

# Sacred Art of Discernment Track



**MONTH SIX: REFORMATION INFLUENCES**

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## MONTH SIX: RELATIONSHIP

- **SPIRITUAL TRADITION**
  - Reformation Christianity
- **CLINICAL FOUNDATIONS**
  - Interpersonal Dynamics in Direction
- **DISCERNMENT-IN-PRACTICE**
  - Discerning the Divine Plan vs. Project




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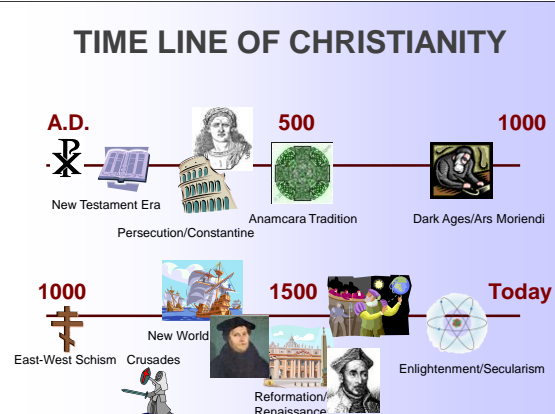
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## TIME LINE OF CHRISTIANITY



The timeline is divided into two horizontal sections. The top section covers the period from A.D. to 1000, and the bottom section covers the period from 1000 to Today. Key events and eras are marked with icons and text labels.

Year/Event	Icon Description
A.D.	New Testament Era (Cross and book icon)
Persecution/Constantine	Church building icon
500	Anamcara Tradition (Globe icon)
1000	Dark Ages/Ars Moriendi (Candle icon)
1000	East-West Schism (Cross icon)
Crusades	Crusader icon
New World	Ship icon
1500	Reformation/Renaissance (Church and portrait icons)
Enlightenment/Secularism	Atom icon
Today	Atom icon

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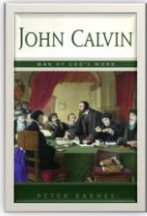
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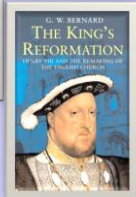
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# PROTEST - REFORM



LUTHER'S '95 THESES'  
OCTOBER 31, 1517



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Pope Francis with  
Reformation Leaders  
celebrating the 500  
year Anniversary of  
Luther's declaration



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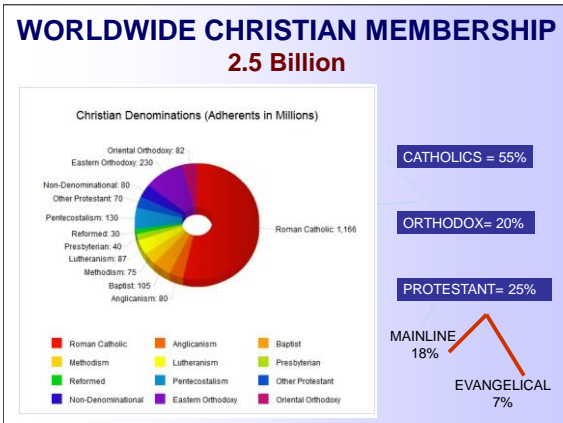
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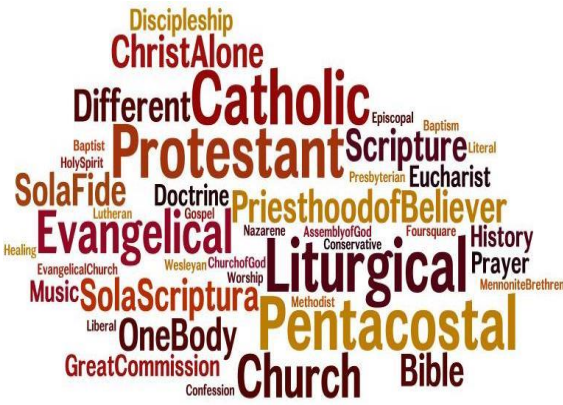
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### CHRISTO-CENTRIC SPIRITUAL LIFE

- 'SOLA FIDES' - FAITH ALONE
- PRIMACY OF SCRIPTURE
- PRIESTHOOD OF THE LAITY
- TRANSFORM THE WORLD




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### RELIGION VS. SPIRITUALITY

- From the perspective of both Jews and Christians it is FAITH IN GOD which has been revealed as the way of salvation.
- Religion, on the other hand, is merely the human attempt to explain that faith.

The problem both historically and today occurs when believers are not able to distinguish between the two.

Reinhold Niebuhr




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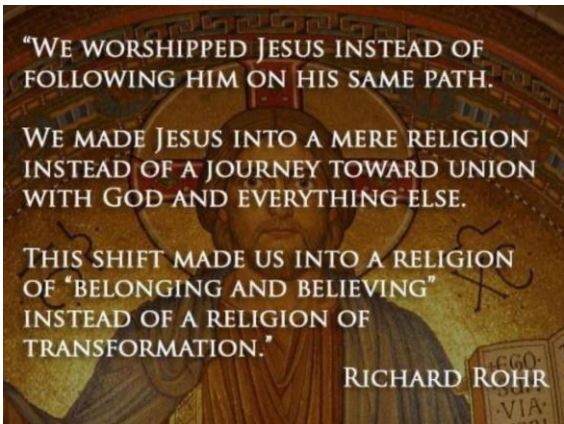
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**TENSIONS TODAY BETWEEN...**

Accommodation to Culture OR  
Radical Fundamentalism

vs.

Open to Contemporary Knowledge that can  
further reveal 'truths that make us free'



Blind Denominational Propaganda OR  
Irrelevance

vs.

Renewed Appreciation of Neglected Wisdom  
from Tradition

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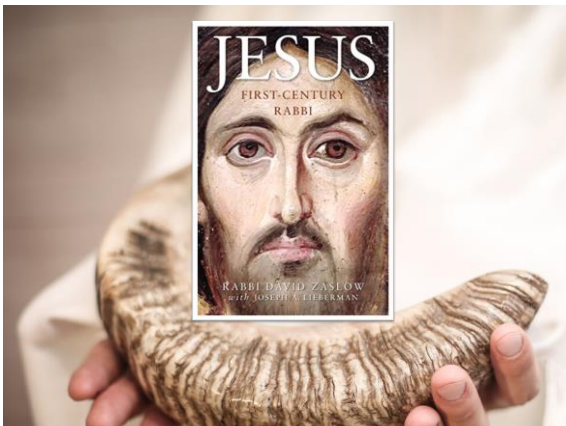
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### JESUS' CREDO



- Humility
- Mercy
- Simplicity
- Grief & Loss
- Generosity
- Forgiveness
- Welcoming Aliens
- Peacemaking

*Woe to you rich, Woe to you well fed, Well to you powerful*

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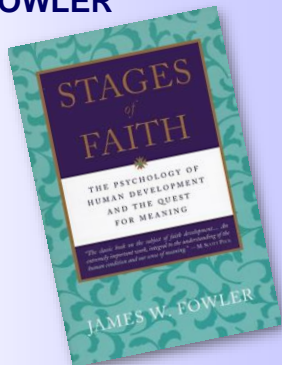
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### DR. JAMES FOWLER




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### GUIDANCE FROM THE REFORMATION

#### ➡ A Democratic Spirituality

- Ignatius: Blueprint vs. Project Models
- Honoring Sacred Relationships
- Applying to Art of Discernment




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### FROM OUTER TO INNER AUTHORITY



CONFESSIONAL MODEL



COMPANIONSHIP MODEL

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### REFORMATION CREDO

You are ultimately and personally responsible for your own spiritual formation process.



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### SPIRITUAL DIRECTION IN MAINLINE PROTESTANTISM

1) ACTIVE GRACE

God is always doing something-shaping life into mature salvation

2) RESPONSE TO GOD

Not a matter of guesswork. The community has acquired wisdom the centuries that provides guidance

3) EACH SOUL IS UNIQUE

No wisdom can be applied without discerning the particulars of 'this life' and 'this situation'



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### “COR AD COR LOQUITUR”




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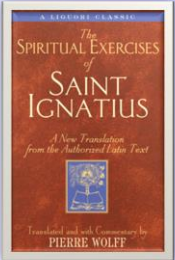
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### COUNTER REFORMATION




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### DIVINE PLAN VS. PROJECT



GOD'S ETERNAL WILL FOR ME IS...

STATIC REALITY  
PRE-DETERMINED  
NEED TO BE DISCOVERED



DIVINE DREAMING IN ME...

EVOLVING  
COLLABORATIVE  
BEING MOMENTARILY CREATED

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### THERAPY VS. SPIRITUAL DIRECTION

#### EXPLORING RELATIONSHIP WITH MYSTERY



Being in spiritual direction is like being in prayer only there's someone with me in it...

"Learn your theories as well as you can then put them aside when you touch the miracle of the living soul." Jung

Our attentiveness to the Divine and to our own self awareness, far from constituting a disregard for the directee, ensures that the unique quality of spiritual presence is not compromised by ego and agenda.

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### LESSONS FROM CLINICAL THERAPIES



#### CONFLICT OF INTEREST

It is by having friendship and intimacy needs met outside of spiritual direction relationships that directors are best able to assure their directees of objectivity and freedom from their own hidden [and usually unconscious] agendas.

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### ENNEAGRAM— THE FACE OF GOD



Eileen Heaton

AN INTER-SPIRITUAL TOOL  
FOR SELF KNOWLEDGE

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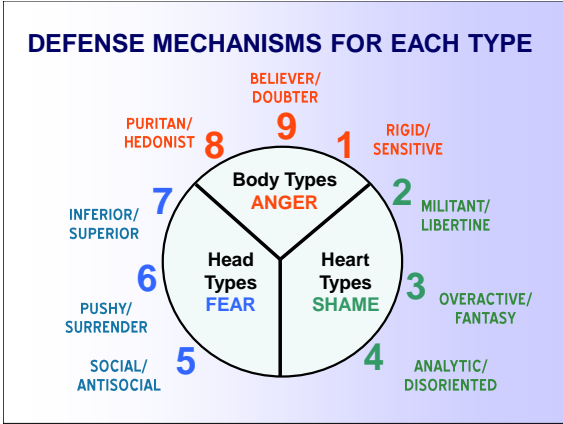
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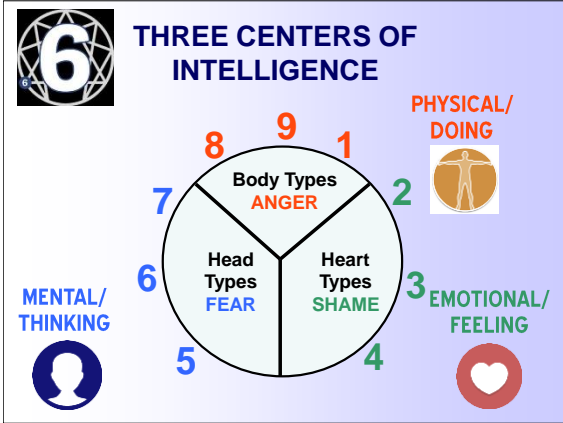
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## ENNEA-STYLE SIX

### LOYALIST QUESTIONER SKEPTIC

E#6 spend their energy looking for what to hold on to, where they can land, who or what they can trust. They believe that they must assure, prove and maintain their lives *on their own* by manufacturing ways to keep them secure. They begin to imagine the sure thing will be *outside* of themselves where they will never find it. True security comes from living out of our *inner* authority.

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## THE ONLY BIFURCATED TYPE ON THE ENNEAGRAM

**PHOBIC**  
 Naturally fearful  
 Self-doubting  
 Suspicious

**COUNTER-PHOBIC**  
 Rebellious  
 Denial of fear  
 Aggressive compensation

The behavior of E6s falls along a scale from PHOBIC (overly fearful and insecure) at one end— to COUNTER PHOBIC (acting as if one is not fearful at all).

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## E#6 AVOIDANCE: DEVIANCE/DELINQUENCY

Our Avoidance is a retreat from reality that typically happens when things start to hurt. Our avoidances are self generated obstacles that stand between us and inner freedom.




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The Spiritual Dimension of the Enneagram

## E6 EGO COWARDICE

E6 lose track of the perception of their own true ground which leaves them without a foundation. Everything becomes 'scary.' Left with only their wits as survival tools, they seek to establish security with reasoning and predictability rather than facing their fear.

—Sandra Maitri

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# IDEALIZATION

I AM LOYAL



Even though we each adopt a strong and good idealization of ourselves, it is still an abandonment of the genuine self as somehow bad. Our desire is to feel better ourselves and how we do that, is a clue to why we began cultivating these idealizations long ago... as a generous and benevolent reaction to all those bad feelings.

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# CONTINUUM OF TRAITS



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# CLOSING INTENTION

Listen, what happens in darkness matters.  
 It's rest then motion, not the other way around.  
 The darkness informs the Light.  
 So let me rest now through the bruised velvet hours.  
 Let me rest as the night figures prowl.  
 I will say welcome.  
 I will enter into the startling fullness called my life.

—Amy Elizabeth Robinson

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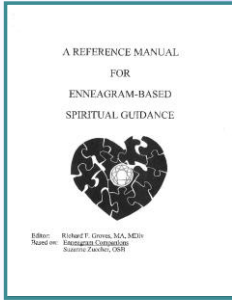
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## OUR GUIDE FOR THE ENNEAGRAM IN SPIRITUAL DIRECTION




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## TOOL CHEST FOR DISCERNMENT



- 4 Dimensions of Spiritual Pain
- Strongest-Deepest Desire
- Focusing on Affect
- Interior Freedom/Unfreedom
- Consolation/Desolation
- The Tragic Gap
- Asking Sacred Questions
- Enneagram Type
- Gratitude as Antidote
- Ignatius' 'Rules of Discernment'
- Follow your Path/Your Practice

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## 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 Avelin,  
13<sup>th</sup> c. founder of the Founder of the Sephardic Kabbalist School

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### PEER SUPERVISION SESSION

- Take 10 minutes to reflect and journal on these two questions regarding your experience so far with engaging others in spiritual direction...
- 1) Identify a 'success' or surprise story from one of your encounters so far.
- 2) Identify something that may be a concern or question about continuing in your role as spiritual director (trainee) for the next months.

**PLEASE BE PREPARED TO SHARE!**

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### CARGHAS



*"The springtime has dawned, the flower of metanoia begins to open..."*

**NAME IT**

**OBSERVE IT**

**RECEIVE THE FRUIT OF YOUR OBSERVATION**

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#### A Prayer for Our Jubilee Year

Holy One, we ask a special blessing on our Sacred Art of Living Community this year.

Our Jubilee Year is a welcome opportunity for gratitude and grace —  
> For nearly three decades that brought together so many dedicated members and students in the art of living and dying

> For our vocation to create and nurture authentic 'soul friendship' in our world today and...

> For a time to deepen and discern our vision and work for the future.

May this year be a pilgrimage into a "space for grace" — to remember what is ours to do and to pass on our legacy for a new generation of seekers in our time.

May the good work begun in us continue to offer healing and life!




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February 2, 2024  
15<sup>th</sup> Jahrzeit Anniversary

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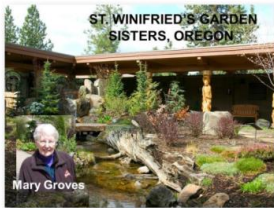
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