



## **Vivian Dawkins**

**Facilitator, Discernment, Direction**

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Vivian Dawkins is a spiritual director in Spring, Texas. She is a nurse of 52 years and is currently a faculty member at Prairie View A&M University. She teaches FIND students about aging, death and dying and is committed to walking with others as an Anam Cara, or Spiritual Friend.

Celtic spirituality refers to the Anam Cara, or soul friend, and this is an apt description of a spiritual director. I am a soul friend, willing to walk with others as they search for a closer walk with God. John Main, OSB, wrote, "The journey to our own heart is a journey into every heart". A spiritual director walks with others in the journey into their hearts, into the mystery that is God.

Psalms 62:1 says, "For God alone my soul waits in silence". A spiritual director does not actually "direct" but waits with you for the direction of the Holy Spirit.