

**Sacred Art of  
Discernment Track**

**MONTH SEVEN:  
PERENNIAL BLESSINGS FROM HINDUISM**

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**MONTH SEVEN: ORDER/DISORDER**

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




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**MOTHER  
INDIA**

**PERENNIAL  
WISDOM**

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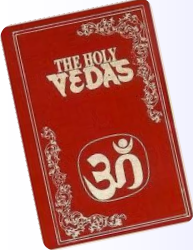


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## THE VEDAS

तत् त्वम् असि or तत्त्वमसि

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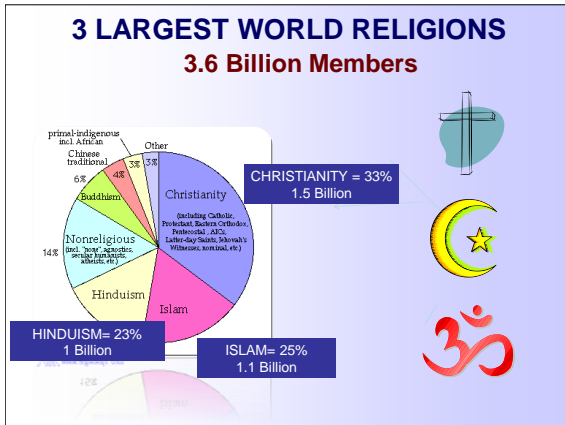
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# Namasté

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.

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**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.

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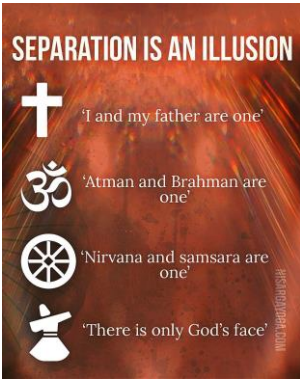
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**Hear O Israel,  
the Eternal  
is One**

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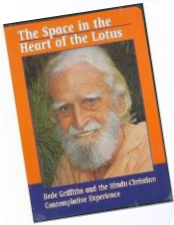
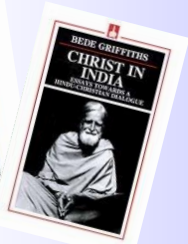
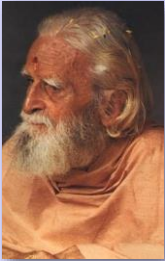
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**BEDE GRIFFITHS, OSB**

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

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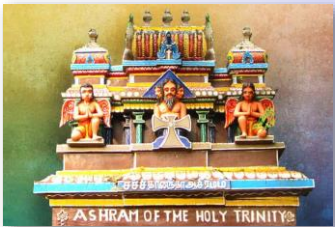
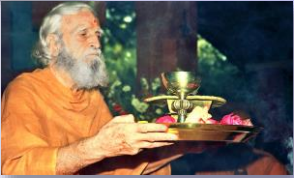
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## HENOTHEISM

Single Deity with Other Manifestations of the One



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

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## 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.

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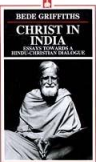
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“Our task is not to bring Christ to India as to discover how the spirit of Christ is already present and active in the Hindu soul.”

Mother Theresa

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**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:



“ஆண்டவன் விட்ட வழி”  
“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 beastitudes, “Blessed are the poor in spirit...”

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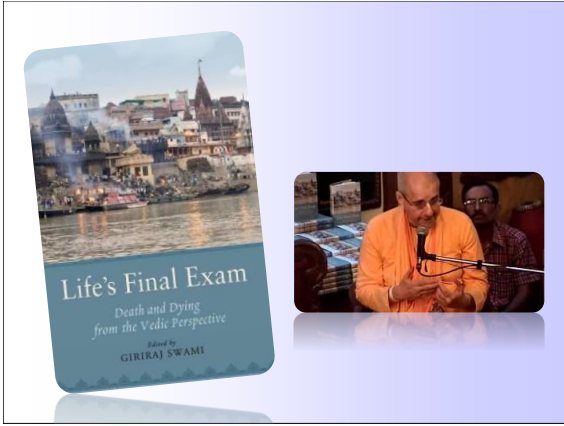
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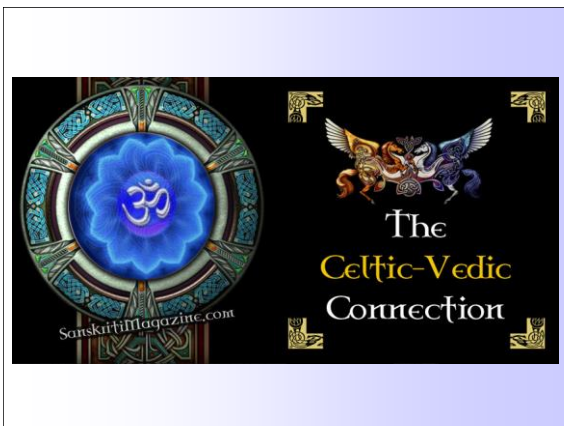
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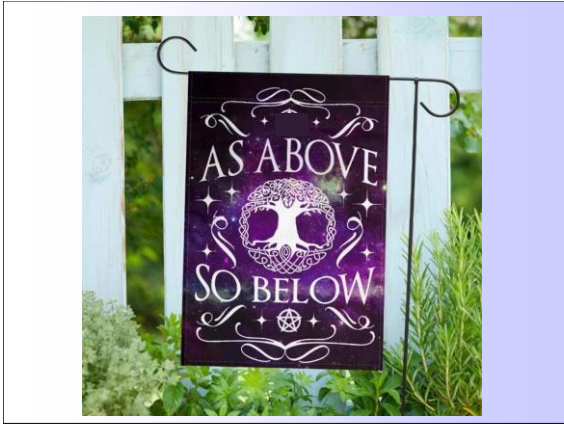
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### SPIRITUAL GUIDANCE FROM HINDUISM

#### ▶ Non-Dual Spirituality

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



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**NETHI - NETHI**

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**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"

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### Fr. Bede Griffith Video



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### RETURNING TO THE SOURCE



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### EXOTERIC RELIGION

**Emphasizes**

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



keithristich.com  
@practical\_mysticism

### 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)

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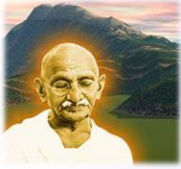
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### QUALITIES OF SPIRITUAL DIRECTION



- 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

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### The Margas

*Many Paths to the One...*



Devotion to God



Renunciation



Yoga - Body



Tantra

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### THE FOUR ASHRAMS



STUDENT



FOREST DWELLER



गृहस्थ काये गृहस्थि

HOUSEHOLDER



ELDER SAGE

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### SPIRITUAL GUIDANCE FROM HINDUISM

- Non-Dual Spirituality
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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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### SPIRITUAL GUIDANCE FROM HINDUISM

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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

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***Holding Your Experiences***



***In the Heart of Perfect Wisdom***

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***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...




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### 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, your are breathing Divine Light and with each exhale you are releasing the suffering.



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

Vedic Prayer

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### 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 companioning on the 'royal path' of suffering.




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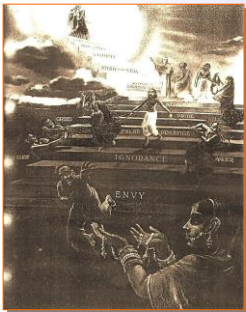
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### A HINDU 'ENNEAGRAM'



**Nine transcendental qualities lead to liberation**

**Nine demonic qualities lead to bondage**




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Sacred Art of  
Discernment Track



**MONTH FIVE: GUIDANCE FROM ISLAM**

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**ENNEAGRAM—  
THE FACE OF GOD**





Eileen Heaton

**AN INTER-SPIRITUAL TOOL  
FOR SELF KNOWLEDGE**

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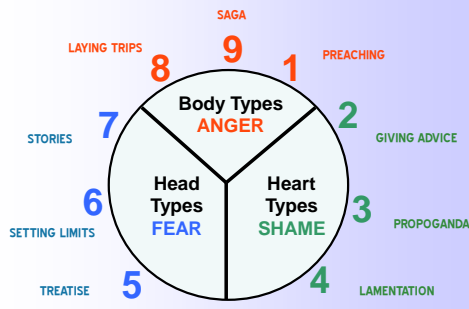
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**TALKING STYLES FOR EACH TYPE**



Body Types  
**ANGER**

Head Types  
**FEAR**

Heart Types  
**SHAME**

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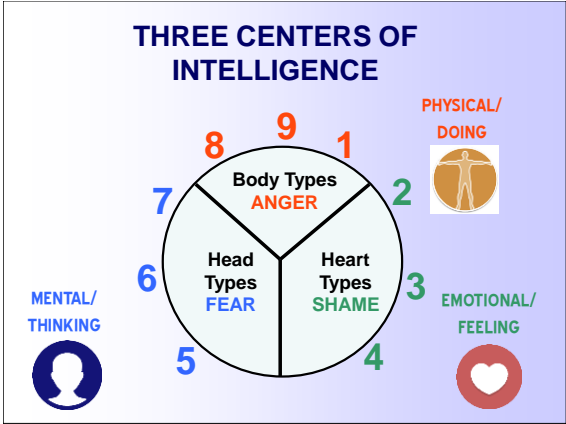
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## ENNEA-STYLE SEVEN

**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.

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## #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.




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## 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

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## 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.

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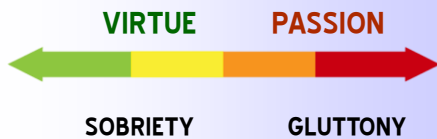
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## CONTINUUM OF TRAITS



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## 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

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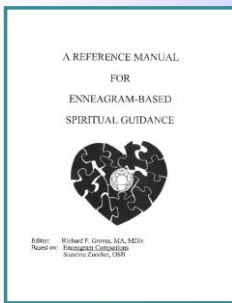
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## OUR GUIDE FOR THE ENNEAGRAM IN SPIRITUAL DIRECTION



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## 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

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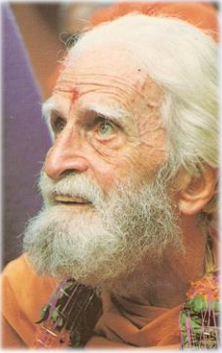
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**OM  
SACCINDANDAYA  
NAMA**

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***Holding Your Experiences***



***In the Heart of Perfect Wisdom***

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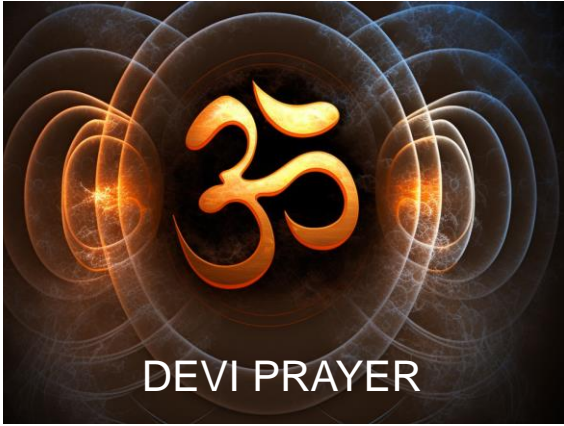
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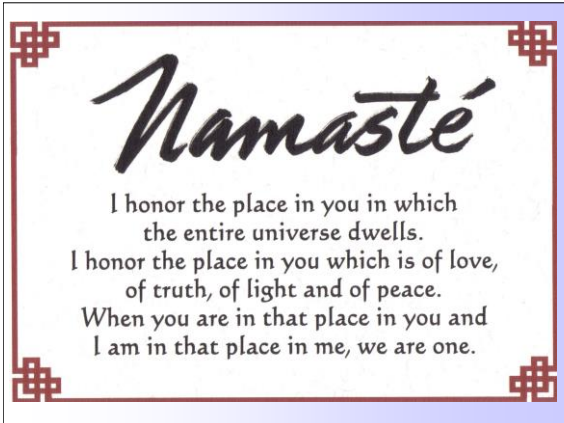
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