-to-face, especially during the introductory phase.
- During blogging, voice or video conference calls make sure to introduce participants to the group. If blogging, use a system that allows people to share brief profiles, and consider pictures, if privacy is not an issue. This helps create community among participants.

When?

- When doing spiritual direction via e-mail, consider the timing for receiving and responding to e-mails. How much time is required for reflection, prayer and response to the directee? How often to communicate with our directee?

How?

- What technologies could be used to reach out to directees who do not have access to directors because of their location?
- How do we honor the sacred dimension and personal privacy when using technology for spiritual direction?
- Director and directee should agree on clear boundaries with regard to the direction process. It is not appropriate to expect responses and a different relationship with a director just because a technology such as Messenger, Face book, MySpace, LinkedIn, e-mail or any other means of electronic connection is being used. Jokes, chain e-mails or any other communication not related to the direction relationship should be avoided by both parties.

- Honoring silence is important. Clearly indicate when you invite silence and when it ends. In group conference calls, you can use instrumental music or a chime to designate the silence and avoid late comers interrupting the meditation process.
- It is appropriate to have silence during conference calls. Recognize that it is more difficult when we cannot see others' faces and body language to invite or terminate a silent moment. Nonetheless, make time for silence.
- Be inclusive of people's participation during conference calls. When asking questions or asking people to share their reflections, provide enough time for people to share. Call on everyone, inviting them to pass if they do not want to share.

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