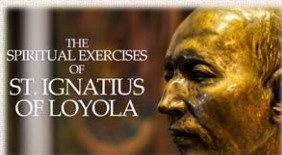


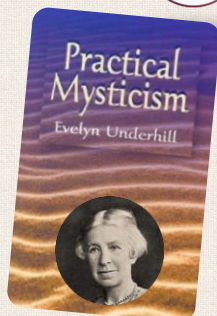


THIRTY DAY IGNATIAN RETREAT

Week Four: The Fruits of Discernment



IGNATIAN MYSTICISM



SOME DISTINCTIONS



- THIRTY DAY RETREAT
- SPIRITUAL EXERCISES
- IGNATIAN SPIRITUALITY
- JESUIT SPIRITUALITY



JESUIT ORDER



Who are the Jesuits?

<p>2,400 Members</p> <p>81% in the U.S.</p> <p>30% are women</p> <p>95% are lay people</p>	<p>2,300 Schools</p> <p>67 countries</p>
---	---

17,000 Members

A.M.D.G.

WORLD'S LARGEST HIGHER EDUCATION NETWORK



JESUITS IN HISTORY



FRANCIS XAVIER

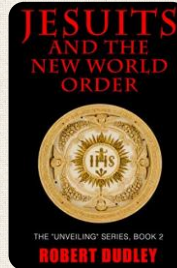
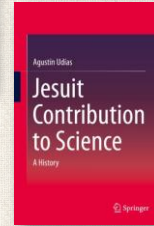
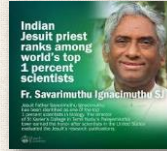


JOHN CARROLL

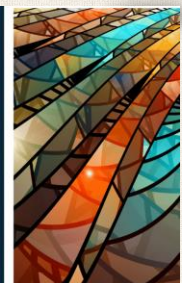


TEILHARD DE CHARDIN

JESUITS & SCIENCE



JESUITS—
A TARGETS FOR
POLITICAL
ACCUSATIONS

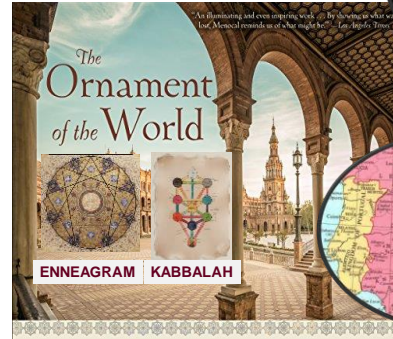


BUDDHISM & IGNATIUS PARALLELS



**FINDING THE SACRED
IN ALL THINGS**

THE PERENNIAL WISDOM



ENNEAGRAM | KABBALAH

Where your
treasure is,
there your
HEART
will be also.

Matthew 6:21



Where your treasure is,
there will your heart be also.

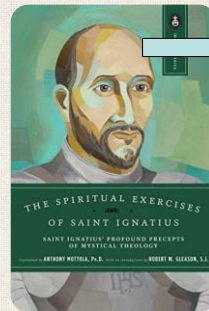
J.K. Rowling

THE EXERCISES: FOUR WEEKS & MOVEMENTS



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

WEEK FOUR OF THE SPIRITUAL EXERCISES

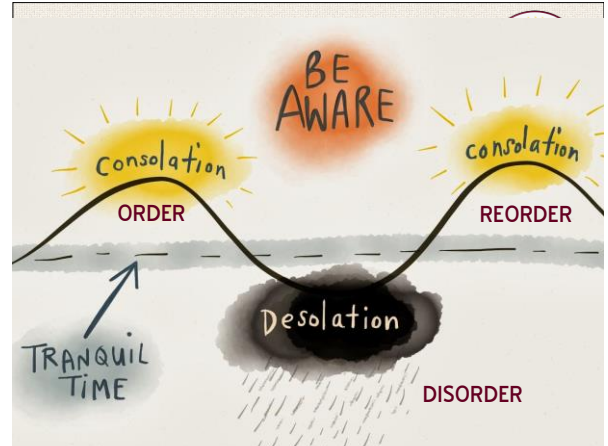


**FROM PROVISIONAL
TO ACTUAL CHOICES**

OUR GLOBAL
COMMON GOOD

EXERCISES
FOR LIFE

FROM PROVISIONAL CHOICES TO ACTUAL CHOICES



FOUR STRATEGIES FOR DECISION MAKING



Strategy #1: Line up the pros and cons

Make a list of all the advantages of going a certain route. Then make a list of all the advantages of *not* going that route. If you have more than one route to consider, make pairs of lists for each possibility. Sometimes when we actually write down the pros and cons, we see things that were not apparent before.



FOUR STRATEGIES FOR DECISION MAKING



Strategy #2: Try it on for size

Imagine that you have already made the decision. For instance, you have decided to get your teaching certificate. Now go through several days—a week perhaps—of pretending that you in fact are in the midst of getting the certificate and are looking for a teaching position. Notice how you react emotionally to this imaginary life. How does it feel to have made this decision? This method requires imagination but can be quite revealing.



FOUR STRATEGIES FOR DECISION MAKING



Strategy #3: How would you counsel someone in the same situation?

Pretend that your dilemma belongs to someone else, and that person comes to you for counsel. How would you approach looking at the situation? What advice would you offer? What questions would you ask? Then try to apply your counselor's wisdom to yourself.



FOUR STRATEGIES FOR DECISION MAKING



Strategy #4: At the end of your life how will you see this?

Pretend you are nearing the end of your life; St. Ignatius actually suggested that people imagine being on their own deathbeds. Consider the whole of your life—what you did and why, what you are grateful for, what you regret. In light of this long view, how do you see the current discernment you are trying to make?



HOLY INDIFFERENCE



- Holy 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.

podtrallings.com

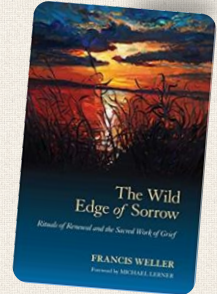
Being, Not Achieving: A Taoist Guide to Ignatian Indifference – God In All Things



KNOWING WHAT TO EXPECT



- Following a deep spiritual experience we can expect that the old messages we used to tell ourselves will re-appear in order to talk us out of our truth.



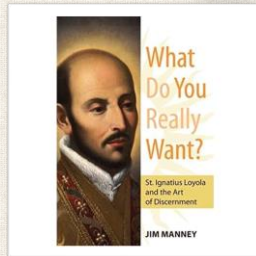
HOW DOES THE PREDATOR APPEAR?



“The enemy of human nature...

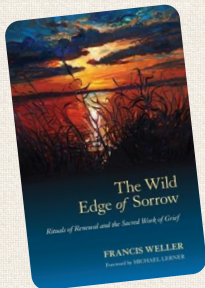
Spiritual influences we blame ourselves for

Sowing seeds of doubt against—
ID QUOD VOLO.



VIDEO #17

Week Four Themes



KNOWING WHAT TO EXPECT...



BEFORE

DURING

AFTER

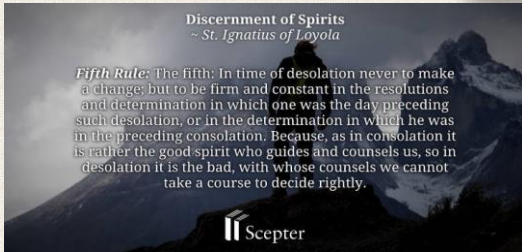
The 'predator' of Indecision

The Consolation of Affirmation

The 'predator' of Self-doubt

THE SPIRITUAL EXERCISES

A WARNING



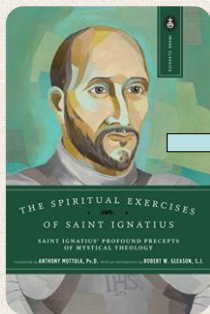
COMPANIONING WITH SOMEONE YOU TRUST



Calling the lie to self-loathing
Acting out of our desolation
Self-doubt about an earlier discernment



WEEK FOUR OF THE SPIRITUAL EXERCISES



FROM PROVISIONAL TO ACTUAL CHOICES

OUR GLOBAL COMMON GOOD

EXERCISES FOR LIFE

Where your treasure is, there your HEART will be also.
Matthew 6:21



CHOOSING THE "MAGIS"... THE MORE



INSTEAD OF "MORE"




DARKNESS & LIGHT

Ignatian DISCERNMENT



MAGIS
restless desire for greater things

GLOBAL ENVIRONMENTAL ISSUES



Spiritual Geographing Exercise

0—10—20—30—40—50—60—70—80+

Instructions:

- 1) Indicate the three most challenging periods of your life with a ♣ below the timeline.
- 2) Mark the three most life-giving periods of your life with a ♠ above the timeline.
- 3) Assign a simple theme to each of these events.

Most Stressful Episodes in Your Life:


- 1) _____
- 2) _____
- 3) _____

Most Life-Giving Times in Your Life:



- 1) _____
- 2) _____
- 3) _____

Reflect on the correlation between both sets of events.

December #1



WHAT DOES REORDER LOOK LIKE?





WORLD ECONOMIC FORUM

Listen to the cry of the earth and the cry of the poor, who suffer most.


Pope Francis

“Time is up. All humanity must consider the long-term effects of our actions which are impacting the future well-being of the human species, all living things, and our planet itself.”

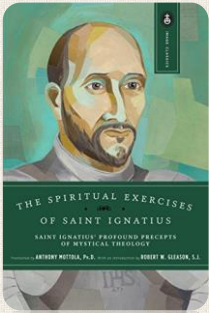


“LAUDATO SI...”

- Today’s spirituality asks us to bring new awareness to our personal daily choices-- reducing consumption and energy use, discerning how and what we eat, being more mindful of how and why we travel– and minimizing our carbon footprint.
- Know that in the particulars of life our actions right now are contributing either to the survival or desolation of our planet.



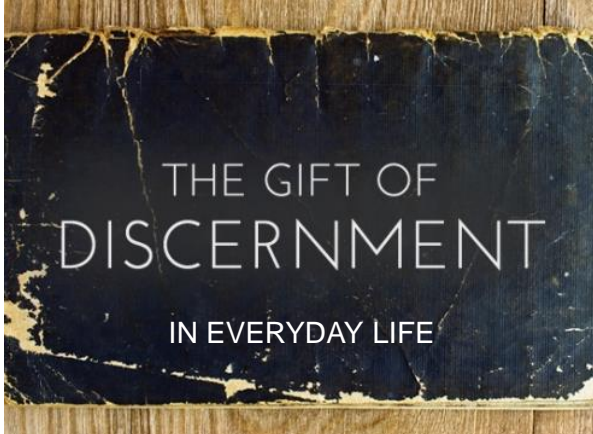
WEEK FOUR OF THE SPIRITUAL EXERCISES



FROM PROVISIONAL TO ACTUAL CHOICES

OUR GLOBAL COMMON GOOD

EXERCISES FOR LIFE



THE GIFT OF DISCERNMENT IN EVERYDAY LIFE



EXERCISING OUR ABILITY TO DISCERN



I may not always be aware that I am in a state of consolation or desolation. Through daily Attention and Intention and night time Examen I may discover the ebb and the flow of consolation and desolation as I make choices and take actions.

This heightened awareness creates a new instinct where the language of discernment makes more sense— helping me both in my daily decisions and in the larger life-decisions I may later encounter.

SETTING A DAILY INTENTION

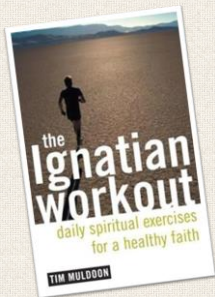


Where today do I most/least find love?
Where today am I most/least free?

MID DAY GRATITUDE



JOURNALING YOUR SPIRITUAL GEOGRAPHY



THE DAILY 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

SACRAMENT OF THE SACRED QUESTION



Spiritual Geographing Exercise

0—10—20—30—40—50—60—70—80+

Instructions:
 1) Indicate the three most challenging periods of your life with a ♣ below the timeline.
 2) Mark the three most life-giving periods of your life with a ♠ above the timeline.
 3) Assign a simple theme to each of these events.

Most Stressful Episodes in Your Life:

1) _____
 2) _____
 3) _____

Most Life-Giving Times in Your Life:

1) _____
 2) _____
 3) _____

Reflect on the correlation between both sets of events.

December #1



WHAT DOES REORDER LOOK LIKE?

ASKING A SACRED QUESTION

Based on the Iberian Mystical Tradition



- > Never use the word, "I"
The "ego" must remain out of the "driver's seat"
- > The question must begin with the word: HOW
Never begin with the question word: What, When, Where, Who or Why
- > The question should drop from the heart or gut
Do not trust the question that is calculated in and from the Mind
- > The question should be formulated as a simple sentence
Avoid complexities and hidden agendas

"When standing in the Divine Light, the question is itself the answer."

R. Abraham Abulafia, 13th c. founder of the Founder of the Sepharadic Kabbalist School



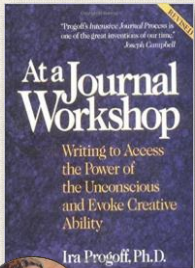
CONVERSING WITH GOD



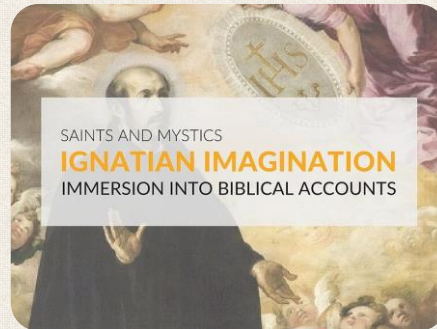
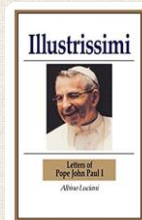
- An simple intimate conversation
- A space where conversation can occur
- Speaking as one friend speaks to another
- *Cor ad cor loquitur...*

"Heart speaking to heart"

DIALOGUE JOURNALING



CHARLES DICKENS



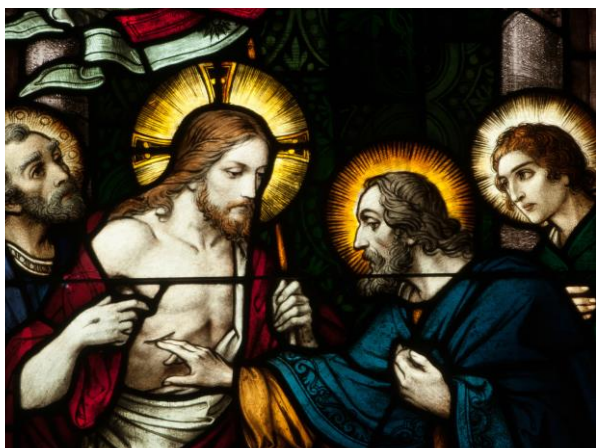
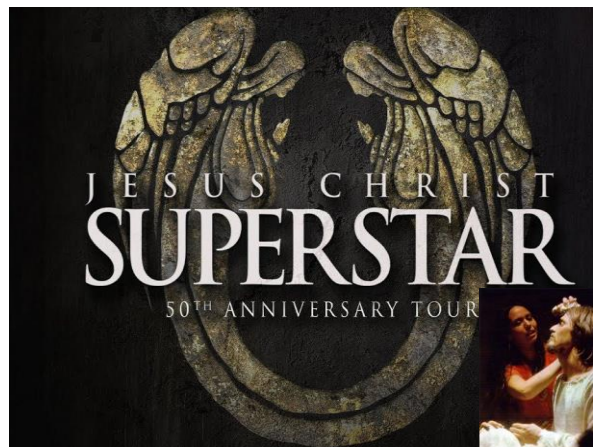
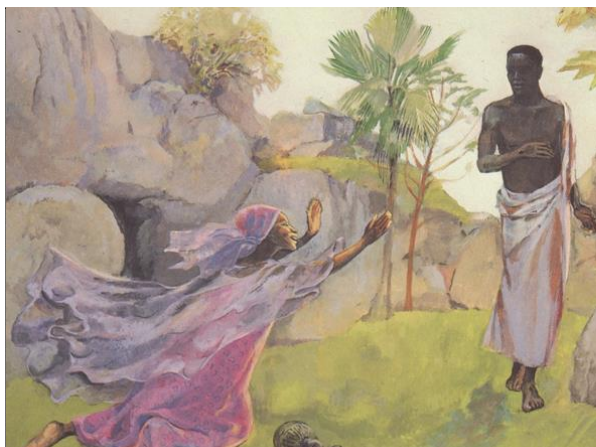
SIX GOSPEL TRADITION COLLOQUIES

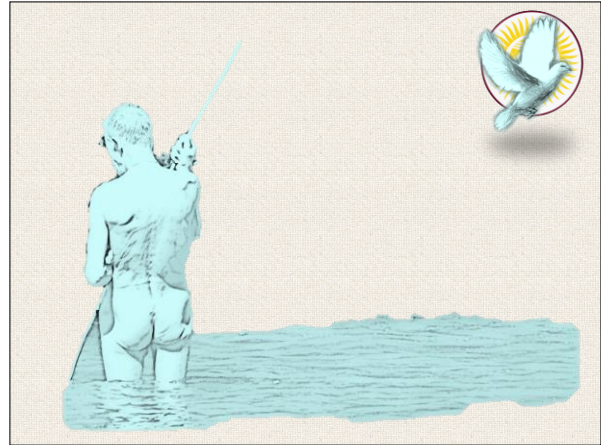


- MARY AT THE TOMB
- DOUBTING THOMAS
- ROAD TO EMMAUS
- RETURNING TO NORMAL?
- PENTECOST
- LIFE IN THE ACTS



HUMAN-DIVINE ENCOUNTERS
Experiences in Ignatian Meditation







TRANSLATING TIMELESS STORIES



- | | |
|------------------------|---------------------|
| • MARY AND THE GARDNER | Called by name |
| • DOUBTING THOMAS | Seeing is believing |
| • ROAD TO EMMAUS | Blinded by grief |
| • RETURNING TO NORMAL? | Naked before God |
| • PENTECOST | Drunk or sober |
| • ACTS OF THE APOSTLES | Gospel 'socialism'? |

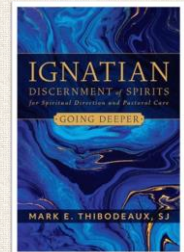
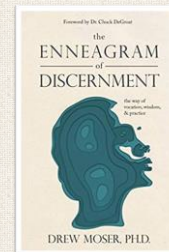
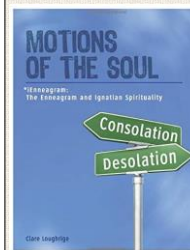


ENNEAGRAM REFLECTIONS

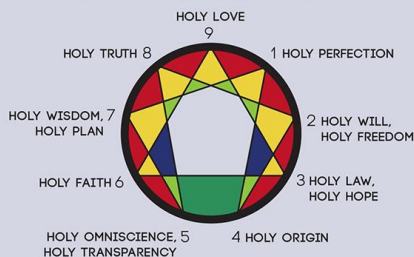
For the 30 Day Retreat

WEEK FOUR:
PRAYER & THE HOLY IDEAS

ENNEAGRAM & DISCERNMENT



THE ENNEAGRAM OF HOLY IDEAS

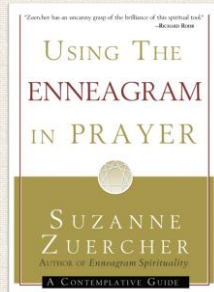
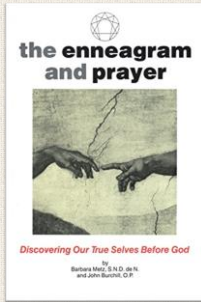


HOLY IDEAS & OUR VIRTUES

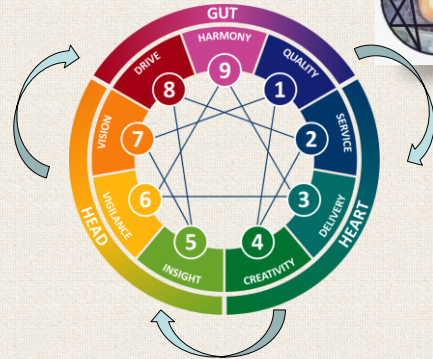


The Holy Ideas constitute a **map of the view of reality as unity**. The Holy Idea of each Enneatype is an essential quality of the soul. The Holy Idea expresses a core truth which each person innately possesses but which our limited personality addictions distort or forget. **Only spiritual practice that leads to awareness can help to reconnect us to our Holy Ideas.**

ENNEAGRAM & PRAYER



ENNEAGRAM & PRAYER



UNIQUE PRAYER PRACTICES



Combining solitude, silence, and stillness with rest, consent, and engagement, gives each Type on the Enneagram a specific spiritual practice that best supports their personality.

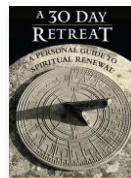
- 1—Perfectionist**
Rest in stillness
- 2—Helper**
Consent to solitude
- 3—Performer**
Engage solitude
- 4—Individualist**
Rest in solitude
- 5—Investigator**
Consent to silence
- 6—Loyalist**
Engage silence
- 7—Enthusiast**
Rest in silence
- 8—Challenger**
Consent to stillness
- 9—Peacemaker**
Engage stillness

JOURNAL QUESTIONS



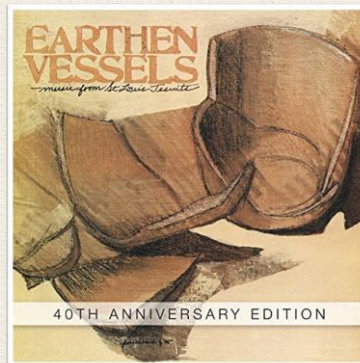
1. What is something that has changed or deepened in you as a result of engaging with The Spiritual Exercises?
2. What do you find yourself reverencing more in yourself now that you didn't used to pay attention to?

30 DAY RETREAT CLOSING CELEBRATION

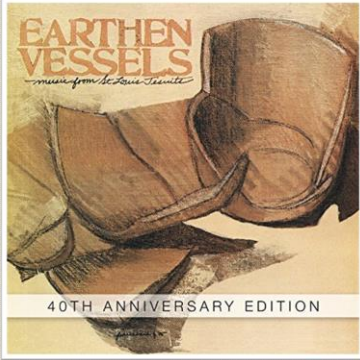


FRIDAY
NOVEMBER 10
9:00—10:30am
Pacific Standard Time

What has been the fruit of this retreat for you?
Which exercise/s would you like to maintain?



“SUSCIPE”
Prayer of St. Ignatius



**"BE
NOT
AFRAID"**