

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

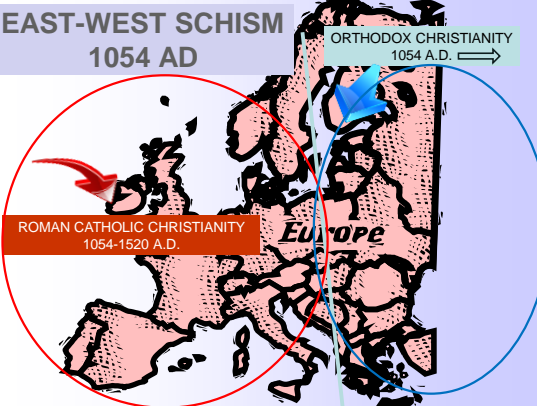


WISDOM FROM CATHOLIC CHRISTIANITY

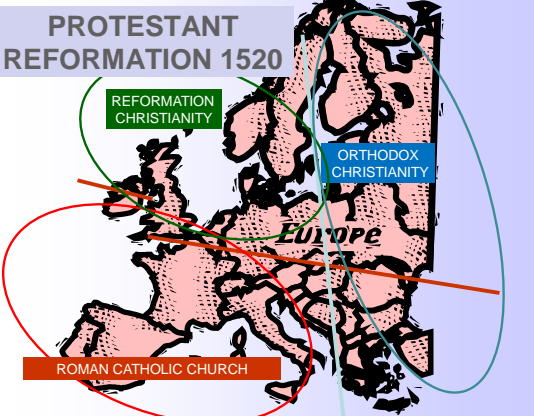
- ➔ “Catholic” tradition of Spiritual Diversity
- Trusting personal Spiritual Authority/Experience
- Spiritual Discernment in Everyday Life



EAST-WEST SCHISM 1054 AD



PROTESTANT REFORMATION 1520




GLOBAL CATHOLIC POPULATION



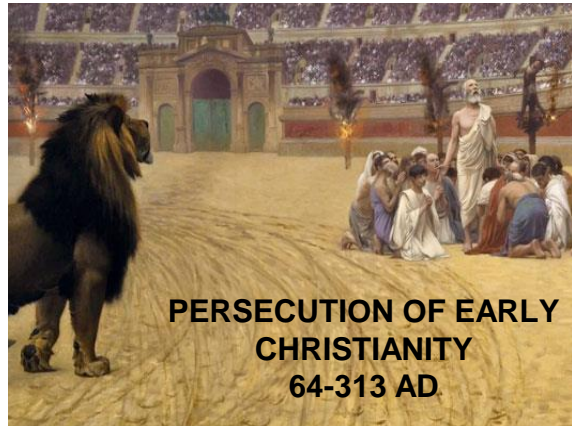
1.4 BILLION/19.5% OF WORLD POPULATION

What does the word "Catholic" mean?

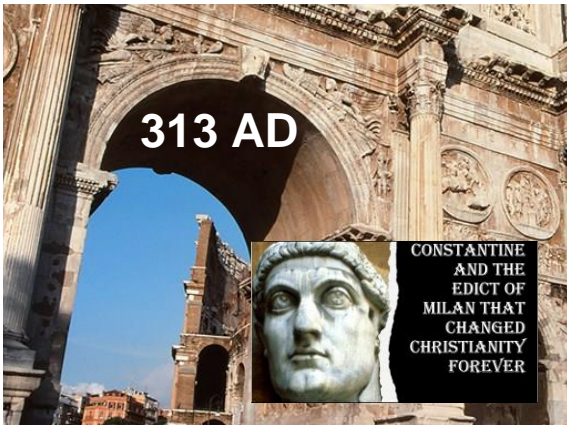
KATHOLIKOS
UNIVERSAL



110 AD



PERSECUTION OF EARLY
CHRISTIANITY
64-313 AD



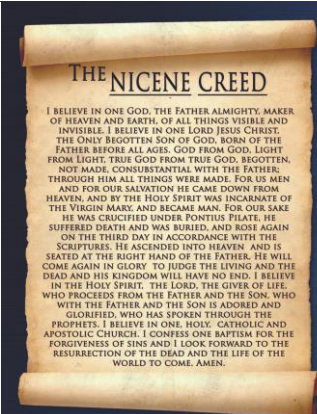
313 AD

CONSTANTINE
AND THE
EDICT OF
MILAN THAT
CHANGED
CHRISTIANITY
FOREVER



CONCILIUM
NICANVM



325 AD
COUNCIL OF NICAEEA



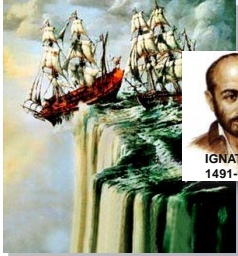
THE NICENE CREED

I BELIEVE IN ONE GOD, THE FATHER ALMIGHTY, MAKER OF HEAVEN AND EARTH, OF ALL THINGS VISIBLE AND INVISIBLE. I BELIEVE IN ONE LORD JESUS CHRIST, THE ONLY BEGOTTEN SON OF GOD, BORN OF THE FATHER BEFORE ALL AGES, GOD FROM GOD, LIGHT FROM LIGHT, TRUE GOD FROM TRUE GOD, BEGOTTEN, NOT MADE, CONSUBSTANTIAL WITH THE FATHER, AND FOR OUR SALVATION HE CAME DOWN FROM HEAVEN, AND BY THE HOLY SPIRIT WAS INCARNATE OF THE VIRGIN MARY, AND BECAME MAN. FOR OUR SAKE HE WAS CRUCIFIED UNDER PONTIUS PILATE. HE SUFFERED DEATH AND WAS BURIED, AND ROSE AGAIN ON THE THIRD DAY IN ACCORDANCE WITH THE SCRIPTURES. HE ASCENDED INTO HEAVEN, AND IS SEATED AT THE RIGHT HAND OF THE FATHER. HE WILL COME AGAIN IN GLORY TO JUDGE THE LIVING AND THE DEAD AND HIS KINGDOM WILL HAVE NO END. I BELIEVE IN THE HOLY SPIRIT, THE LORD, THE GIVER OF LIFE, WHO PROCEEDS FROM THE FATHER AND THE SON, WHO WITH THE FATHER AND THE SON IS ADORED AND GLORIFIED, WHO HAS SPOKEN THROUGH THE PROPHETS. I BELIEVE IN ONE, HOLY, CATHOLIC AND APOSTOLIC CHURCH. I CONFESS ONE BAPTISM FOR THE FORGIVENESS OF SINS AND I LOOK FORWARD TO THE RESURRECTION OF THE DEAD AND THE LIFE OF THE WORLD TO COME. AMEN.

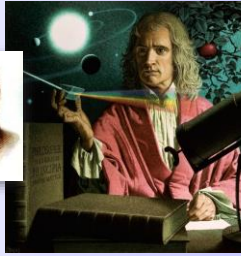
PTOLOMEAN WORLD VIEW

SHIFTING WORLD VIEWS



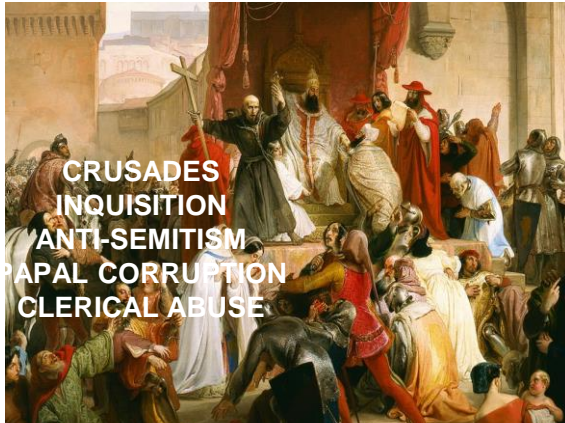
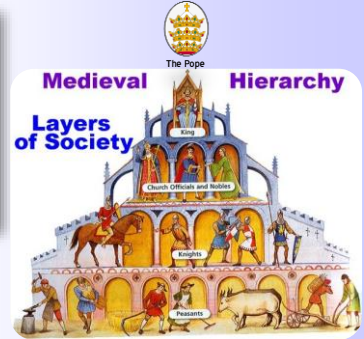
IGNATIUS
1491-1556



"World is Flat"

Newtonian Science

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 6th c. Rule of Life/Holy Listening



MYSTICAL
Hildegard/Eckart 11-13th c. Emphasis on Experience



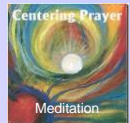
IBERIAN
John of Cross/
Teresa of Avila 15th c. The Apophatic Way



PSYCHO-SPIRITUAL
Ignatius of Loyola 16th 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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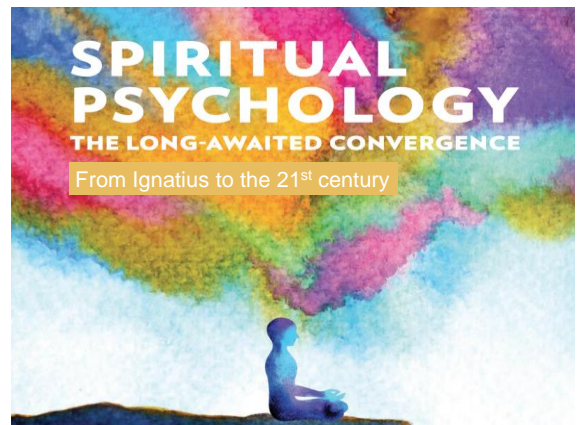
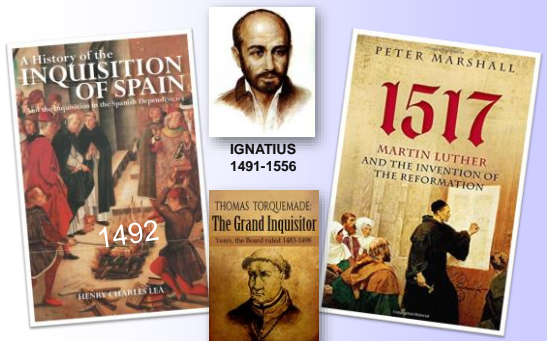


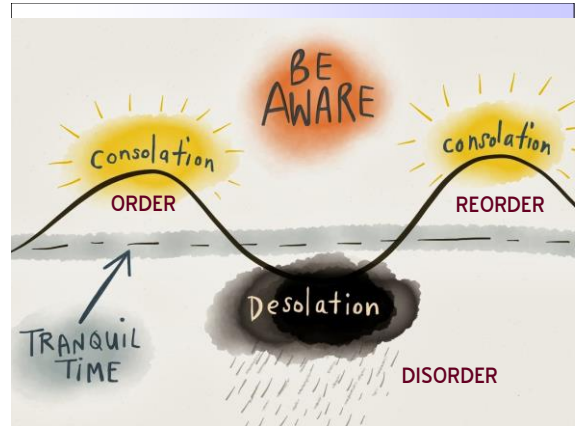
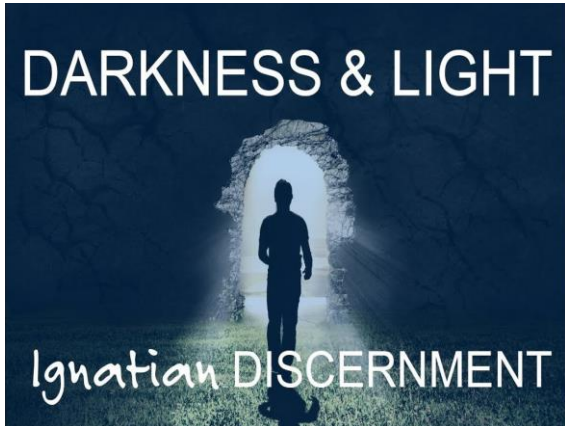
SPIRITUAL EXERCISES

Ignatius of Loyola

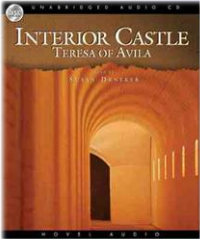


SHIFTING RELIGIOUS WORLD VIEWS





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

INTERNAL

OUR LONGING



FEAR & RESISTANCE



EXTERNAL

DIVINE LONGING



EVIL

IGNATIAN DISTINCTION



CO CREATIVE & DYNAMIC



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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

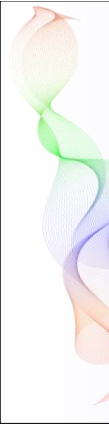
MY SPIRITUAL HISTORY

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
- YESUS 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



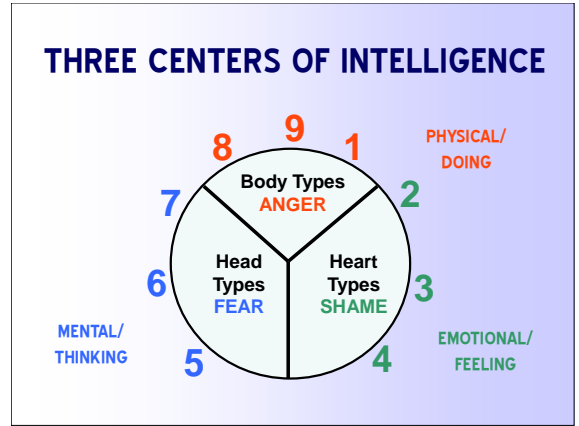
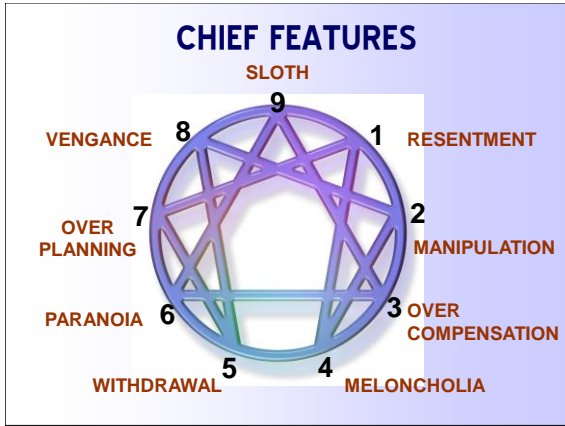
RAYMOND LULL
OF SPAIN

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


VIRTUE **PASSION**



TRUTHFULNESS **VANITY**

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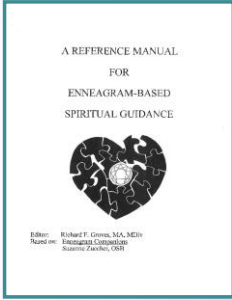
CLOSING INTENTION

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



A REFERENCE MANUAL
FOR
ENNEAGRAM-BASED
SPIRITUAL GUIDANCE

Editor: Richard T. Gross, M.A., M.Ed.
Based on: Enneagram Center for Sacred Art of Living, LLC



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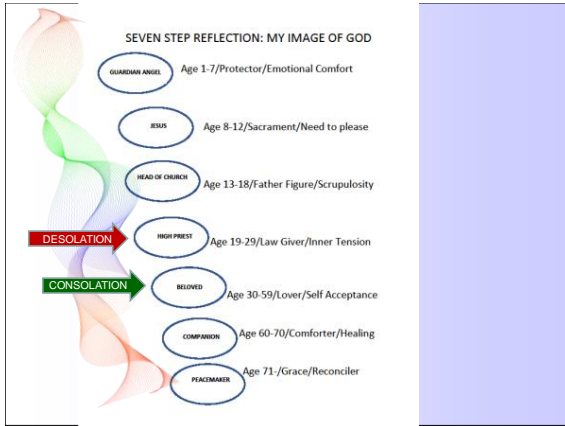
- Pay attention to whether you carry any experiences of toxic shame from the past. Which images lead you to greater peace and freedom.



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

