



**Book Reviewed:**  
**Inviting the Mystic Supporting the Prophet.**  
**An Introduction to Spiritual Direction.**  
  
**Authors:**  
Sr Katherine Marie Dychkman and Fr L Patrick Carroll  
  
**Publisher:** Paulis Press  
**ISBN** 0-8091-2378-9

**References:**  
<sup>1</sup> Pg 1. Introduction  
<sup>2</sup> Pg18. 1John v4.11

## Upcoming Books

- ◆ Jesus: Self-portrait by God, Enda Lyons

## Book Review

### **Inviting the Mystic Supporting the Prophet, An Introduction to Spiritual Direction.**

About the Authors: This book is co-authored by Sister Katherine Marie Dychkman, SNJM, a Holy Names Sister and Fr L Patrick Carroll, SJ a Jesuit priest, living in Seattle, America. They both are involved in Resources for Spiritual Leadership and in giving adult formation with laity, religious and seminarians.

As the commentary on the back says, the book is written to 'encourage lay people, sisters and priests to confidently use their gifts to become spiritual directors to others.' I found this an informative and self-explanatory book to read. I found the pace and clarification of each of the areas helpful and simply written, they touched on the necessity to look at what motivates the lives of the individual in areas of culture, social and justice, and how this influences the connection to God or not. The Foreword and the Introduction laid the foundations and set the task to be discussed, '*Though books can inspire, encourage, or freshen the spirit, it is often in dialogue with another that one best grows in the personal meeting with the Lord.*'  
<sup>1</sup> It recognised the need for people to journey together to experience God in the ordinary, in the journey of life and how essential in today's world for the individual to access the help given by spiritual direction. The examples, insight and depth of explanation in each chapter will help all those who are interested in developing their spiritual direction techniques to first know themselves and second to be equipped to accompany the lives of others. Each chapter starts with a quote from the bible and then uses this to focus and expand the content of the chapter.

#### The chapters cover the following topics:

1. Faithing. 2. Contemporary Spirituality. 3. Defining Spiritual Direction.
4. Presuppositions of the Director. 5. Presuppositions about Prayer.
6. Problems in Prayer. 7. Praying through the Desert.
8. Prayerful Decision Making. 9. Mystics and Prophets.

Each chapter builds on the previous leaving the reader with a greater awareness of the depth, breadth and diversity of relationship with God, where we are and how spiritual direction can help restore a relationship or build a deeper relation with God. 'God has first loved us.'<sup>2</sup> Is helps to raise awareness on the limitations of journeying alone but aware that actually we are never alone.

It gives good advice on situations and how to reflect on the director's and the directee's journey. How they are interconnected and how we are just travelling together with the presence of God constant, even if we are not constant in our approach to prayer or self-awareness. It is an honest analysis of years of study by the authors in giving retreats and seminars to those searching for the deeper meaning to life and to exist in a freedom expressed and lived in relationship to Jesus.

There are many reasons to lift this book, read it and keep it. It gives an in-depth analysis of the human condition, of living in a new freedom with Jesus, and how spiritual direction can impact us in the highs and lows of life. It can help both the director and the directee to embrace where they are and where they can go. It gives examples of how to tackle the difficult questions of life and to bring God present to those who are spiritually directing others. We all need a place to dip into, to reflect and to remind us of the need to communicate with the God who created all and calls all too a common union.