

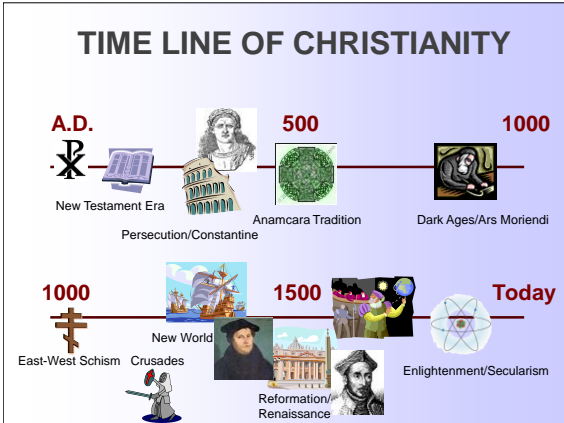
Sacred Art of Discernment Track



MONTH SIX: REFORMATION INFLUENCES

MONTH SIX: RELATIONSHIP

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

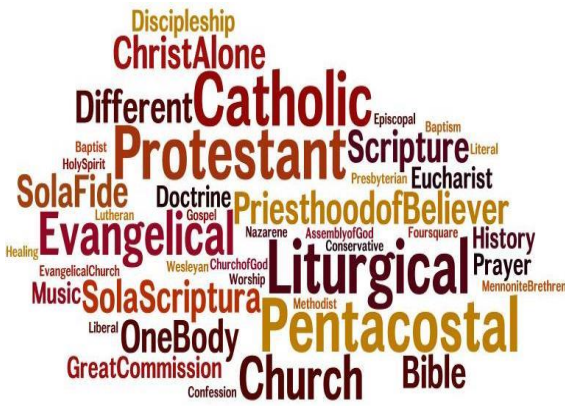
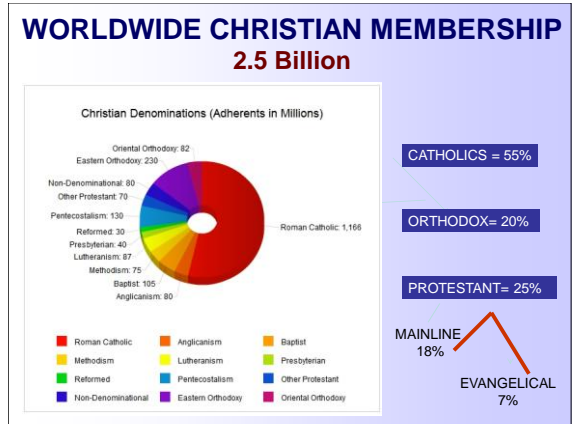
PROTEST - REFORM





LUTHER'S '95 THESES'
OCTOBER 31, 1517





CHRISTO-CENTRIC SPIRITUAL LIFE

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

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

"WE WORSHIPPED JESUS INSTEAD OF FOLLOWING HIM ON HIS SAME PATH.

WE MADE JESUS INTO A MERE RELIGION INSTEAD OF A JOURNEY TOWARD UNION WITH GOD AND EVERYTHING ELSE.

THIS SHIFT MADE US INTO A RELIGION OF "BELONGING AND BELIEVING" INSTEAD OF A RELIGION OF TRANSFORMATION."

RICHARD ROHR



TENSIONS TODAY BETWEEN...

Accommodation to Culture OR
Radical Fundamentalism

vs.

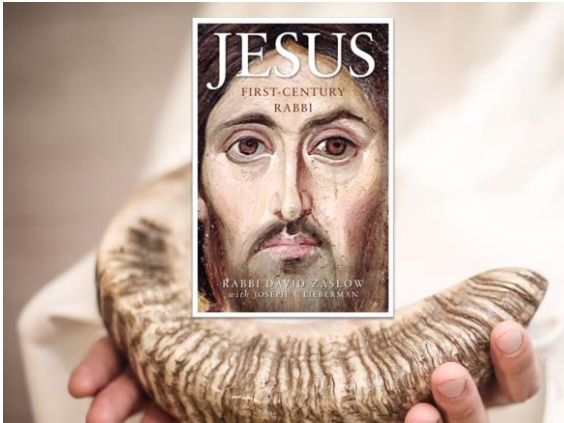
Open to Contemporary Knowledge that can
further reveal 'truths that make us free'



Blind Denominational Propaganda OR
Irrelevance

vs.

Renewed Appreciation of Neglected Wisdom
from Tradition



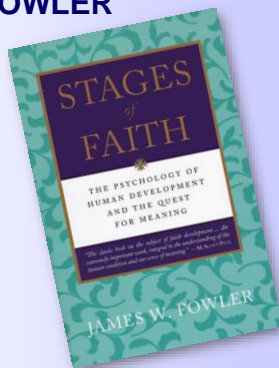
JESUS' CREDO



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

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

DR. JAMES FOWLER



GUIDANCE FROM THE REFORMATION

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



FROM OUTER TO INNER AUTHORITY



CONFESSIONAL MODEL



COMPANIONSHIP MODEL

REFORMATION CREDO

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



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'



“COR AD COR LOQUITUR”

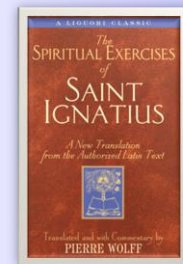


GUIDANCE FROM THE REFORMATION

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COUNTER REFORMATION



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

GUIDANCE FROM THE REFORMATION

- A Democratic Spirituality
- Ignatius: Blueprint vs. Project Models

➡ Honoring Sacred Relationships

- Applying the Art of Discernment



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.

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.

GUIDANCE FROM THE REFORMATION

- A Democratic Spirituality
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- Honoring Sacred Relationships

➡ Applying to Art of Discernment

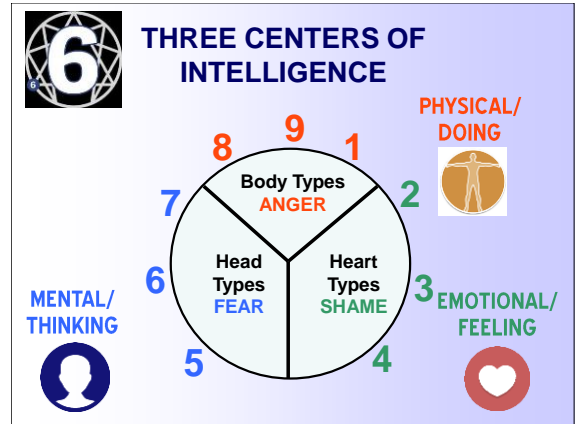
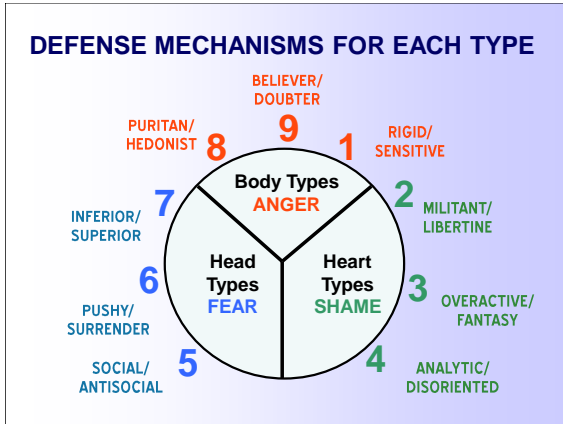


ENNEAGRAM— THE FACE OF GOD



Eileen Heaton

AN INTER-SPIRITUAL TOOL FOR SELF KNOWLEDGE



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.

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).

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.

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



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.



CONTINUUM OF TRAITS



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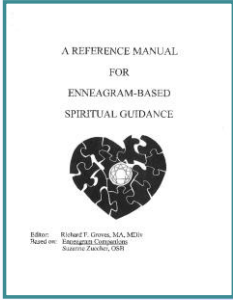


CLOSING INTENTION

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 prowls.
 I will say welcome.
 I will enter into the startling fullness called my life.

—Amy Elizabeth Robinson

OUR GUIDE FOR THE ENNEAGRAM IN SPIRITUAL DIRECTION




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

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."*
 St. Abraham Kahlila
 13th c. founder of the Founder of the Sephardic Kabbalist School

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!

CARSHAS



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

- NAME IT**
- OBSERVE IT**
- RECEIVE THE FRUIT OF YOUR OBSERVATION**

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 amarcara '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!



February 2, 2024
15th Jahrzeit Anniversary



February 2, 2024
15th Jahrzeit Anniversary

