



## **Roger Sessions**

**Contemplative Spirituality**

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Roger lives in Guanajuato, Mexico and offers Spiritual Direction online. His focus is on contemplative and Jungian spirituality. He is a founder and current president of Meditation Chapel, Inc., a non-profit interfaith organization supporting more than 150 contemplative groups from around the world. He is the author of *Wisdom's Way*; *The Christian I Ching* (available on Amazon) and he is a leading advocate for the incorporation of the ancient wisdom of the I Ching into modern spiritual direction. He is also the author of *The Introduction to the Benedictine Daily Brevery*.