

Kim Vann

Contact Kim at:

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Number of years as a Spiritual Director: Since April 2017

Availability: Available weekdays in person, over the phone, or through Zoom Video conference calling. Some evening and weekend times may be arranged.

Education, Training, Certifications and Experience: My experience with a Spiritual Director began in 2011 and opened the door to a greater understanding of myself and helped me more than any previous work I'd done on my own or with counselors. This vocation and the perspective it introduced to me was new and one I wished I'd known of years before! Working with a Spiritual Director also helped me to transition from a career that was winding down, to what I believe is my life's calling.

My experience and background offer me a unique perspective as I began this work later in life after a successful first career in local government and consulting work. During the years of working, growing, gaining life experiences, my soul called out to me –isn't there more? I believe God wanted me to pay attention to what was within me, even if my ego or my sense of self, wasn't ready to forge a path in that direction. I share this to help symbolize what I believe sets me apart from others in this work and as an example of the understanding and compassion I bring. If you have felt a longing within your heart, within your soul for something more, I believe it is God moving within you. I can relate and I can journey with you.

My Spiritual Direction training and education are with The Haden Institute in Asheville, NC which offers training from a Jungian Mystical Christian tradition. My certifications with The Haden Institute include both Spiritual Direction and Dream Work. I offer one-on-one Spiritual Direction, in person and remotely through Zoom video conference calling.

Specialties/Focus Areas: Dream work; Working with people who may struggle with formal religion; Spirituality; LGBTQIA+; Energy work; Opening to our own creativity; Women's issues

What I believe are my specialties includes the experience and the viewpoint I bring to this work by having held a career outside of the fields of counseling or the ministry. Many people are wary of religion or therapy and being able to talk with someone who has also struggled with some of the hard questions we often have of our faith and about ourselves, can be helpful and affirming.

My interest and training in dream work – paying attention to our nightly dreams and what the images, symbols, messages that come up may represent – is another focus area. I can assist you in understanding what these dreams may mean to you, what they may be telling you. There is biblical dream theory that God makes direct contact with people through dreams and visions. Its premise is that God is interested in establishing relationship with us and one way is through these inner experiences. Paying attention to our dreams is not a new concept nor one that is "supernatural", instead, dreams and attention to them can be seen throughout the Bible and in every religion. Our forefathers and

foremothers paid attention to dreams, symbols, and images. I can assist you in finding out what a dream may mean to you.

Being open to all parts of yourself is also part of my own journey. Creating space for the creative aspects within, to our own energy and power within us, is another area of focus I can assist you with as I also have to give space and be open to my own gifts, gifts we each carry within us.

Style of Spiritual Direction: I will meet you where you are in your life and will create a safe space for us to walk together as your True Self, your God within, reveals itself to you. I am a compassionate listener and will listen to you, to your heart. If you have reached a certain age in your life and regardless of all you have accomplished, regardless of all you have, you feel you are living the questions, “Isn’t there more” or “Who am I?”, you are ready. Ready to start the journey whether on your own or with a soul companion to walk with you. This journey some chose to take is referred to as a journey towards wholeness or towards individuation. Working towards knowing oneself as completely as possible. I’ve been there. I am still there. I understand. I can journey alongside you as you grapple with these and other questions.

Personal Information/Interests: I try to practice much of what moves me, helps me to be open to the moment and seeing the “awe” or seeing God in all things and I do this through journaling, meditation, photography, writing, nature, exercising, painting, to name a few. I enjoy travel, hiking, playing with my dogs, and being with family and friends. I am trying to bring back the playful nature from my childhood to enjoy life more fully, to laugh more, and lighten up. Don’t we all need more of this?