

Sacred Art of
Discernment Track

MONTH THREE: VISION



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- **SPIRITUAL TRADITION**
– Discernment in the Catholic Tradition
- **CLINICAL FOUNDATIONS**
– Forms and Experiences in Spiritual Direction
- **DISCERNMENT-IN-PRACTICE**
– Healing our Images of God

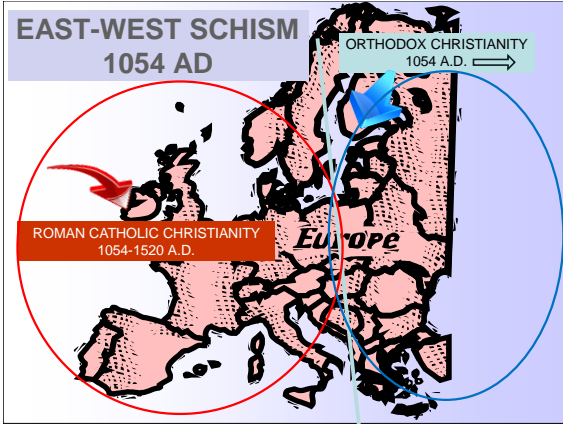


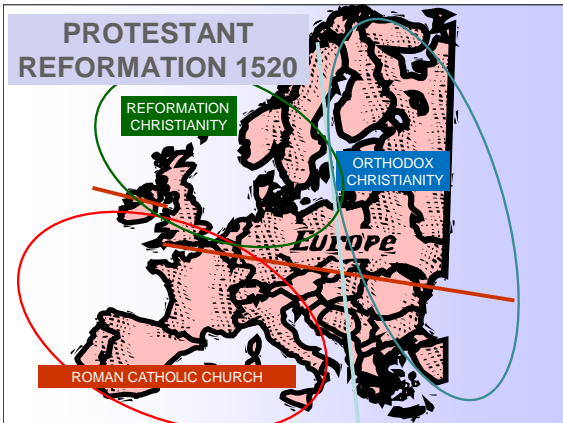
WISDOM FROM CATHOLIC CHRISTIANITY

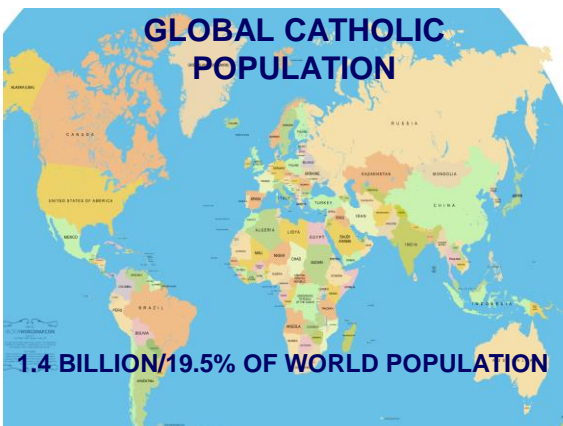
➡ “Catholic” tradition of Spiritual Diversity

- Trusting personal Spiritual Authority/Experience
- Spiritual Discernment in Everyday Life








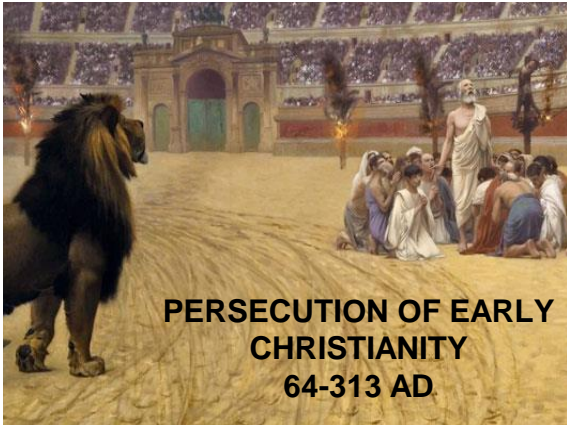


What does the word "Catholic" mean?

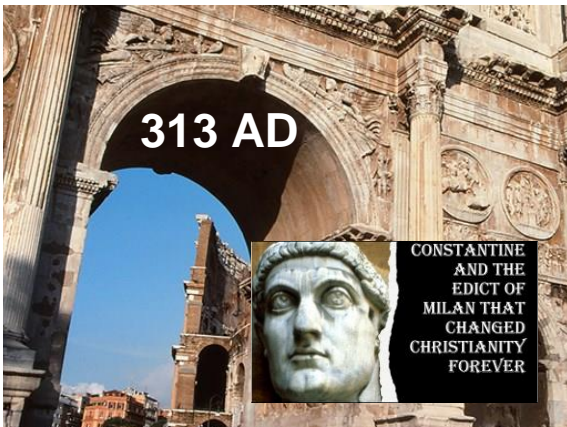
KATHOLIKOS
UNIVERSAL

110 AD





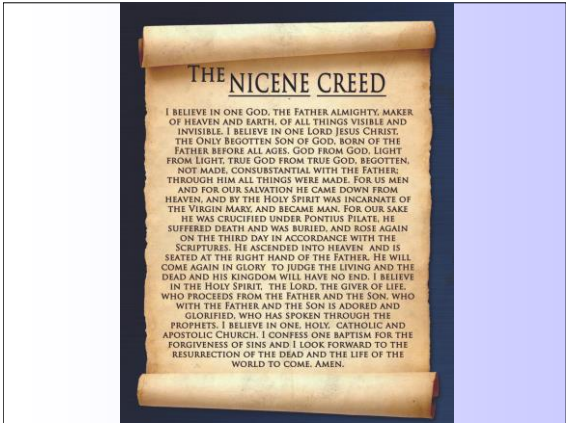
PERSECUTION OF EARLY
CHRISTIANITY
64-313 AD

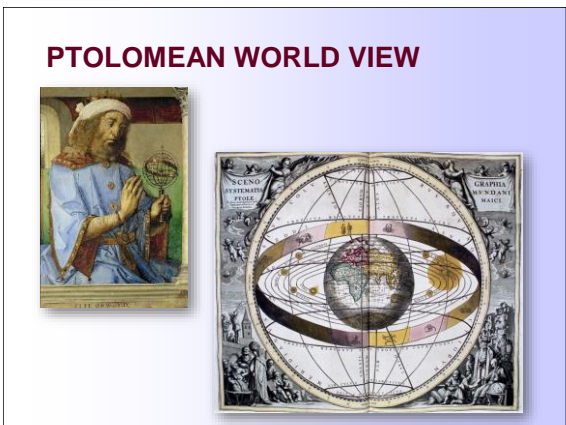


313 AD

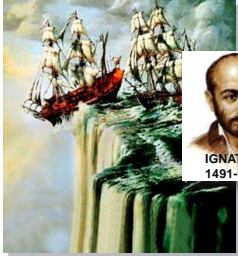
CONSTANTINE
AND THE
EDICT OF
MILAN THAT
CHANGED
CHRISTIANITY
FOREVER



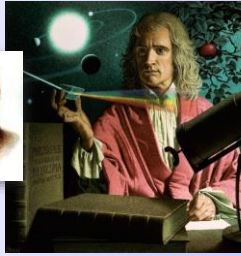




SHIFTING WORLD VIEWS



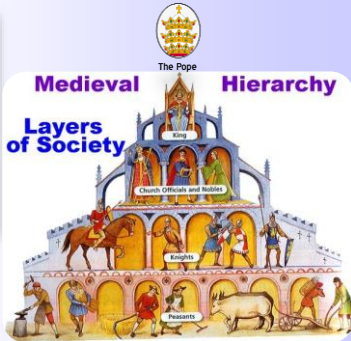
IGNATIUS
1491-1556

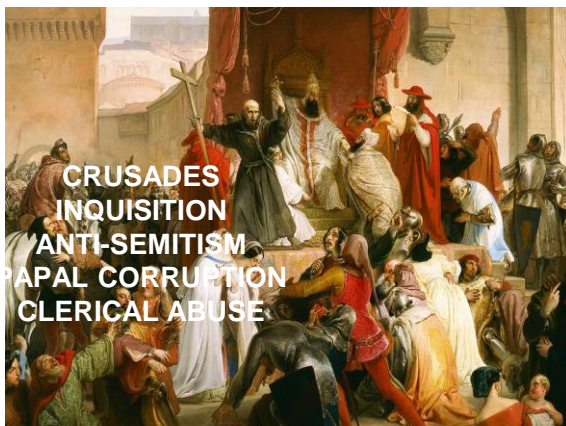


Newtonian Science

“World is Flat”

PTOLOMEAN RELIGION





CRUSADES
INQUISITION
ANTI-SEMITISM
PAPAL CORRUPTION
CLERICAL ABUSE



THE BEATITUDES

Blessed are the poor
Blessed are the merciful
Blessed are the grieving
Blessed are the meek
Blessed are the peacemakers

HIGHLIGHTS OF SPIRITUAL DISCERNMENT IN THE CATHOLIC TRADITION

	MONASTIC	St. Benedict 6 th c.	Rule of Life/Holy Listening
	MYSTICAL	Hildegard/Eckart 11-13 th c	Emphasis on Experience
	IBERIAN	John of Cross/ Teresa of Avila 15 th c	The Apophatic Way
	PSYCHO-SPIRITUAL	Ignatius of Loyola 16 th c.	The Spiritual Exercises

KATAPHATIC VS. APOPHATIC SPIRITUALITY

Catholicism distinguishes between two different approaches to spirituality:

APOPHATIC, or so-called "negative" spiritual practices stress interiority, "imageless-ness" and "wordlessness."

KATAPHATIC, or "positive" spirituality is image-driven and uses concrete analogies in relating to God.

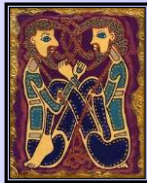



WISDOM FROM CATHOLIC CHRISTIANITY

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SPIRITUAL DIRECTION GUIDE OF SOULS



Listen, support, challenge, prescribe...

THE SUPREMACY OF PERSONAL CONSCIENCE



THOMAS AQUINAS 13TH c



JOHN HENRY NEWMAN 19TH c


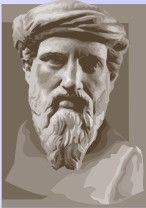
**MYSTICISM
MYSTERY
MYTH**



Trusting **YOUR** Experience
of **THE DIVINE**




MYSTIC

“TO CLOSE MY EYES AND LIPS”

**MYSTICISM
FOR THE SURVIVAL OF THE WORLD**



**“The future of religion in the 21st century
will be mystical or not at all.”** K Rahner

SEEKING COMMON GROUND



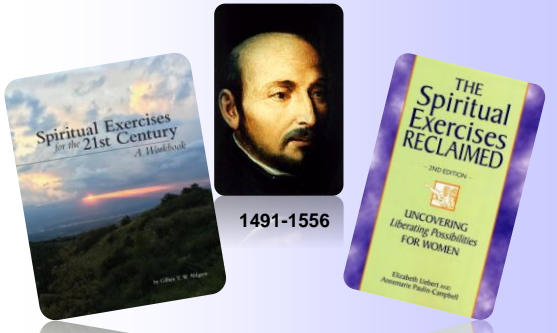
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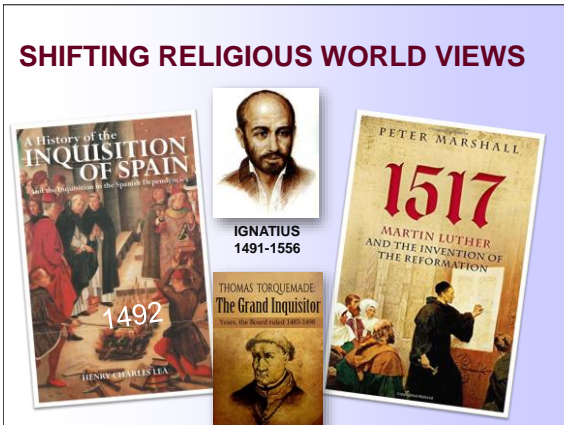


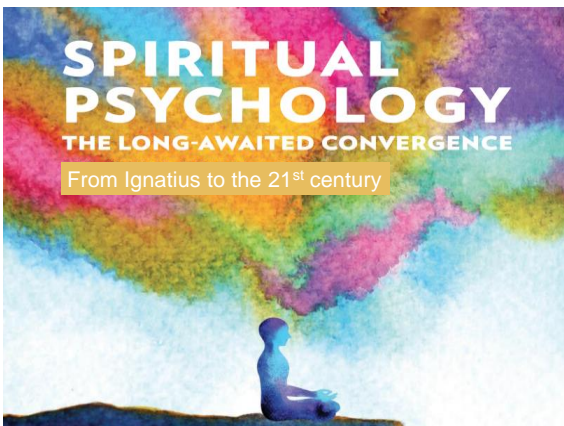
SPIRITUAL EXERCISES

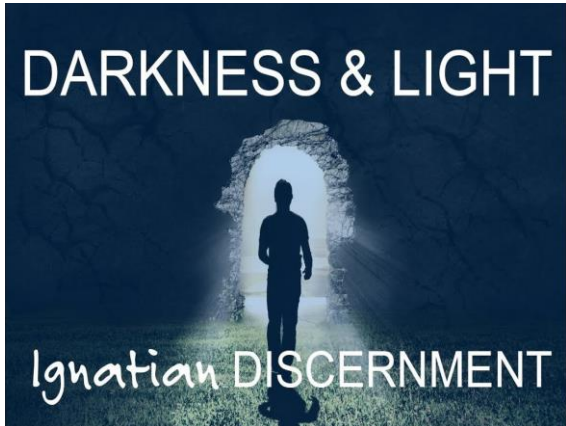
Ignatius of Loyola

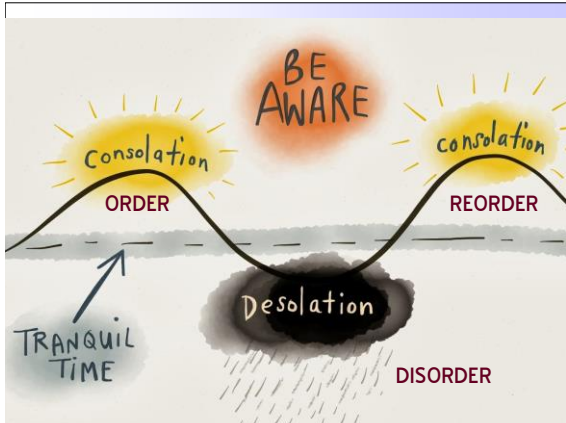




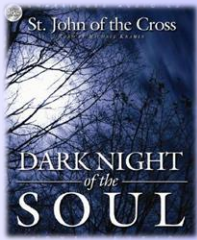








TESTING SPIRITS

Both consolation and desolation can produce growth...
 Don't be too quick to judge either
 The wise spiritual guide trusts the fruit of both

SPIRITUAL EXERCISES

RULES WHEN MAKING MAJOR LIFE DECISIONS

- 1) At the level of Will, no hesitation is possible...
'You cannot say NO to your decision'
- 2) When there is freedom, light and peace in spite of all Consolation and Desolation
- 3) Never change a decision in desolation that you made in consolation

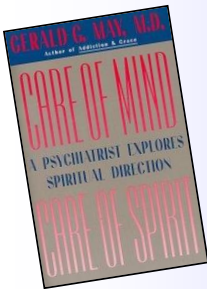


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THE ROLE OF AWARENESS IN SPIRITUAL DIRECTION



CONTENT VS. CONTAINER

"We have awareness but a larger Awareness ultimately 'has' us..."

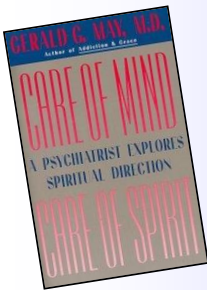
A 'RULE' FOR SPIRITUAL GUIDES

"Only one who practices regular silence and experiences the peace that is beyond all understanding can diagnose the spiritual malady of another..."



Otherwise he may as well try to describe colors to a blind person."

DISCERNING EXPERIENCE



IMPORTANT CAVEATS!

- When is an experience of 'God'...
- When it is not of 'Spirit' ...
 - Is it from my ego-self
 - Is it being influenced by something outside of myself that is evil

FREEDOM

UNFREEDOM

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OUR LONGING



FEAR & RESISTANCE



DIVINE LONGING



EVIL



IGNATIAN DISTINCTION



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IMAGES OF LOVE/GOD

“All images are incomplete”



Can you surrender to who God is and who God isn't?

Hildegard of Bingen




MY SPIRITUAL HISTORY

Using the 'stepping stones process,' trace back your personal history of the most influential [positive and negative] images of God.*

*Use the concepts that respect your personal language/beliefs [e.g. Divine, Spirit, One, etc.]



- Pay attention to whether you carry any experiences of toxic shame from the past. Which images lead you to greater peace and freedom.



SEVEN STEP REFLECTION: MY IMAGE OF GOD

GUARDIAN ANGEL	Age 1-7/Protector/Emotional Comfort
JESUS	Age 8-12/Sacrament/Need to please
HEAD OF CHURCH	Age 13-18/Father Figure/Scrupulosity
HIGH PRIEST	Age 19-29/Law Giver/Inner Tension
BELOVED	Age 30-59/Lover/Self Acceptance
COMPANION	Age 60-70/Comforter/Healing
PEACEMAKER	Age 71-/Grace/Reconciler

FR. THOMAS KEATING 1923-2018

"Silence is God's language
Everything else is a poor translation."

Keating Video



TOOL FOR SELF KNOWLEDGE



**EVAGRIUS PONTICUS
OF SYRIA**



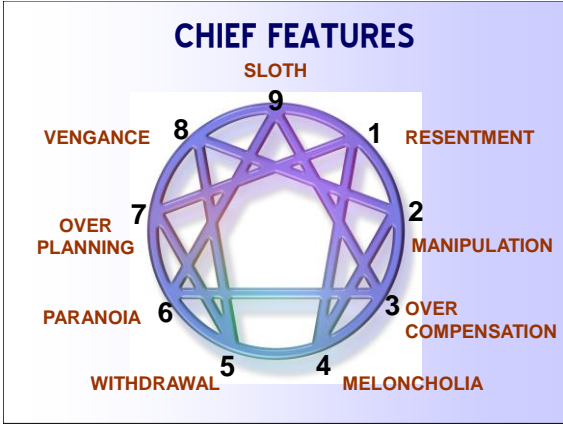
**RAYMOND LULL
OF SPAIN**

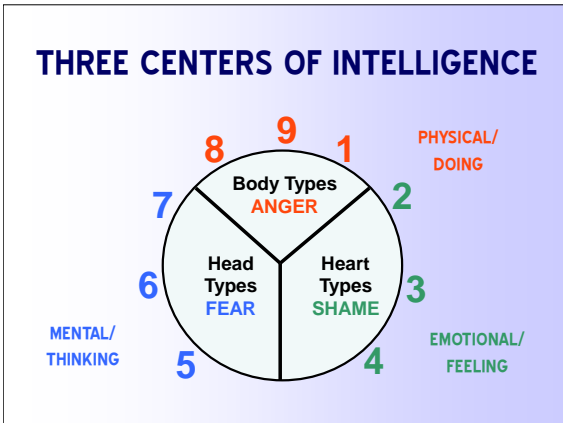
**ENNEAGRAM—
THE FACE OF GOD**




Eileen Heaton

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








ENNEA-STYLE THREE

PERFORMER
ACHIEVER
SUCCEEDER

Denying their interior world, E3s organize their lives to appear successful in their endeavors and charming in their relationships to gain respect and admiration, if not love.

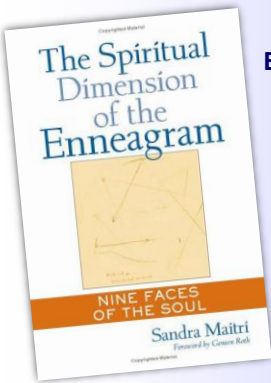




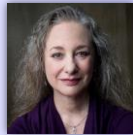
AVOIDANCE

Our rejected experiences manifest symptomatically and become an underlying discord expressing itself in everything we do.

**ENNEA-STYLE 3:
FAILURE
AUTHENTIC FEELINGS
BEING INSTEAD OF DOING**



ENNEA-TYPE THREE: EGO VANITY CHAPTER 4



Sandra Maitri



EGO VANITY

Vanity make Threes believe that they are what they make themselves to be.

“I create and (therefore) become my own self image.”

—Sandra Maitri



IDEALIZATION

Our Idealization is the part of our ego-structure that we use to keep what we deem unacceptable from being seen



I AM SUCCESSFUL

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CONTINUUM OF TRAITS



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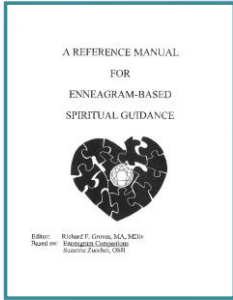
CLOSING INTENTION

May I move towards my own suffering and the suffering of others with peaceful and attentive confidence.

May I recall the essential nature of Compassion and have my hands in instant readiness for Right Action, responding with wise and calm engagement.

—Joan Halifax

OUR GUIDE FOR THE ENNEAGRAM IN SPIRITUAL DIRECTION



MY SPIRITUAL HISTORY



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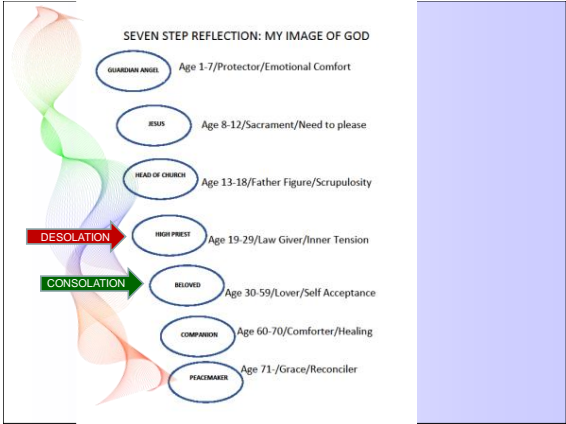
- Pay attention to whether you carry any experiences of toxic shame from the past. Which images lead you to greater peace and freedom.




SACRED QUESTION FOR SPIRITUAL DISCERNMENT

- Where might you experience areas of toxic shame related to 'incomplete' images of 'God'?
- What images of 'God' lead you to greater freedom and peace?





 **ANAMCARA MONTHLY PRACTICE**

Create an intentional space for silence before considering and journaling about one of the following (which you will share with your AC companion in the month ahead)...

- 1) Identify a significant area of consolation or desolation in your life at this time.
- 2) Using your personal spiritual history, consider the images of God that lead you to greater peace and freedom.
- 3) How/might the concept of 'God's Project' vs. 'God's Plan' speak to you?

BRINGING AREAS OF DARKNESS INTO LIGHT

- **AREAS OF RESISTANCE OR PSYCHOLOGICAL AND EMOTIONAL BLOCKS**



BRINGING AREAS OF DARKNESS INTO LIGHT

- AREAS OF WOUNDEDNESS ... LIFE STRUGGLES AND ADDICTIONS



Monthly Assignments

- Spend time with online Month 3 Assignments
- Work with your Anamcara Monthly Practice
- Return to the 7-Step Image of God exercise
- Consider your contemplative practice
- Meet with your assigned companion
- Submit Reflection Paper no later than Saturday, December 2
- Watch online pre-webinar video (for Month 4)
- Attend entire Webinar on December 9

NADA TE TURBE



- Nada te turbe
Let no-thing disturb you
- Nada te espante
Let no one bother you
- Quien a Dios tiene
Whoever is possessed by the Beloved
- Nada le falta
Will lack no-thing

