

ART OF SPIRITUAL DISCERNMENT: SUMMARY OF TRACK TEACHINGS & LESSONS

MONTH FIVE: GUIDANCE FROM ISLAM & SUFISM

Month Focus/ Spiritual Tradition	Content Highlights	Skills/ Enneagram Wisdom	Webinar Experience	Practicum for Month
<p>Month 5: <u>Encounter</u></p> <p>Focus Obedience in Spiritual Direction</p> <p>Spiritual Tradition: “Guidance from Islam and Sufism”</p>	<p>From Islam/Sufism: The notions of obedience and surrender</p> <p>From Gerald May: Desolation in psychotherapy and spiritual direction</p> <p>From Jack Kennedy: Naming your path</p>	<p>Skills: Enhancing the skills of self awareness and interior freedom</p> <p>Enneagram Wisdom: Exploring our relationship to authority and obedience</p>	<p>Dyad Experience: Peer Supervision experience</p>	<p>Tool: Recording a Verbatim</p> <p>Practice: -Spiritual Direction session with emphasis on the - Enneagram Heart Space/Type #6. Notice, record and explore relevant dynamics</p>