

An Invitation to Explore Spiritual Direction

with Paula Hirschboeck, Ph.D.

*Wisdom is radiant and unfading;
she is readily discerned by those who love her
and by those who seek her, she is found*

- Book of Wisdom, 6:12

Paula Hirschboeck, Ph.D.



- ☉ Graduate of The Spiritual Guidance Training Program, St Paul MN
- ☉ Professor of Philosophy, Edgewood College, Madison WI
- ☉ Meditation instructor, retreat & workshop facilitator
- ☉ Co-director, Wisdom's Well Interfaith Spirituality Center
- ☉ Lifelong student and practitioner of Western and Eastern spiritual traditions
- ☉ Member, Spiritual Directors International

Hirschboeck Spiritual Direction, LLC

*In oneself lies the whole world
and if you know how to look and learn,
then the door is there
and the key is in your hand*

- J. Krishnamurti



The Experience of Spiritual Direction

- ☉ Discerns the wisdom and life direction unfolding within the individual
- ☉ Enables healing and wholeness, but is different from therapy
- ☉ Welcomes the story and needs of each person, regardless of faith tradition or religious affiliation
- ☉ Supports engaged social action integrating inner and outer life
- ☉ Provides instruction in meditation and other spiritual practices, if requested

Spiritual Direction for Individuals

**To arrange an initial half hour session of Spiritual Direction at no cost please call or email me at:
tel 608.663.3411
email hirsch@edgewood.edu**

It will be a privilege to support you on your journey. I will keep your story and your name sacred and confidential.

Listen! Wisdom is calling out in the streets and marketplaces...wherever people come together

- The Book of Proverbs, 1:20

Spirituality in Action

I also provide programming for professional and non-profit groups. As a Collaborative Partner with The Center for Democracy in Action, Inc. in its mission "to build healthy, viable, proactive communities," I will design a program for your group to address concerns such as:

- ☉ Balancing outer activism with inner harmony
- ☉ Finding a common spiritual ground when facing conflict, impasse or loss of purpose
- ☉ Discerning ethical wisdom for difficult professional decisions.

See www.cdaction.org or contact me for further information

