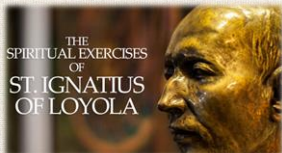




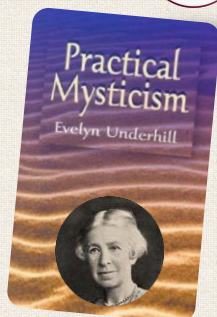
THIRTY DAY IGNATIAN RETREAT


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?

2,300 provinces	2,600 parishes	81 countries	30 languages	9% of the world's population
17,000 members	2,300 novices	67 countries	175 languages	121,000 students

A.M.D.G.

WORLD'S LARGEST HIGHER EDUCATION NETWORK

Global Jesuit Universities

Map showing the distribution of Jesuit universities across the globe, with a legend for the number of universities in each region:

- 1-5
- 6-10
- 11-15
- 16-20
- 21-25
- 26-30
- 31-35
- 36-40
- 41-45
- 46-50
- 51-55
- 56-60
- 61-65
- 66-70
- 71-75
- 76-80
- 81-85
- 86-90
- 91-95
- 96-100
- 101-105
- 106-110
- 111-115
- 116-120
- 121-125
- 126-130
- 131-135
- 136-140
- 141-145
- 146-150
- 151-155
- 156-160
- 161-165
- 166-170
- 171-175
- 176-180
- 181-185
- 186-190
- 191-195
- 196-200

JESUITS IN HISTORY



FRANCIS XAVIER



JOHN CARROLL



TEILHARD DE CHARDIN

JESUITS & SCIENCE





BE RUINED FOR LIFE



**JESUITS
AND THE
NEW WORLD
ORDER**
THE "UNVEILING" SERIES, BOOK 2
ROBERT DUDLEY

**JESUITS—
A TARGETS FOR
POLITICAL
ACCUASATIONS**







America
THE JESUIT REVIEW









JESUIT
ANTIRACISM
SODALITY

IGNATIUS
SOLIDARITY
NETWORK

**Ignatian Spirituality &
Antiracism Gathering**

FRANCISCAN RENEWAL CENTER
Scottsdale, AZ
January 5-8, 2023

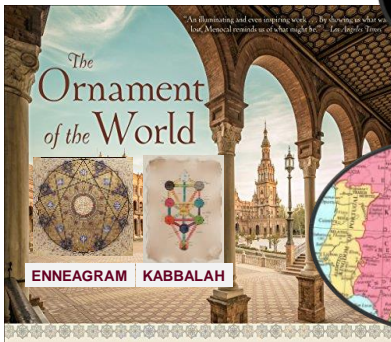


BUDDHISM & IGNATIUS PARALLELS



FINDING THE SACRED
IN ALL THINGS

THE PERENNIAL WISDOM



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

Matthew 6:21



PEOPLES OF THE BOOK



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

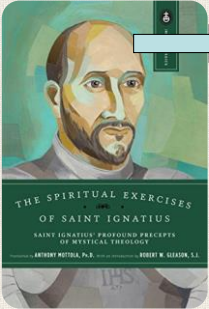

J.K. Rowling

**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**



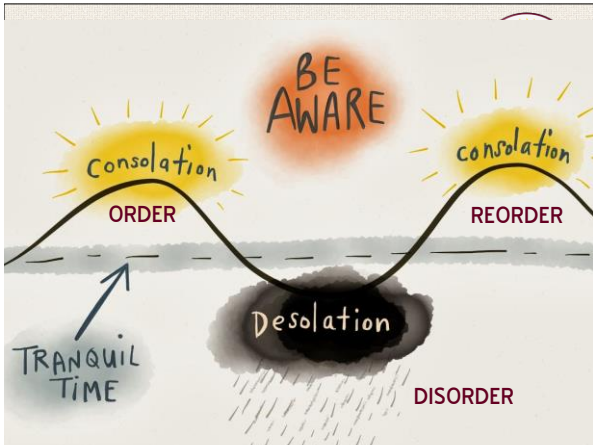
**FROM PROVISIONAL
TO ACTUAL CHOICES**

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.

podcastings.com

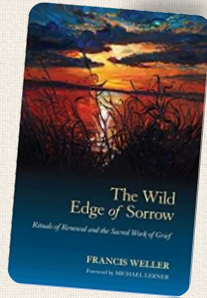
Being, Not Achieving: A Taoist Guide to Ignatian Indifference – God In All Things



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.



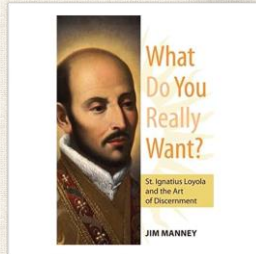
HOW DOES THE PREDATOR APPEAR?



“The enemy of human nature...

Spiritual influences we blame ourselves for

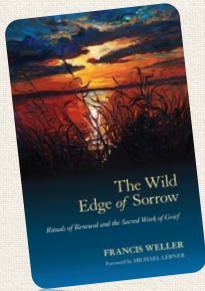
Sowing seeds of doubt against—
ID QUOD VOLO.





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



Discernment of Spirits - St. Ignatius of Loyola

Fifth Rule: The fifth: In time of desolation never to make a change; but to be firm and constant in the resolutions and determination in which one was the day preceding such desolation, or in the determination in which he was in the preceding consolation. Because, as in consolation it is rather the good spirit who guides and counsels us, so in desolation it is the bad, with whose counsels we cannot take a course to decide rightly.



COMPANIONING WITH SOMEONE YOU TRUST



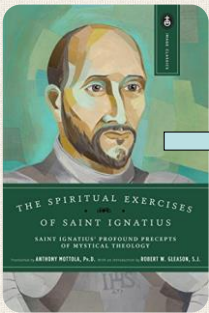
Calling the lie to
self-loathing

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



PEOPLES OF THE BOOK


CHOOSING THE "MAGIS"...

THE MORE

INSTEAD OF "MORE"



DARKNESS & LIGHT



Ignatian **DISCERNMENT**





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 Successful 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.


WHAT DOES REORDER LOOK LIKE?

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.”

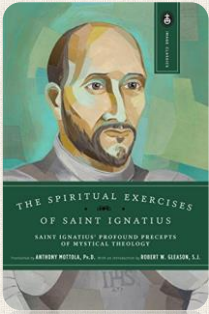


“LAUDATO SI...”



- 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.

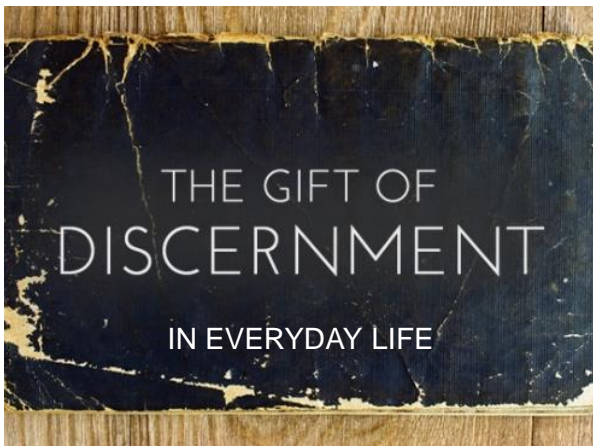
**WEEK FOUR OF
THE SPIRITUAL EXERCISES**



FROM PROVISIONAL
TO ACTUAL CHOICES

OUR GLOBAL
COMMON GOOD


**EXERCISES
FOR LIFE**





COMFORT RETREAT


confront



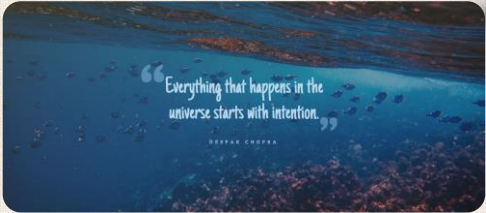
EXERCISING OUR ABILITY TO DISCERN

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

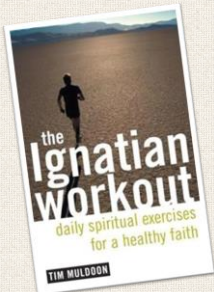


Where today do I most/least find love?
Where today am I most/least free?

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 Successful 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.

Document #4



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 Sepharic Kabbalist School



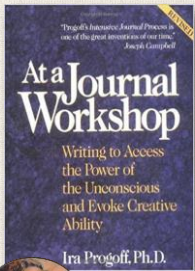


CONVERSING WITH GOD

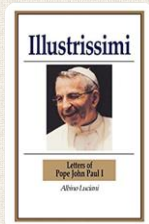
- An simple intimate conversation
- A space where conversation can occur
- Speaking as one friend speaks to another
- *Cor ad cor loquitur...*

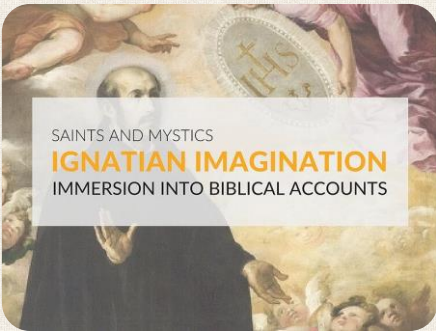
“Heart speaking to heart”

DIALOGUE JOURNALING



CHARLES DICKENS

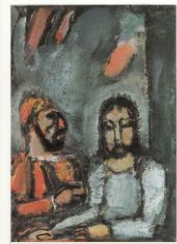




SIX GOSPEL TRADITION COLLOQUIES

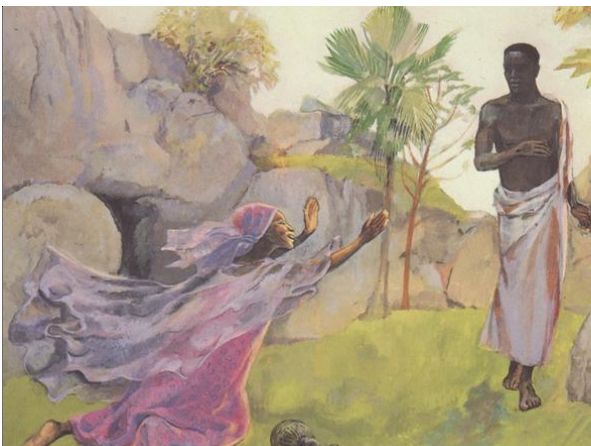


- MARY AT THE TOMB
- DOUBTING THOMAS
- ROAD TO EMMAUS
- RETURNING TO NORMAL?
- PENTECOST
- LIFE IN THE ACTS



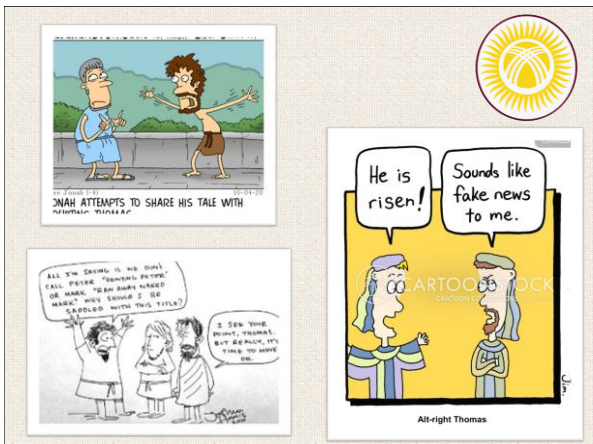
HUMAN-DIVINE ENCOUNTERS
Experiences in Ignatian Meditation







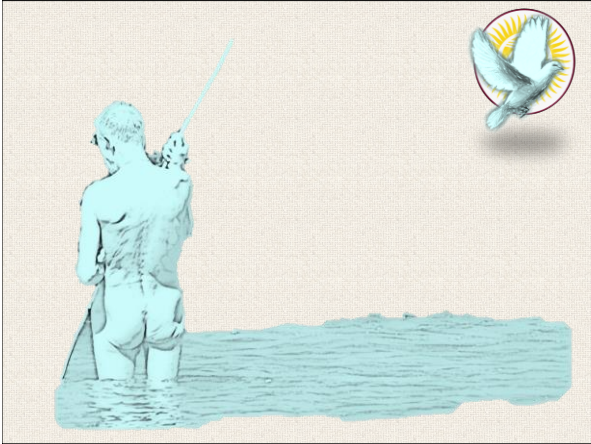


















TRANSLATING TIMELESS STORIES



- 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'?

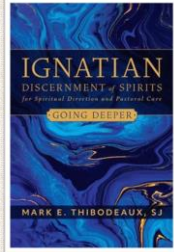
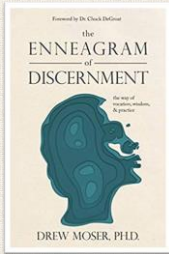
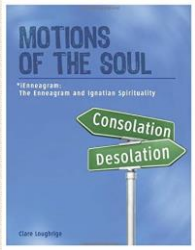


ENNEAGRAM REFLECTIONS

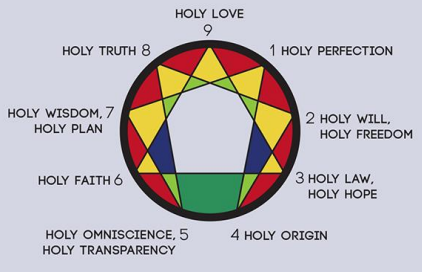
For the 30 Day Retreat

WEEK FOUR:
PRAYER & THE HOLY IDEAS

ENNEAGRAM & DISCERNMENT



THE ENNEAGRAM OF HOLY IDEAS

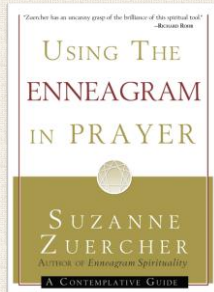
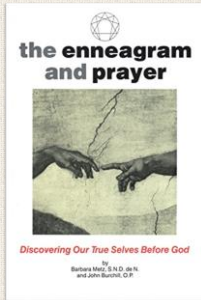


HOLY IDEAS & OUR VIRTUES

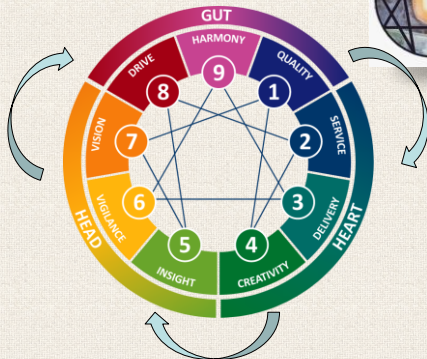


The Holy Ideas constitute a **map of the view of reality as unity**. The Holy Idea of each Enneatype is an essential quality of the soul. The Holy Idea expresses a core truth which each person innately possesses but which our limited personality addictions distort or forget. **Only spiritual practice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

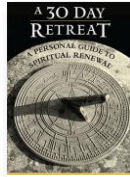
- 1—**Perfectionist**
Rest in stillness
- 2—**Helper**
Consent to solitude
- 3—**Performer**
Engage solitude
- 4—**Individualist**
Rest in solitude
- 5—**Investigator**
Consent to silence
- 6—**Loyalist**
Engage silence
- 7—**Enthusiast**
Rest in silence
- 8—**Challenger**
Consent to stillness
- 9—**Peacemaker**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

JOURNAL QUESTIONS



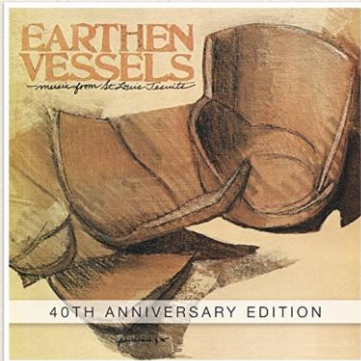
1. What is something that has changed or deepened in you as a result of engaging with The Spiritual Exercises?
2. What do you find yourself reverencing more in yourself now that you didn't used to pay attention to?

30 DAY RETREAT CLOSING CELEBRATION

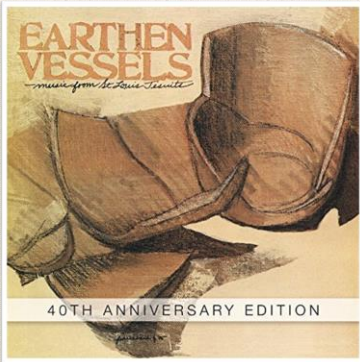


FRIDAY
NOVEMBER 10
9:00 – 10:30am
Pacific Standard Time

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"**
