

Sacred Art of Discernment Track

**MONTH SEVEN:
PERENNIAL BLESSINGS FROM HINDUISM**

MONTH SEVEN: ORDER/DISORDER


- **SPIRITUAL TRADITION**
– Perennial Blessings from Hinduism
- **CLINICAL FOUNDATIONS**
– Discernment vs. Diagnosis
- **DISCERNMENT-IN-PRACTICE**
– Holding Your Experiences



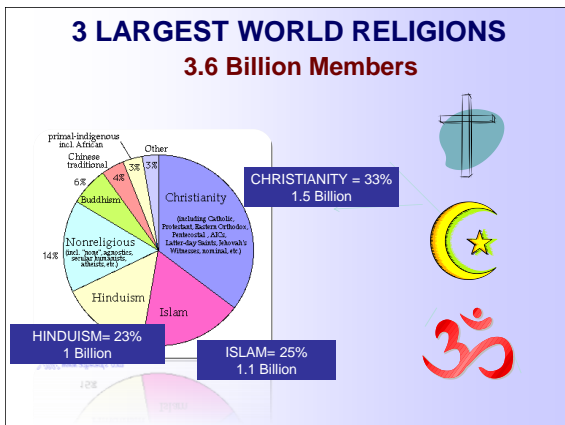

MOTHER INDIA

**PERENNIAL
WISDOM**

THE VEDAS



तत् त्वम् असि or तत्त्वमसि



Namaste

I honor the place in you in which
the entire universe dwells.
I honor the place in you which is of love,
of truth, of light and of peace.
When you are in that place in you and
I am in that place in me, we are one.



HINDUISM KEY BELIEFS

- **ATMAN:** The innermost self in all beings which Hindus identify with Brahman, the supreme being.
- **BRAHMAN:** The Supreme Being which exists within the innermost self, or the Atman.

SEPARATION IS AN ILLUSION

+

'I and my father are one'

ॐ

'Atman and Brahman are one'

☸

'Nirvana and samsara are one'

☪

'There is only God's face'

**Hear O Israel,
the Eternal
is One**

BEDE GRIFFITHS, OSB

Exploring other religious paths
as a way to deepen your own spiritual tradition

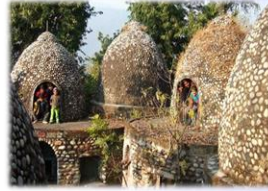
HENOTHEISM

Single Deity with Other Manifestations of the One

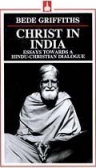


- BRAHMA = CREATOR
- VISHNU= SAVIOR
- SHIVA= SPIRIT OF ALL

ASHRAM



- A place where anybody: man or woman, lay or religious, Jew or Christian, Muslim or Hindu, atheist or believer can find a haven of spiritual rest and reconciliation.



“Our task is not to bring Christ to India as to discover how the spirit of Christ is already present and active in the Hindu soul.”

Mother Theresa



REDEFINING THE 'HOME' IN HOME HEALTH CARE

By contrast, I also traveled with a palliative care team to some remote villages where hospice patients were being cared for 'at home.' Home meant a grass hut with dirt floor and no plumbing or electricity. I don't think anything else left as deep an impression on me as these home health visits. In situations of the most extreme poverty, I was inspired by a bit of wisdom that kept being repeated as a kind of prayer by Hindu patients and their families. In the ancient Indian Tamil language it reads:

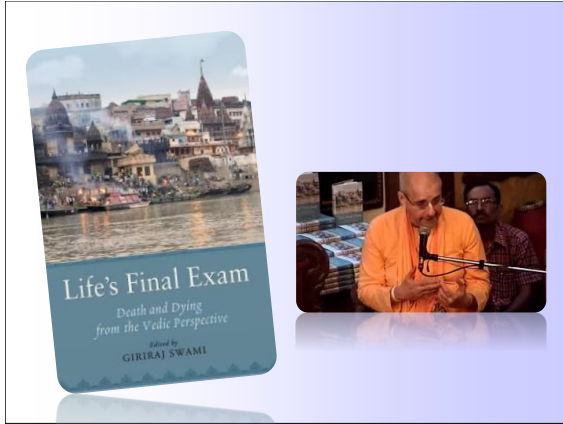


“ஆணாவளி வீட்டவழி”

Whichever way God would let me go.”

I have rarely encountered such ego-lessness and surrender in the face of suffering. The question arose in me: How is it that from the soil of physical and material poverty, the human spirit blossoms so beautifully? India has challenged me to revisit the geography of the beatitudes, “Blessed are the poor in spirit...”





SPIRITUAL GUIDANCE FROM HINDUISM

➡ Non-Dual Spirituality

- Ancient Tradition of Spiritual Guidance
- Discernment vs. Diagnosis
- Holding your Experiences






**INDO-CELTIC
WORLD
VIEW**

God and the
World are not
two

**GRECO-
ROMAN
WORLD
VIEW**

Dualistic split:
Body, mind
and soul

"Tat T'vam Asi"



RETURNING TO THE SOURCE

**EXOTERIC
RELIGION**

Emphasizes

- Externalized Religion
- The Building
- The Book
- Orthodox Teaching

**ESOTERIC
RELIGION**

Emphasizes

- Internalized Religion
- Direct Experience
- Meditation & Prayer
- Mystical Theology

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THEOLOGY

The Art of Telling Stories about the Divine



MYSTICISM

The Art of tasting and feeling the inner meaning of such stories to the point that they transform you

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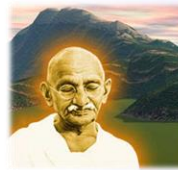
GURU & SPIRITUAL DISCERNMENT



- Spiritual Teacher
- Possessing spiritual 'weight'
- Dispeller of Darkness

gu (गु) and ru (रु)

QUALITIES OF SPIRITUAL DIRECTION



- One who walks with you; who never judges but is quick to congratulate
- One who helps discern darkness from light... then light beyond the darkness
- One who is willing to travel with you into your suffering
- One who leads not in what is said but in what one IS

"Be the change you want to see in the world..." Gandhi

The Margas

Many Paths to the One...



Devotion to God



Renunciation



Yoga - Body



Tantra

THE FOUR ASHRAMS



STUDENT



FOREST DWELLER



HOUSEHOLDER

वैयक्तिक कठोर वैयक्तिक



ELDER SAGE

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DISCERNMENT VS. DIAGNOSIS

EXPLORING RELATIONSHIP WITH MYSTERY



In the past there was a danger that some spiritual directors were unacquainted with psycho pathology which had its own dangers however...

"Today there is an increased tendency to psychologize the spiritual direction dynamic..."

"A preoccupation with psychodynamics in spiritual direction can lead to avoiding the transcendent dimensions of life..."

"Spiritual guidance should not be reduced to psycho-curiosity..."

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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
- Being Held in the Light



Holding Your Experiences



In the Heart of Perfect Wisdom

Bring it to the Light of Mind

- Sit quietly and agree to simply hold the tension of yourself or another's suffering.
- Imagine that with each breath, you are inviting Divine Light into the darkest areas of suffering...



Bring it to the Light of Heart

- Invite the Divine Light, the Heart of Perfect Wisdom, to surround and hold the suffering in the center of your being...
- Imagine that with each inhale, you are breathing Divine Light and with each exhale you are releasing the suffering.

"In this moment, God is right there in me."

Vedic Prayer



Become the Light

- Finally, invite with a prayer or conscious intention, the Divine Light, the Heart of Perfect Wisdom, to guide the process of directing yourself or another to the highest good...
- End by giving thanks (silently or aloud) for the privilege of companionship on the 'royal path' of suffering.



A HINDU 'ENNEAGRAM'



Nine transcendental qualities lead to liberation

Nine demonic qualities lead to bondage



Sacred Art of Discernment Track



MONTH FIVE: GUIDANCE FROM ISLAM

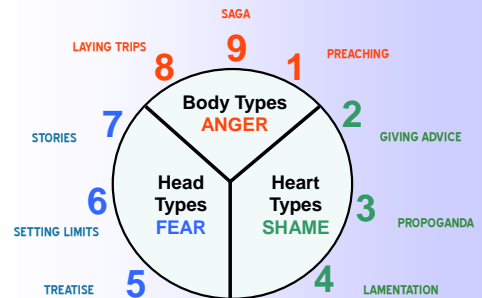
ENNEAGRAM— THE FACE OF GOD

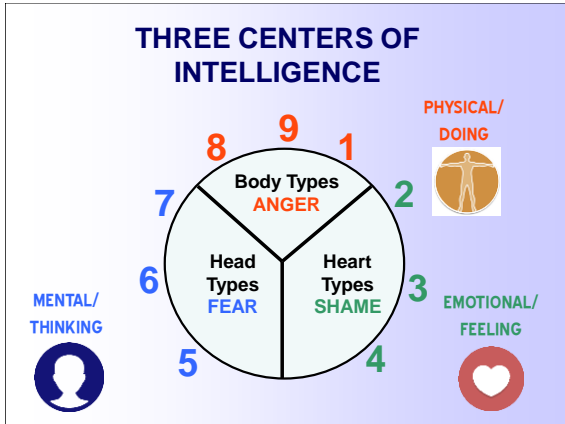


Eileen Heaton

AN INTER-SPIRITUAL TOOL FOR SELF KNOWLEDGE

TALKING STYLES FOR EACH TYPE








ENNEA-STYLE SEVEN

**ADVENTURIST
VISIONARY
GENERALIST**





Full of idealism and plans E#7 can infect others with their tremendous enthusiasm. They appear to be helpful but are really opportunists seeking their advantage. They are accommodators. These cheerful people are funny, imaginative, playful and charming- all as a strategy to protect themselves from anxiety and pain.



E#7 AVOIDANCE PAIN

In inner development, this is an infallible law: we suffer breaking down the old rules and habits, before we take the next step. In any creative process we have to go down into the darkness before we can rise up. The nature of all phenomena is utterly divine. And that includes you and your pain.






EGO PLANNING


E#7s face the need to be constantly stimulated and energized, and if they can't find it in their circumstances, they will create it, always planning the next avoidance tactic. This constant planning cuts them off from deeper intuition and internal guidance.

—Sandra Maitri




IDEALIZATION


I'M OK



Feeling bad about ourselves as young children puts us in terrible conflict with our own natural vitality. This conflict becomes so unbearable that we intuitively try to find some way to 'be good again,' a way that's evident in the Enneatype patterns: Focusing on an aspect of goodness and identifying ourselves with it develops our idealization.



CONTINUUM OF TRAITS



VIRTUE

SOBRIETY

PASSION

GLUTTONY



CLOSING INTENTION

Let the vision
of the vastness
you are
leave you
in glorious ruins.

Pilgrims will come
to imagine
the grand temple
That once stood,
not realizing

The wreck
made this empty plain

Holy Ground.

—Ivan Gieger

OUR GUIDE FOR THE ENNEAGRAM IN SPIRITUAL DIRECTION

A REFERENCE MANUAL
FOR
ENNEAGRAM-BASED
SPIRITUAL GUIDANCE

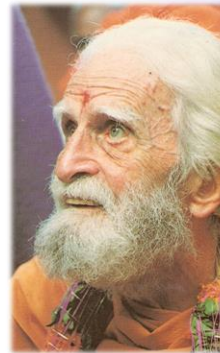


Editor: Richard F. Gross, MA, MEd
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Suzanne Zacher, PhD

PEER SUPERVISION SESSION

- Take 10 minutes to reflect and journal on the following two questions regarding your experience of engaging with another in spiritual direction...
- Then take 20 minutes to share your experiences with another...

- 1) Identify a 'success' or surprise story from one of your encounters so far.
- 2) Name something that may be a concern or question from your experience



OM SACCINDANDAYA NAMAH

Holding Your Experiences



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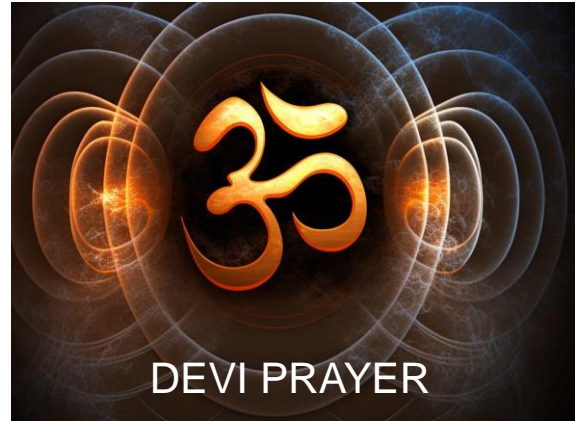
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Namasté

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DEVI PRAYER

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