

# Engagement Agreement for Spiritual Direction

## About Our Work Together

Spiritual direction is a sacred and confidential space where we explore your inner life, spiritual longings, and questions. This is not therapy, coaching, or religious instruction, but a contemplative practice of accompaniment. I am here not to give answers, but to help you listen deeply to yourself, to the sacred, and to the mystery that moves through your life.

Our work may include silence, storytelling, dreamwork, meditative inquiry, breath awareness, and other contemplative practices drawn from my background in yoga and meditation teaching. I may offer tools or reflections to support your discernment, but always with reverence for your own inner wisdom.

I am particularly passionate about supporting people who are deconstructing their faith, experiencing spiritual trauma, navigating existential questions, or longing for a more embodied, personal connection to the sacred. This work honors your pace, your values, and your language for what is holy.

## Confidentiality

I hold confidentiality with utmost seriousness. Everything you share in session is kept in strict confidence. I do not share or disclose session content with anyone unless required by law, such as if there is risk of harm to self or others, or if abuse of a minor or vulnerable adult is disclosed.

To support my ethical development and care for my own practice, I may reflect on general themes in a confidential supervision or peer support context. These reflections are always shared without any identifying information, and your anonymity is fully protected.

My goal is to create a container of deep safety, trust, and sacred respect where your soul can speak freely.

## Scheduling, Cancellations, and Contact

Spiritual direction sessions are typically held once per month for approximately one hour. You may choose to meet more or less frequently depending on your needs.

I will typically send a calendar invitation to confirm each session. If you need to reschedule, please provide at least 24 hours' notice. Missed sessions or cancellations without notice may still be billed.

Brief contact between sessions is welcome via email or voicemail. If something arises that feels significant, you are welcome to reach out. If more time or support is needed, we can schedule an additional session.

## Fees

My fee is offered on a sliding scale of \$75–\$150 per session. Please choose the rate that feels generous and sustainable for you. Payment is due at the time of session and may be made by check, cash, CashApp, Zelle, Venmo, PayPal, or ApplePay.

In the spirit of sacred reciprocity, you are also welcome to offer dāna (spiritual practice of giving) if you wish to give beyond the session fee.

Ashlie Meredith, Deep Down Spiritual Direction, LLC

## When to Seek Other Support

While our sessions may touch on emotional or psychological themes, spiritual direction is not therapy, crisis intervention, or professional advice. If you are experiencing acute mental health concerns, trauma, or legal or medical issues, I will help connect you to appropriate care. I maintain a referral list for this purpose.

Please read this agreement and bring any questions to our next session. When you feel ready, I'll ask that we both sign and date below.

**Signed:**

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\_\_\_\_\_  
Directee

Date: \_\_\_\_\_

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Ashlie Meredith, Spiritual Director

Date: \_\_\_\_\_