

Track Outline

Month 1: Introduction to Ignatian Spirituality: Preparing for the Journey

Theme: Awareness, Freedom/Unfreedom

- Explore the key principles / core elements of Ignatian spirituality
- Learn about the Ignatian Exercises and their purpose
- Explore the connection between self-awareness and spiritual growth
- Learn how the Ignatian Exercises and the Enneagram can complement each other

Month 2: From fear to Liberation: Desire

Theme: Gifts and Addictions

- Reflect on spiritual intentions for the 30-Day Exercises
- Begin to recognize the inner movements of your life.
- Reflect on how your Enneagram type influences your perception and behavior
- Begin to recognize the gifts and addictions associated with each type
- Cultivate a reflective mindset and establish a regular *prayer* routine

Month 3: Feeling the call of the Divine in our lives

Theme: Self-Sacrifice; Understanding our suffering

- Explore the themes of creation and gratitude
- Engage in daily prayer exercises and journaling prompts
- Reflect on spiritual intentions for the 30-Day Exercises
- Begin to recognize the gifts and addictions associated with each type

Month 4: Understanding Sin and Grace

Theme: Cultivating Discernment

- Explore the themes of detachment and surrender in the Ignatian Exercises
- Reflect on the gift of grace and forgiveness
- Practice discernment and make choices aligned with God's will
- Understanding the 'traps' of each type.

Module 5: Exploring the Sacred Questions in life

Theme: Awareness and consciousness

- Deepen your relationship with through prayerful contemplation
- Anamcara Prayer Book: Enneagram affirmations and releases

Month 6: Passion and Desire

Theme: Everything Belongs

- Explore the meaning of redemption and the hope of new life
- Examine the reality of the shadow in your life and its effects
- Identify the attachments and addictions associated with your Enneagram type
- Engage in practices that promote inner freedom and openness to God's grace

Month 7: The Discernment Process

Theme: Self-Understanding

- Exploring the principles of Ignatian discernment
- Practice discernment in everyday decision-making
- Explore vocational discernment and the Divine's calling in your life

Month 8: Discipleship and Mission

Theme: Self-Giving

- Explore the call of the inner movements of your life
- Deepen your understanding of service, justice, and solidarity
- Preparing to bring your gifts out to the world

Month 9: Integration and Conclusion

Theme: Integration

- Reflect on the entire 30-Day Exercises experience
- Develop a plan for ongoing spiritual growth and integration
- Celebrate and share your journey with fellow participants