

## Comments from Participants ...

"Elizabeth Willey has developed a unique, spirit based method on integrating body, mind and soul. The Footprints method encourages each member to step into their awareness of God by experiencing various methods of spiritual prayer and connection. Our participants represented both conservative and liberal Christian backgrounds, yet all have found a common ground - a sanctuary of love, peace and acceptance."

"It has affected my daily life with growing awareness and use of the practices...realizing the presence of the Divine in everything I do is a big Aha for me! It really alters how I view things...mundane or otherwise. I have always felt gratitude, but now I feel gratitude with connection."

## Endorsements from Professionals ...

"*Footprints of the Soul*" is an important resource for those who are looking for ways to reflect on the spiritual journey of life. Elizabeth Willey is unusually gifted at integrating the head and the heart. She brings an impressive breadth of knowledge to her deep commitment to practice. Her starting point, which is vital in all of the great traditions of spirituality, is the belief that we can hear within our own depths divine guidance for the journey, and very importantly that there are practical ways in which we can help one another listen. *Footprints of the Soul* is a superb example of this."

-The Reverend Dr. J. Philip Newell, author of *Listening for the Heartbeat of God*

"To journey with *Footprints of the Soul* offers the opportunity to experience prayer more personally and deeply. It is a creative way to enhance the awareness of God's presence in daily life.

-Sonja M. Stewart, Ph.D, author of *Young Children and Worship* and *Following Jesus*

"Her gentle style and gracious presence invited participants to journey deeply into the Holy Presence as she used guided imagery and prayer to begin and end our time together."

-Nancy Brousseau, OP, Co-Director, Dominican Center at Marywood

# Footprints of the Soul

A Creative Guide for Spiritual Journey Groups



By  
Elizabeth Willey

For more information contact:

**Footprints of the Soul**  
**A Creative Guide for Spiritual Journey**  
**Groups and Individuals**

**Footprints of the Soul offers a unique opportunity for:**

- \*Individuals and groups to experience a deepening connection to Divine presence in a sacred space
- \*Learning a wide variety of prayer forms, rooted in Christian tradition
- \*Appreciating and learning about other faith traditions
- \*Developing the ability to quiet the mind and body to go within to find stillness, peace, and guidance
- \*Experiencing creative ways of praying through music, movement, and art
- \*Developing spiritual practices that will enhance awareness of God's presence in daily life
- \*Learning to be a "soul friend," one who listens prayerfully in a loving, non-judgmental way to the spiritual experience of others
- \*Creating a sacred community

**The format for each journey:**

- A Gathering—time of centering and sharing
- A Theme—a variety of readings and quotes
- A Prayer Experience—different styles each week
- A Sharing—of what we have learned here
- A Closing—with blessing or reading

## The Journeys

*Journey 1: An Introduction to Prayer*

*Meditation & Contemplative Prayer*

*Journey 2: Soul Friends and Soul Circles*

*Opening the Heart*

*Journey 3: Spiritual Journeys*

*Life Mapping*

*The Retreat*

*The Divinity of Everyday Life*

*Journey 4: Letting Go*

*Journey 5: Walking the Labyrinth*

*Journey 6: Meditative Watercolor Workshop*

*Journey 7: To Dance with Life*

*Journey 8: Sacred Time*

*Journey 9: Peace*

*Journey 10: Discernment*

*Journey 11: Gratitude*

*Journey 12: Creativity*

### About the Author

As a young child touched by the sudden accidental death of her father, Elizabeth Willey remembers feeling surrounded by Divine love and protection. Throughout her life, she has been nurtured and comforted by turning within to rest in God's embrace.

Elizabeth has been active in church life for many years as a youth leader, a Sunday school teacher, a church leader serving on many committees, a Stephen Minister, and an adult education and retreat leader. Her family has belonged to Congregational and Methodist churches. Because of her Scottish roots, she has been drawn especially to the beautiful theology of Celtic Christianity. In 1998, she completed a two-year, ecumenical internship in Spiritual Direction at the Dominican Center in Grand Rapids, Michigan. She is presently giving spiritual direction with individuals and groups, as well as teaching classes and leading retreats.

Liturgical dance and sacred movement are her favorite forms of prayer. Elizabeth has practiced Yoga for 30 years and has more recently added Tai Chi to her meditative practice. The natural world is where she feels the deepest connection to God. For the past 13 years she has organized and led wilderness trips to the Boundary Waters of Minnesota and Canada for youth and adults.

Through her college years at the University of Michigan majoring in English and History, Elizabeth became interested in other world religions. This was reinforced as she formed friendships with people from many different backgrounds while living in Washington, D.C., Hawaii, and Chicago. Her theology is both ecumenical and interfaith.