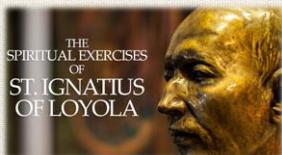




## THIRTY DAY IGNATIAN RETREAT

Week Two: Imagination, Prayer & Discernment



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### *The Art of Suffering* by David H Rosen, MD



I bow my head in shame  
for all the killings of self and other.

I bow my head in sorrow  
for inner and outer wars.

I bow my head in suffering  
for all the tragedies that exist.

I bow my head in synchronicity  
for we are all the same.

I bow my head in surrender  
as it leads to acceptance.

I bow my head in prayer  
since it is all we have.

I bow my head in love  
as that is all we need.

I bow my head in ecstasy  
to balance all the agony.

I bow my head in peace  
and everlasting gratitude.



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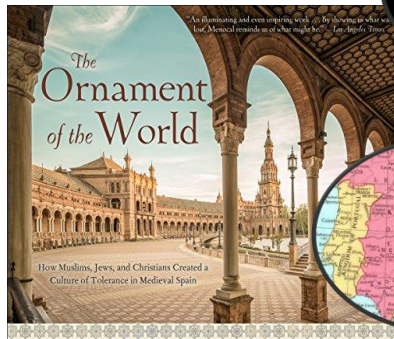
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## IGNATIAN SOURCES



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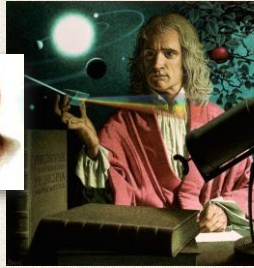
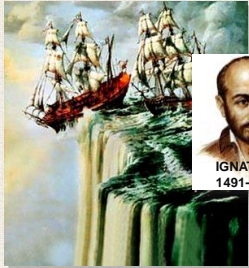
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## SHIFTING WORLD VIEWS



“World is Flat”

Newtonian Science

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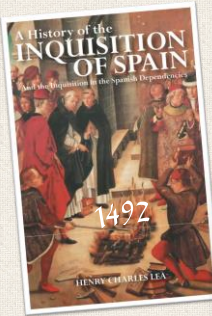
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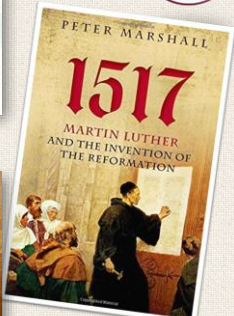
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## SHIFTING RELIGIOUS VIEWS



IGNATIUS  
1491-1556



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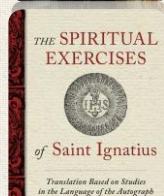
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## IGNATIUS vs. The Spanish Inquisition



- Everything in the world is presented to us as a way of knowing God because God's presence can mostly be found in the everyday activities of ordinary life.
- Your own personal experience can be trusted as the ultimate way of knowing God directly...



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## Parker Palmer

### Trusting our Inner Light



- As soon as we succumb to someone else's definition of who we are, we lose our sense of true self and our right relationship to the world. It makes no difference whether those projections make us the hero or the goat, when we allow others to name us and interpret our experiences of the soul, we lose touch with our own truth and undermine our capacity to co-create in life-giving ways with 'the Other.'

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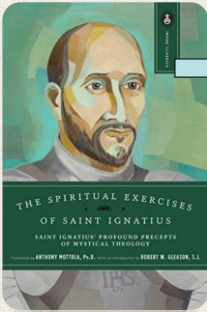
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## WEEK TWO OF THE SPIRITUAL EXERCISES



→ **IMAGINATION**

PRAYER

DISCERNMENT

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The act, process, or power of forming and emotionally entering into a mental picture of something not present and especially of something a person has not previously known or experienced.

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“The power of your imagination can become the real miracle in the world.”



Commentary on the  
Spiritual Exercises  
16<sup>th</sup> c.

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Imagination is more important than knowledge.

Albert Einstein



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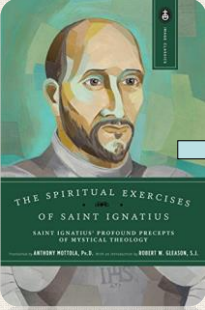

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WEEK TWO OF THE SPIRITUAL EXERCISES



IMAGINATION

PRAYER

DISCERNMENT

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**IGNATIAN MEDITATION**




*PRAYING  
WITH  
YOUR  
IMAGINATION*

ANCIENT PRACTICES SERIES

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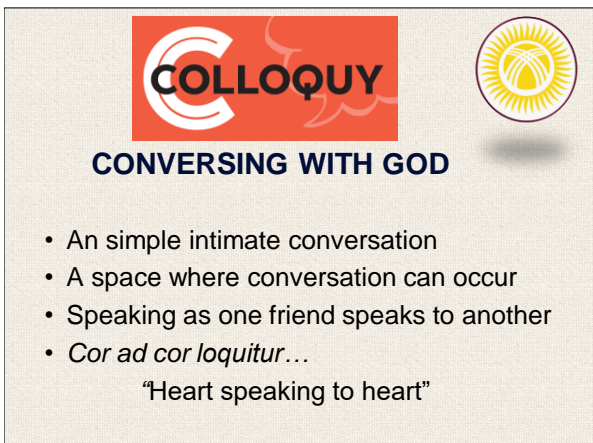
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**COLLOQUY**



**CONVERSING WITH GOD**

- An simple intimate conversation
- A space where conversation can occur
- Speaking as one friend speaks to another
- *Cor ad cor loquitur...*  
“Heart speaking to heart”

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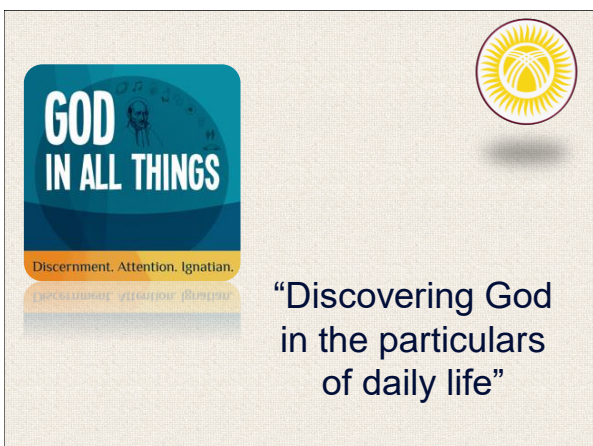
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**GOD  
IN ALL THINGS**

Discernment. Attention. Ignatian.



“Discovering God  
in the particulars  
of daily life”

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SAINTS AND MYSTICS  
**IGNATIAN IMAGINATION**  
 IMMERSION INTO BIBLICAL ACCOUNTS




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**PTOLOMEAN WORLD VIEW**




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**PTOLOMEAN RELIGION**

**Medieval Hierarchy**  
**Layers of Society**




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# PTOLOMEAN RELIGION



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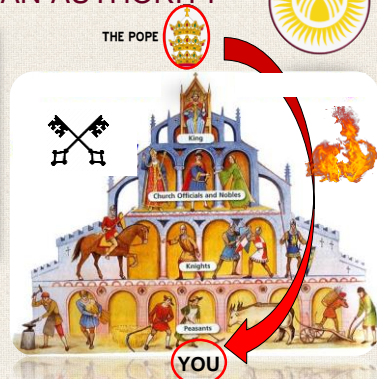
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# PTOLOMEAN AUTHORITY



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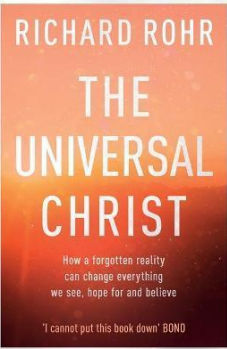
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**RICHARD ROHR**  
**THE UNIVERSAL CHRIST**  
How a forgotten reality can change everything we see, hope for and believe  
*'I cannot put this book down' BONO*

An encounter with the unsettling humanity of Jesus

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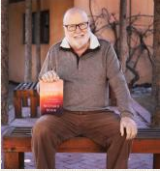
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**RICHARD ROHR**  
*'On unlearning our Theologies...'*

- *God never leads the soul through guilt or fear or shame but only attracts the soul through love.*
- *We made Jesus into a mere religion instead of hearing his call to radical union with God, ourselves and everything else... Then we created institutions and a priesthood that separated people from their own experiences and intuitions.*
- *We were told to worship Jesus instead of to follow him. The result is that Christianity in the West has disintegrated into personal sentimentalism or petty politics and is no longer believable for many.*




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**SIX GOSPEL TRADITION COLLOQUIES**

- ANNUNCIATION
- HE IS OUT OF HIS MIND
- TEMPTATION IN THE DESERT
- WHO AM I?
- A TRANSFIGURATION
- THE BLIND BEGGAR



HUMAN-DIVINE ENCOUNTERS  
Experiences in Ignatian Meditation

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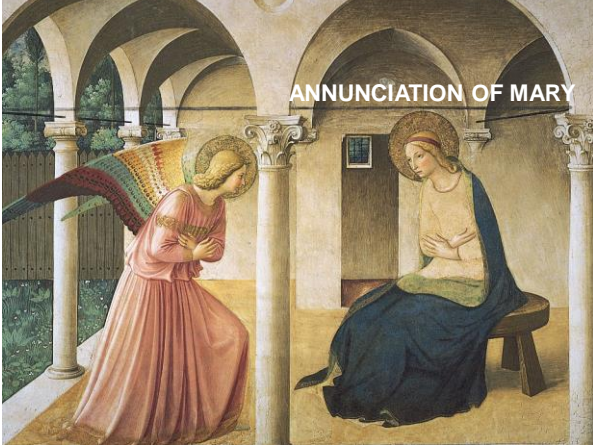
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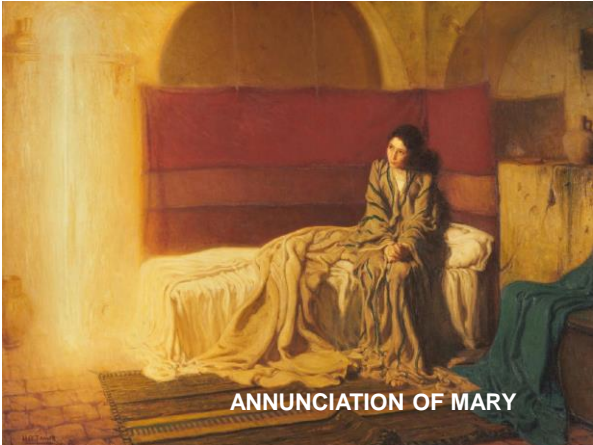
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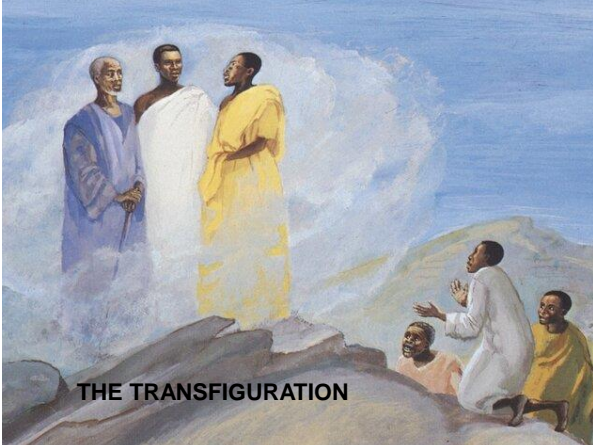
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**THE TRANSFIGURATION**

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**THE BLIND BEGGAR**

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**THE BLIND BEGGAR**

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## SIX GOSPEL TRADITION COLLOQUIES



- ANNUNCIATION A teenage pregnancy
- HE IS OUT OF HIS MIND Family of origin turmoil
- TEMPTATION IN THE DESERT The demon of self-doubt
- WHO AM I? Identity crisis
- A TRANSFIGURATION Too much information
- THE BLIND BEGGAR What do you really want?

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*From the Persian Poet, Hafiz—*



**“Fear is the cheapest room in the house.  
I would like to see you living in better conditions.”**

*A Poem for Hope*



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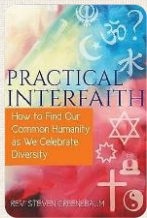
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## AN INTERFAITH ADAPTATION



**“Finding God  
in all things... Ignatius”**

Translating the  
spiritual exercises  
for a religiously  
pluralistic world



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**IGNATIAN PODCAST**

<https://podcasts.apple.com/ie/podcast/imaginative-prayer-an-audio-guide/id1552775530?i=1000508233193>

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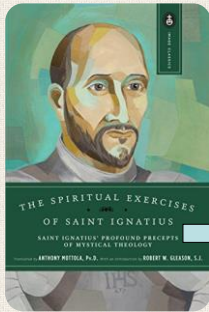
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**WEEK TWO OF THE SPIRITUAL EXERCISES**



IMAGINATION

PRAYER

DISCERNMENT

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CHOOSING THE "MAGIS"...

**THE MORE**

INSTEAD OF "MORE"



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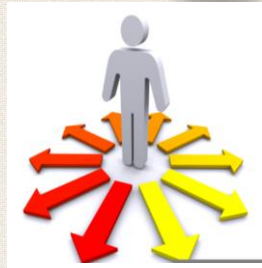
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## CHOOSING THE “MAGIS”



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## 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.



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## HOLY INDIFFERENCE



- Ignatian indifference is the capacity to let go of what doesn't help me become more loving – while staying engaged with what is most life-giving.

podralltango.com  
Being, Not  
Achieving: A Taoist  
Guide to Ignatian  
Indifference – God  
In All Things



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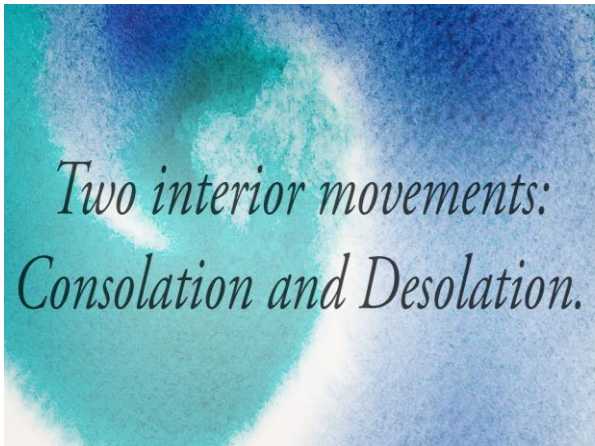
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**IGNATIAN VOCABULARY** 

|             |                     |
|-------------|---------------------|
| CONSOLATION | DESOLATION          |
| CONSONANCE  | DISSONANCE          |
| MOVEMENT    | COUNTER<br>MOVEMENT |




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**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!



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## 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 wholi-ness.

**IGNATIAN RULE: Do not dismiss ANY affective stirrings!**

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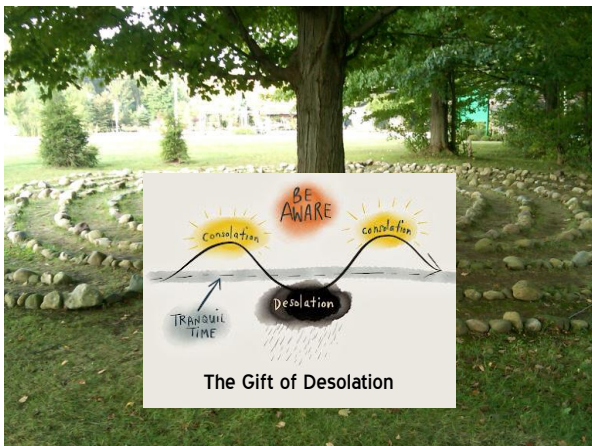
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## Ignatian Discernment

- Step one: Ask for openness to God's presence in your life.
- Step two: Imagine various outcomes of the particular decision. What would it be like "if"?
- Step three: Examine the feelings that arise in you as you imagine each out come. Which scenario brings consolation or feelings of desolation?

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## VIDEO #14

### Rules for Discernment

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## SACRAMENT OF THE SACRED QUESTION



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## IGNATIAN VOCABULARY for SPIRITUAL COMPANIONS



- So do I hear you saying...
- Am I hearing that your experience is...
- Could you identify how that experience makes you feel?
- How does that experience make you feel more free... or less free?

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## 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

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## ENNEAGRAM REFLECTIONS

For the 30 Day Retreat

Eileen Heaton

WEEK TWO: ON PRAYER



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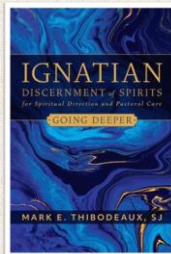
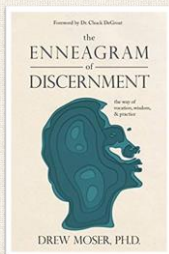
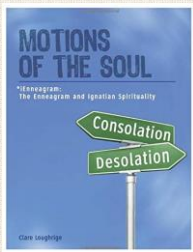
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## ENNEAGRAM & DISCERNMENT




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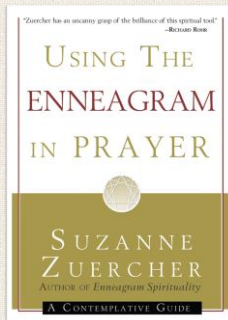
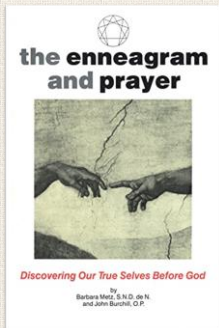
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## ENNEAGRAM & PRAYER




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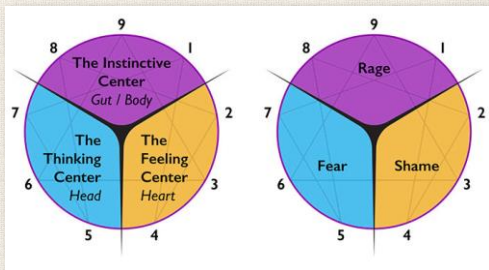
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## THREE CENTERS OF INTELLIGENCE




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**ENNEAGRAM TYPE-BASED OBSTACLES TO REAL RELATIONSHIPS**

2020 © The Enneagram In Business

**Our Enneastyle reveals our blind spots which interfere with healthy relationships**




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**ENNEAGRAM & THE PRAYER**

The aim of prayer is to connect us to our Source.

We are required to prayer with our complete humanness— all parts of us, including what we have decided to deny or avoid at all costs.

Praying from all three centers will give us a 360 degree view of the world from which we can see and discern with full spiritual freedom

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**ENNEAGRAM OF AVOIDANCE**

Whatever you have strategized to avoid your avoidance is what will keep you from an intimate life of prayer.

—Eileen Heaton

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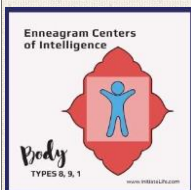
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## ENNEAGRAM OF PRAYER #8-9-1



Prayer teaches the Gut Space how to dissolve boundaries and rest in a place of non-duality.

The gift of prayer here is to pray out of an inclusive place that excludes nothing— which leads to inner freedom

Prayer of physical awareness helps where the movement of the body facilitates the loosening and receptivity of the pray-er

“Listen for the no-thing crying out to become some-thing.” —Teresa of Avila

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## ENNEAGRAM OF PRAYER #2-3-4



For the Heart Space where you and your Creator meet in prayer is a natural strength.

Prayer helps move the pray-er inward towards self presence instead of depending on outer images and rituals.

Praying allows images and feelings to be held steady in loving presence— allowing more spontaneous movements of the heart to arise.

“Attend to the prayers that rise in the quiet and trust your own inner voice and deepest desires.”

—Julian of Norwich

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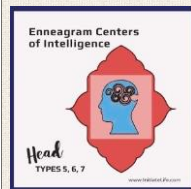
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## ENNEAGRAM OF PRAYER #5-6-7



Begin to trust the awareness that moves into your body as you relax your mind and allow feelings and sensations to speak to you.

Meditation in this Center has to do with a state of consciousness beyond thinking; praying is not about seeking to understand but about surrendering our need to understand.

“Prayer is the safe place, the philosopher’s stone which transforms to gold from inside— where ‘inside’ means permeating myself and my atmosphere.”

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## A PRAYER BEFORE PRAYING



*Lord, my heart is before you. I try but by myself I can do nothing. Do what I cannot. Admit me to the inner room of love, I ask. You have already heard my silent request. Allow me now to receive. You have enabled me to seek, enable me to find. You have taught me to knock; open me to the closed doors of my habits and attachments.*



—St Anselm, 10<sup>th</sup> c.

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## JOURNAL QUESTIONS A



How would I describe my current 'prayer practices' to my spiritual companion?

How am I feeling/thinking/reacting to Ignatian Meditation (using my imagination in prayer for the week ahead)?

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## JOURNAL QUESTIONS B



Reflect on how you might connect your **DEEPEST DESIRE** to your daily prayer and intentions for the week ahead.

Reflect on whether you are desiring to tap into the Spiritual Exercises in terms of a significant life decision.

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FIRST PRINCIPLE OF DISCERNMENT



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

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FOR TECH PROBLEMS

Contact Joe Richter  
Leave your name & phone number at:  
[info@sacredartofliving.org](mailto:info@sacredartofliving.org)  
Or call SALC  
541 383 4179

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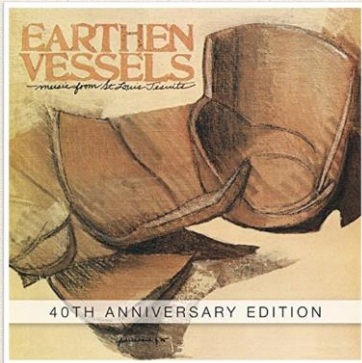
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"SUSCIPE"  
Prayer of St. Ignatius

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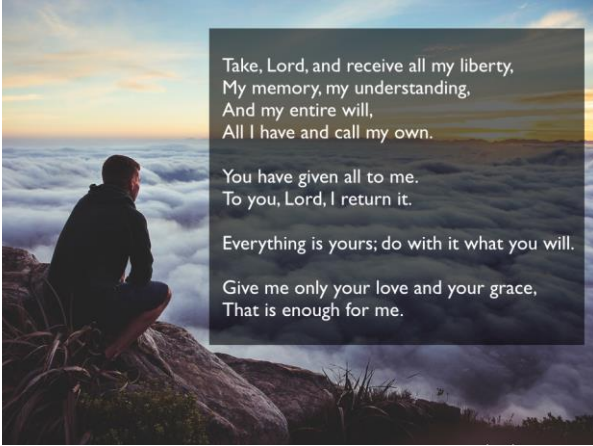
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Take, Lord, and receive all my liberty,  
My memory, my understanding,  
And my entire will,  
All I have and call my own.

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.

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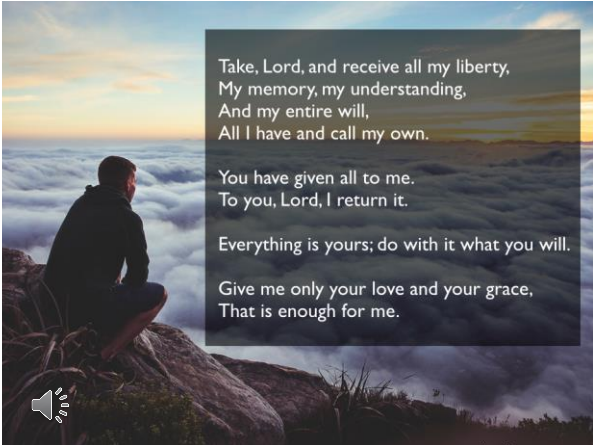
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Take, Lord, and receive all my liberty,  
My memory, my understanding,  
And my entire will,  
All I have and call my own.

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.

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