

Month Nine |

Syllabus

ART OF SPIRITUAL DISCERNMENT ON-LINE MEDIA & READING ASSIGNMENTS

MONTH NINE: INTEGRATION

Download Month Nine Reflection Questions from Website

SPIRITUAL TRADITION: The Inclusive Anamcara Tradition

Audio CD: "Celtic Perspectives on the End of Life," Mary Groves

Assignment: After listening/viewing/reading this month's selections, create time to engage in a journal meditation where you can welcome a dialogue with your own death. This is not a morbid exercise but an opportunity for you to 'peer across the threshold' as a way of welcoming mystery and the inevitable future. The exercise is a quintessential Celtic pilgrimage meditation... one worth engaging with as we come to the end of this part of our Anamcara journey.

FOUNDATIONS FOR SPIRITUAL DISCERNMENT

Reading: Care of Mind, Care of Spirit, Gerald May, chapter 9, Integration: Towards Care for Soul, pp. 199-219.

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 CDs: [1] 02 - "Creative Non Action," Jack Kennedy [2] 03 - "Holding Your Experience" Meditation," Jack Kennedy

Assignment: Consider each of the three quotes taken from Kennedy's talk. Choose one area that you feel drawn to and take it to prayerful reflection... capture your thoughts and any further questions in your journal. Reflection: Create an appropriate time and space to listen to the recorded meditation that Jack facilitates. Consider what it is like to reflect on your experience afterwards.