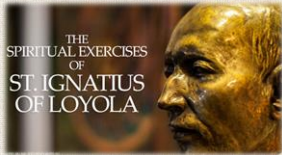


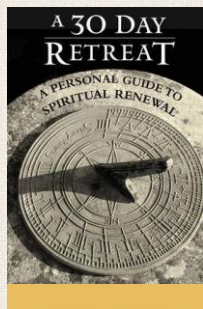
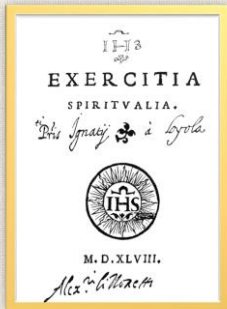


THIRTY DAY IGNATIAN RETREAT

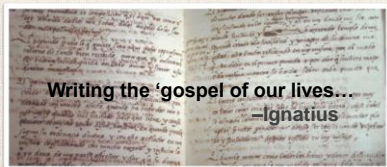
Introduction & Week One



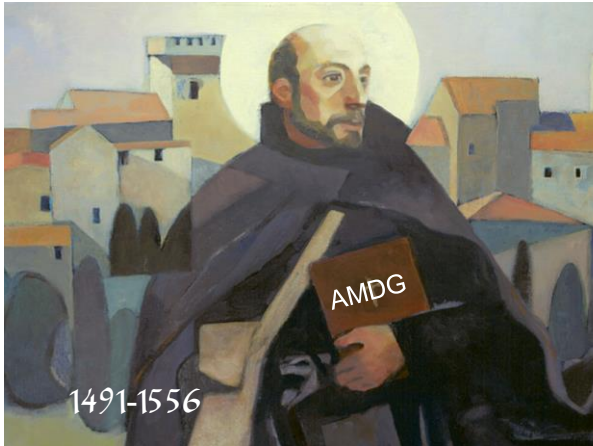
THE SPIRITUAL EXERCISES



THE SPIRITUAL EXERCISES: 'NOT A SPECTATOR SPORT'

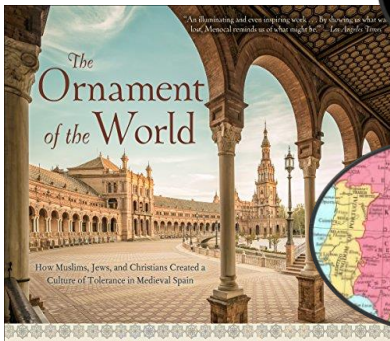


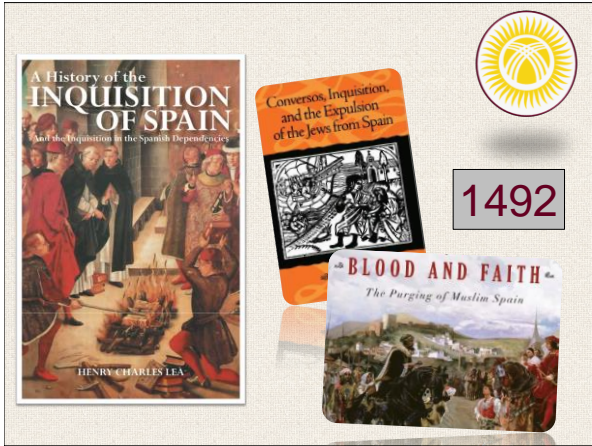
One needs to want to make them...

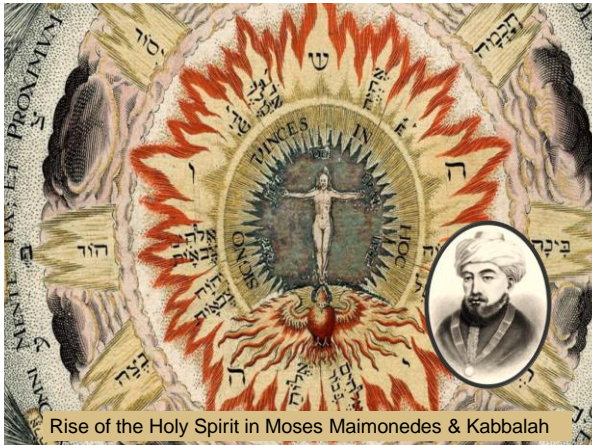


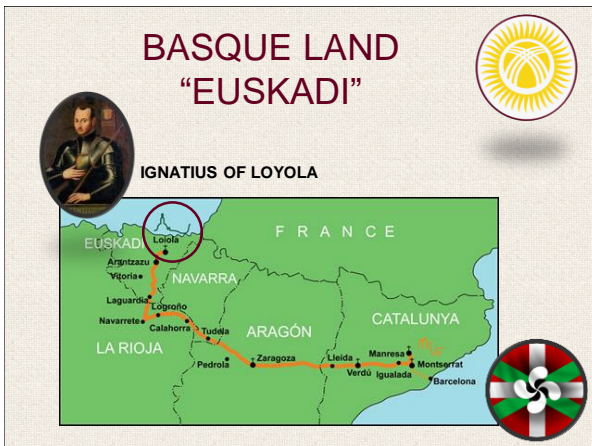


IGNATIAN SOURCES

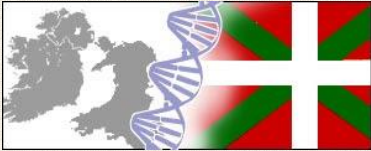








BASQUE-CELTIC CONNECTIONS



Lauburu

Welsh and Irish people with Celtic roots are **genetic blood-ancestors** of the Spanish Basques, scientists have proven... The findings provide the first direct evidence of a close relationship between the Celts and the Basques.



CriskeLe

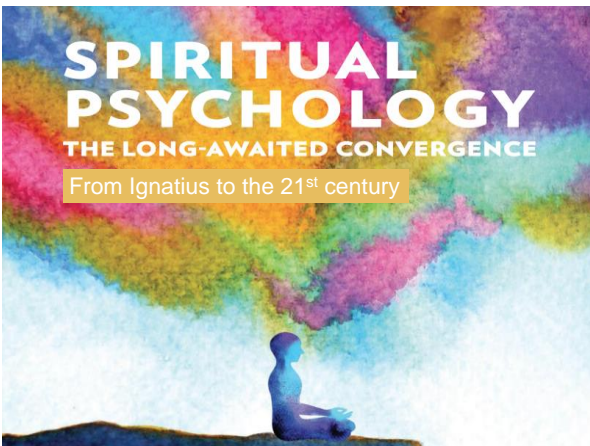


The basic message of Ignatius' "fourteen rules of discernment" is liberation from the captivity to discouragement and the subtle deceptions which would undermine our spiritual life.

SPIRITUAL PSYCHOLOGY

THE LONG-AWAITED CONVERGENCE

From Ignatius to the 21st century



PATHWAYS TO GOD



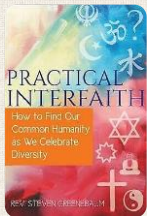
"The practical wisdom hidden in the simple words of the Ignatian Exercises is one of the most fundamental developments of spiritual theology in Western Christianity."

-Karl Rahner, SJ

PTOLOMEAN WORLD VIEW



AN INTERFAITH ADAPTATION



*"Finding God
in all things... Ignatius"*

Translating the
spiritual exercises
for a religiously
pluralistic world







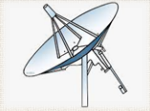
discernment
noun
dis·cern·ment /di-'sərn-mənt
the quality of being able to grasp and comprehend what is obscure



Discernment

- The art of appreciating the gifts we have been given and discovering how best to use them/share them.
- Discovering where my talents meet the worlds deepest hungers...
- What it is NOT: finding the divine blue print and then complying with it.

IGNATIAN DISTINCTION



AD MAJOREM DEI GLORIAM



CHOOSING THE "MAGIS"...

THE MORE

INSTEAD OF "MORE"



CHOOSING THE “MAGIS”



TRUSTING THE HEART



According to Ignatius of Loyola, the discernment of spirits is defined as that process by which we seek to distinguish between different kinds of spiritual stirrings in our hearts*, identifying those that are from a Divine Source and those that are not, in order to accept the former and to reject the latter.



*These affective stirrings include the likes of joy, sadness, hope, fear, peace, anxiety, and similar feelings – with their related thoughts and reactions, that influence our life and our progress toward inner peace and wholeness.

ID QUOD VOLO

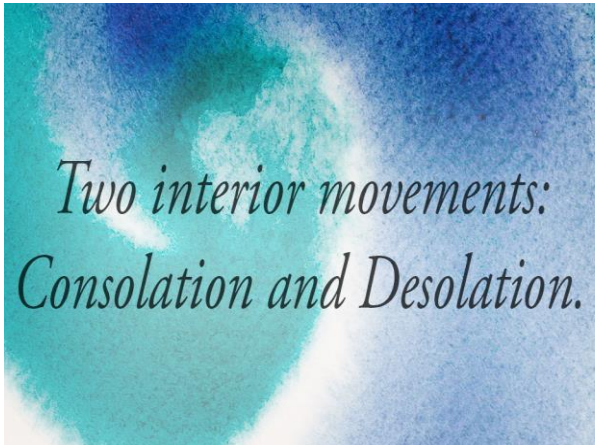


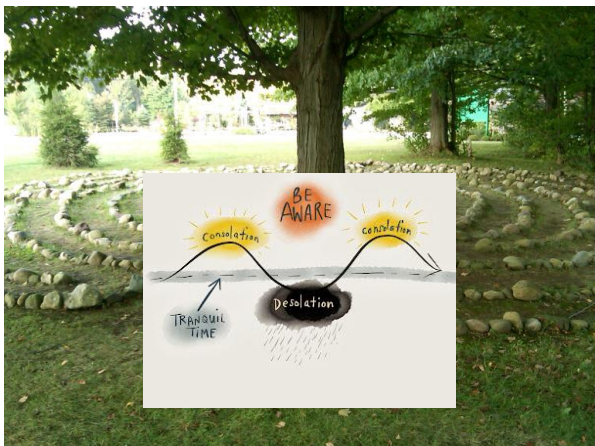
DESIRE is not just about what we say or think we want. More importantly, it is about what we really long for deep in our hearts. In the **EXERCISES** we pray for what we truly desire, Ignatius says – *id quod volo* – is the old Latin phrase. For example, we do not so much ask for job security as we ask for a profound and personal peace underneath our employment situation. We do not ask for



the resolution of some particular conflict, we ask for the gift of understanding others and ourselves. Once awakened, our deepest, soulful desires necessarily lead to action.







DISCERNING SPIRITS



On Consolation

Often paired with the word "prize" to express a slightly disappointing token for a loser, but truly one of the most beautiful words in Ignatian spirituality. It is a movement of spirit that brings you closer to God. You can tell it is a consolation because it helps you grow deeper in faith, hope, and love. A good time to make decisions!



On Desolation

This word often means emptiness, destruction, anguish or sadness but for St Ignatius, desolation is a movement of the spirit that leads you away from God. How to tell it is desolation: when you can feel your faith, hope and love waning. The wrong time to make decisions!



JOURNEY OF THE SOUL...

YES (Order)

NO (Disorder)

YES (Reorder)



"CURA PERSONALIS"
Care for the Whole Person

What a Spiritual Companion is NOT...



- A traditional spiritual director
- (Necessarily) a long-term relationship
- Focused on the typical director-directee practices or dynamics
- Focused beyond experiences of the Spiritual Exercises



What a Spiritual Companion IS...



- A companion and prayerful presence through the Exercises
- A witness for the retreatant in trusting their experiences of the Exercises
- One who directs the seeker back to the principles of discernment that are highlighted in the weekly Exercises



SACRAMENT OF THE SACRED QUESTION



THE EXERCISES: FOUR WEEKS & MOVEMENTS



- WEEK ONE: Awareness, Desire & Freedom
- WEEK TWO: Gratitude, Imagination & Service
- WEEK THREE: Suffering & the Cost of Loving
- WEEK FOUR: The Fruits of Discernment

DAILY EXERCISES



- **MORNING REFLECTION**
 - Wisdom from the Exercises
 - Reflection Question
 - Enneagram Insight/Awareness
 - Devotional Reflection
 - Awareness for the Day

DAILY EXERCISES



- **MID DAY REFLECTION**

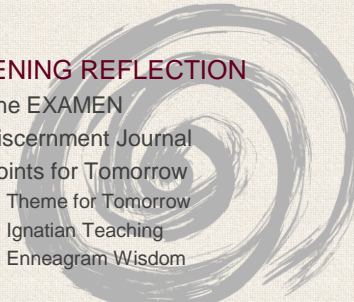
- Mini-EXAMEN (Holy Noticing)
- Gratitude

DAILY EXERCISES



• EVENING REFLECTION

- The EXAMEN
- Discernment Journal
- Points for Tomorrow
 - Theme for Tomorrow
 - Ignatian Teaching
 - Enneagram Wisdom



THE EXAMEN



- The EXAMEN should take about fifteen minutes; consider using the **Five R's** to help guide your time:

- 1) **REQUEST** the presence of Mystery (however you imagine it) to lead you through the review of the day
- 2) **RELISH** the moments that went well and gifts received today
- 3) **REVIEW** (walk back through your day) using the daily suggested focus questions as your guide, for example:
 - Where did I most find freedom today?
 - Or, "Where did I least find freedom today?"
- 4) **REPENT** for any mistakes or failures by simply acknowledging them without drama or self-loathing. If you feel called to at-one-ment with another, with Mystery or yourself, note that desire for whenever an appropriate time arises.
- 5) **RESOLVE** with a concrete intention to live tomorrow consciously and free

DAILY JOURNAL



Perhaps the most essential tool for discernment in The Exercises

Deep Discernment is more possible because we record and can then track our daily affective movements

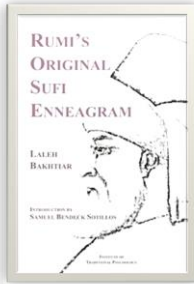
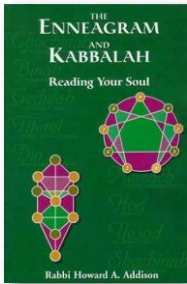
Spiritual Companion can ask if a retreatant gives 'permission to mandate' the daily journaling practice

IMPORTANT NOTE ABOUT YOUR DAILY SPIRITUAL EXERCISES

As you consider and engage with the recommended daily exercises for this retreat please keep a few important guidelines in mind...

- 1) There are several recommendations made for each day of the Thirty Day Retreat experience. You are not expected to complete every suggestion. This retreat is YOUR EXPERIENCE. Recommendations are just that—offerings that can support and complement your retreat experience.
- 2) During the retreat you will be learning about the Ignatian principle to strive towards the MAGIS (the greater good) not the MAGIS as in 'more is better.' Whichever exercises you practice, look towards quality vs. quantity experience.
- 3) Daily options are offered, for example, regarding different texts that you might want to consider for your contemplative time. Pay attention to where/if you are drawn and trust your preferences.
- 4) The overall goal should be to find a space of time in the morning and evening to reflect on the daily themes and wisdom begin offered. Find a daily rhythm that works for you and stay with the exercises that are most life-giving for you.
- 5) The noontime pause can be a simple way to stay connected to the energy of the retreat in the course of daily life.
- 6) Above all, please do not dispense with the recommendation to engage with some form of daily journaling. This will be an essential component for your ongoing spiritual discernment.
- 7) Finally, please make the weekly webinars and meetings with your spiritual guides a priority.

SPIRITUAL EXERCISES & THE ENNEAGRAM



SPIRITUAL EXERCISES & THE ENNEAGRAM



A Daily Invitation to engage with Enneagram Insights in order to see where our True Self and False Self might be influencing our spiritual movements



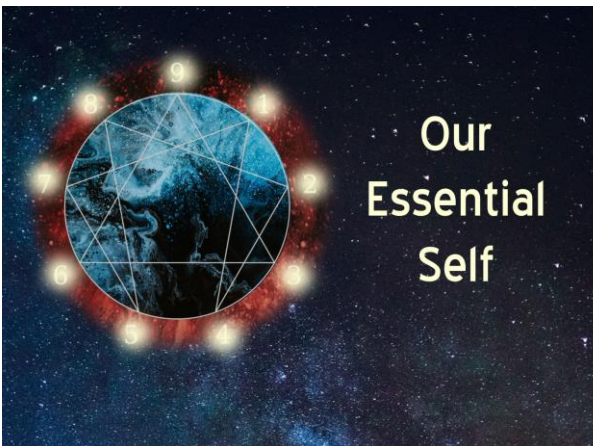
ENNEAGRAM REFLECTIONS

For the 30 Day Retreat

Eileen Heaton

WEEK ONE: ON FREEDOM



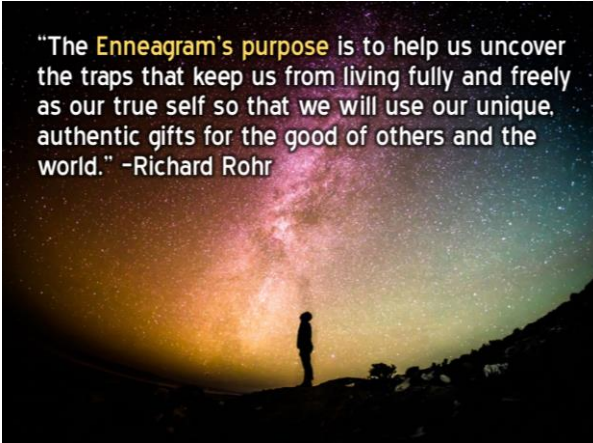


Our
Essential
Self




ESSENCE

An intelligent living force
that underlies our conditioned personality...
Who we innately were/are before exterior
impressions influence us



"The Enneagram's purpose is to help us uncover the traps that keep us from living fully and freely as our true self so that we will use our unique, authentic gifts for the good of others and the world." -Richard Rohr



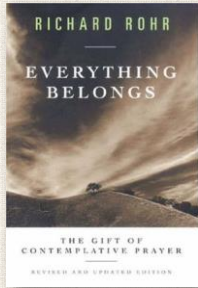
SPIRITUAL FREEDOM

We grow in Spiritual Freedom when we become more aware of our distorted attachments that get in the way of Love.

We experience full spiritual freedom when we recognize our belonging in Wholeness to even what we may consider sinister, objectionable or wrong.

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49



...OR NOTHING BELONGS

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50

WHY SPIRITUAL FREEDOM?

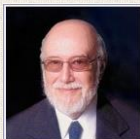
If you do not understand what spiritual freedom is, you will try to live your life by manipulating your outer experience to get your own way or (worse) you will twist reality to manipulate your inner experience rather than surrender.

A.H. Almaas



OSCAR ICHAZO

“The awareness that Reality, moving with direction and its natural laws... flows with a certain force. The easiest way to deal with this force is to move with it. This is true freedom.”



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SUFFERING = PAIN x RESISTANCE



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54

BEFRIENDING THE SHADOW



Bringing the shadow into your consciousness drains its dark power...

The Shadow wants to be heard and when it is received, can be a source of emotional richness, healing and vitality.

Carl Jung, 1958



WEEK ONE/DAY ONE
Theme: *From Unfreedom to Freedom*

MORNING EXERCISES

3. ENNEAGRAM INSIGHT

Simply observe how the following Enneagram insight complements today's teachings.

Reality moves with direction and follows the laws of nature; it flows with a certain force. The easiest way to deal with this force is to move with it. This is true freedom.
Oscar Ichazo, Enneagram Pioneer

4. ENNEAGRAM AWARENESS

Spend a few minutes with today's Enneagram insights; consider making a journal entry which you could return to at the end of the day.

-Read the RELEASES of your Ennea-Style in *Enneagram Transformations* (cf. online Enneagram references #3).

-Identify which ones echo areas of un-freedom in your life.

-Which one may especially be asking for attention?

57

EVENING EXERCISES



POINTS FOR TOMORROW

The Spiritual Exercises recommend that, before retiring, we consider the spiritual geography for the next day. As we settle into deeper rest we prepare our unconscious for the next day's exercises. This is not a time for study and analysis but a gentle pointer towards our next movement and direction.

DAY TWO THEME:

Discerning Our Strongest and Deepest Desires

WISDOM FROM IGNATIAN SPIRITUALITY:

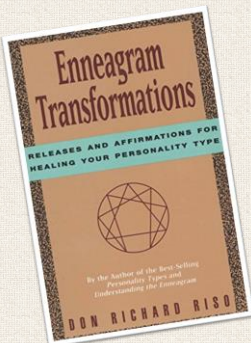
To trust your affective experiences and desires

ENNEAGRAM TEACHING:

We grow in spiritual freedom when we become more aware of disordered attachments that get in the way of love. The 'work' is to re-member and affirm our essential gift and goodness.

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AFFIRMATIONS AND RELEASES

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RELEASES OF ENNEA-STYLE ONE

I now release:

Holding myself and others to impossible standards.
My fear of being condemned for being wrong.
Refusing to see my own contradictions.
All bitterness and disappointment with the world.
Believing that I am in a position to judge others.
Driving myself and others to be perfect.
Feeling angry, impatient and easily annoyed.
Feeling that it is up to me to fix everything.

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60

WEEK ONE/DAY FOUR
Theme: *Nothing to Fear*



MORNING EXERCISES

4. ENNEAGRAM AWARENESS

Spend a few minutes with today's Enneagram insights; consider making a journal entry which you could return to at the end of the day.

-Consult the Enneagram Chart of Characteristics (cf. Enneagram References #1; also note that there is an associated document (Enneagram References #2) that defines each of the terms listed in the chart of characteristics).

-Put your finger at the top of the descending Characteristics of your Type. Note the developmental unfolding from VIRTUE to PASSION (say the words out loud). Follow down to the lines from AVOIDANCE to TRAP (which moves us away from our HOLY IDEA) and say these terms out loud. Now notice how the OBJECT OF ATTENTION triggers our CHIEF FEATURE and say these two terms aloud. Notice how it feels to say, 'this is what I do.' Next notice and say out loud your IDEALIZATION followed by your TALKING STYLE and a DEFENSE MECHANISM which create a DICHOTOMY within yourself. All the while your ESSENCE is like a diamond in the rough waiting to emerge with enhanced self awareness. Finally, how could you remind yourself today that your ESSENCE is the True Self which you neither create nor work toward. It is the never-changing YOU created in the Divine Image.

	Type 1	Type 2	Type 3	Type 4	Type 5	Type 6	Type 7	Type 8	Type 9
VIRTUE/STRENGTH	Serenity	Humility	Truthfulness	Equanimity	Nonattachment	Courage	Sobriety	Simplicity	Diligence
PASSION/CHALLENGE	Anger	Pride	Vanity	Envy	Stinginess	Fear	Over-Indulgence	Arrogance	Indolence
AVOIDANCE	Imperfection	My Needs	Failure	Ordinariness	Emptiness	Deviance	Pain	Weakness	Conflict
TRAP	Perfection	Service	Efficiency	Authenticity	Knowledge	Security	Idealism	Justice	Self Abasement
HOLY IDEA	Growth	Freedom	Compassion	Mystical Union	Guidance of Nature	All-embracing Trust	Co-Creation	Truth	Unconditional Love
OBJECT OF ATTENTION	Error	Others Needs	Tasks and Goals	Missing Elements of Happiness	Detaching to Observe	Worst Case Thinking	Best Case Thinking	Moving in to Take Control	Others Agenda
CHIEF FEATURE	Resentment	Manipulation	Over-Compensation	Melancholia	Withdrawal	Paranoia	Planning	Vengeance	Sloth
IDEALIZATION	I am Righteous	I am Helpful	I am Successful	I am Elite	I Know	I am Loyal	I am Okay	I am Competent	I am Comfortable
TALKING STYLE	Preaching	Giving Advice	Promotion	Lamentation	Treatise	Setting Limits	Stories	Laying Trips	Saga
DEFENSE MECHANISM	Reaction Formation	Repression	Identification	Introjection	Isolation	Projection	Rationalization	Denial	Self-Narcotization
DICHOTOMY	Rigid/Sensitive	Militant/Libertine	Overactive/Fantasy	Analytic/Disoriented	Social/Antisocial	Pushy/Surrender	Inferior/Superior	Puritan/Hedonist	Believer/Doubter
ESSENCE	Purity	Altruism	Love	Joy	Peace	Pure Intelligence	Absorption	Cosmic Power	Awareness

Your gift overly attached to becomes your sin...

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You are not a drop in the ocean.
 You are the ocean in a drop.
 Can we bear so much freedom?
 Rumi

FIRST PRINCIPLE OF DISCERNMENT



"If it is in the darkness, bring it into the light"

JOURNAL QUESTIONS A



What most excites/appeals/attracts you as you look forward to the 30 Day Retreat?

What fears/doubts/concerns might you have about the upcoming 30 Day Retreat?

JOURNAL QUESTIONS B



Reflect on how you would name a **STRONGEST DESIRE** in your life at this time.

Reflect on how you would name a **DEEPEST DESIRE** in your life at this time.

FIRST PRINCIPLE OF DISCERNMENT



"If it is in the darkness, bring it into the light"



FOR TECH PROBLEMS

Contact Joe Richter
Leave your name & phone number at:

info@sacredartofliving.org

Or call SALC

541 383 4179



“Una Vez Que un Alma Despierta”

- Once a soul comes awake, an eternal search begins and you can never go back. From then on, you are inflamed with an intense longing that will never again let you settle for the lowlands of complacency or partial fulfillment. The eternal makes you urgent (*la eternal le hace urgente*) and you will never let compromise or a threat of danger hold you back.



Original text inspired in—
The Celtic & Iberian Books of Living & Dying



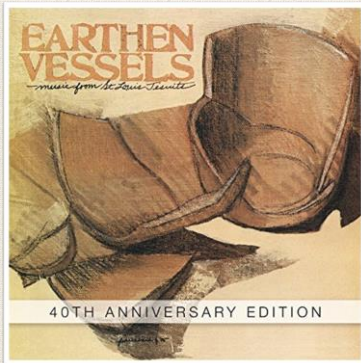
MARY GROVES

1939-2009

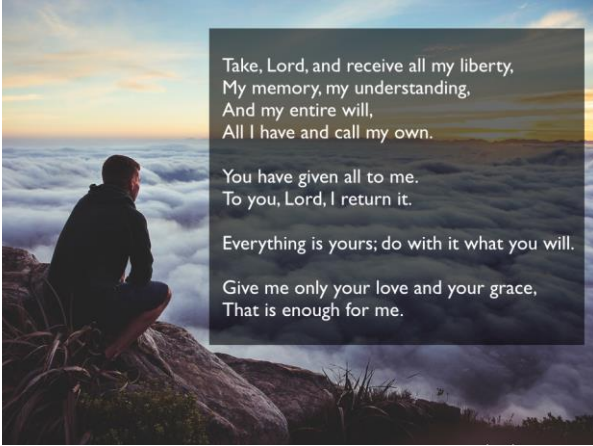
With God's grace and love...
I have lived with courage
I honestly accept my mistakes
I hope to die with no regrets.



Her Journal, 7/31/07
Loyola Casa Retreat
Feast of St Ignatius



“SUSCIPE”
Prayer of St. Ignatius



Take, Lord, and receive all my liberty,
My memory, my understanding,
And my entire will,
All I have and call my own.

You have given all to me.
To you, Lord, I return it.

Everything is yours; do with it what you will.

Give me only your love and your grace,
That is enough for me.
