

Month Seven | Syllabus

ART OF SPIRITUAL DISCERNMENT

ON-LINE MEDIA & READING ASSIGNMENTS

MONTH SEVEN: ORDER/DISORDER

SPIRITUAL TRADITION: Perennial Wisdom from Hinduism

VIDEO ASSIGNMENT: Perennial Blessings From Hinduism by Richard Groves

Audio CD: “Wisdom from Mother India,” Richard Groves: Track 01

Required listening- Start – 44:30; remainder not required.

Readings: REQUIRED

- 1) How I Pray, Jim Castelli, ed., 3 article by Rajshri Gopal
- 2) Awareness: Perils and Opportunities of Awareness, Anthony DeMello, pp. 62-83

OPTIONAL

- 3) The Marriage of East & West, Bede Griffiths, pp. 7-100 *[feel free to read selectively]*

Assignment: Choose one or two of the five questions listed on the Reflection Assignment page based on the first segment of Groves’ presentation and write a short response [not more than a paragraph] in your journal.

And/or, articulate your own questions and reflections based on any of the three assigned readings [listed above].

FOUNDATIONS FOR SPIRITUAL DISCERNMENT

Reading: Care of Mind, Care of Spirit, Gerald May, chapter 7, Disorder: Psychiatric Syndromes, pp. 149-178 [We realize that this section is dated in terms of references to DSM, etc. Feel free to read only the sections of this chapter that are attracting you].

Assignment: Consider the three teachings/reflections selected from this chapter and choose the one that most interests/challenges you. Write a short response [not more than a paragraph] in your journal.

DISCERNMENT-IN-PRACTICE

Audio CD: “Holding the Tension,” Jack Kennedy Track 03

Required listening- Recording #7: First 24 min. of the session; remainder is optional.

Assignment: Consider each of the three quotes [and questions that follow] from Kennedy’s talk.

Choose one area that you feel drawn to and take it to prayerful reflection... capture your thoughts and further questions in your journal.

Reflection: Regardless of which question you choose, spend some time reflecting on the exercise that Jack recommends in question #3.