

ART OF SPIRITUAL DISCERNMENT: SUMMARY OF TRACK TEACHINGS & LESSONS

Month Focus/ Spiritual Tradition	Content Highlights	Skills/ Enneagram Wisdom	Webinar Experience	Practicum for Month
<p>Month 1: <u>Heritage</u></p> <p>Focus: Intro to Ministry & Practice of Spiritual Direction</p> <p>Spiritual Tradition: “Our Hebrew Roots”</p>	<p>From Judaism: The art of listening for our deepest questions</p> <p>From Gerald May: Exploring the distinction between counseling and spiritual direction</p> <p>From Jack Kennedy: Ignatian principles re: trusting our own affect and desire</p>	<p>Skills: -Articulating our personal <i>charism</i> in the call to be a spiritual director -Distinguishing between our deepest vs. strongest desires?</p> <p>Enneagram Wisdom: General Principles for the Heart Space for Spiritual Direction</p>	<p>Dyad Experience: Inviting a third eye of awareness or, ‘the holy listener’ regarding...</p> <p>[1] Our spiritual gifts [charisms] and [2] How to work consciously and proactively with our inner affective movements</p>	<p>Tool: Life Review inventory</p> <p>Practice: -Active Listening and Counter-transference -Spiritual Direction session with emphasis on the - Enneagram Heart Space/Type #2. Notice, record and explore relevant dynamics</p>
<p>Month 2: <u>Incarnation</u></p> <p>Focus: Trusting your Experiences of God</p> <p>Spiritual Tradition: “Wisdom from Eastern Christianity”</p>	<p>From Eastern Christianity: Historical forms of the spiritual direction relationship</p> <p>From Gerald May: The four universal spiritual forces</p> <p>From Jack Kennedy: Exploring the inner movements of freedom and un-freedom</p>	<p>Skills: Tapping into the wisdom that the language of “darkness and light” can offer as a tool for self awareness</p> <p>Enneagram Wisdom: Working with a person’s unconscious habits and recognizing patterns of speech in spiritual direction</p>	<p>Dyad Experience: The ‘Onomatos’ practice from the Eastern Orthodox tradition:</p> <p>[1] Employing the ‘inner observer’ in a spiritual direction meeting in order to... [2] Create an effective koan, sacred word, etc. for a directee</p>	<p>Tool: Onomatos Praxis</p> <p>Practice: -Exploring emotional distress as a catalyst for spiritual insight -Spiritual Direction session with emphasis on the Enneagram Heart Space/Type #3. Notice, record and explore relevant dynamics</p>
<p>Month 3: <u>Vision</u></p> <p>Focus: The Art and Practice of Discernment</p> <p>Spiritual Tradition: “Wisdom from the Catholic Tradition”</p>	<p>From the Catholic Tradition: Testing our images/ experiences of God</p> <p>From Gerald May: Exploring the limits of subjective spiritual experiences, dreams, etc.</p> <p>From Jack Kennedy: Testing healthy and unhealthy images of God, humanity and sexuality</p>	<p>Skills: How to pay attention to and evaluate the ‘fruit’ of our experiences ?</p> <p>Enneagram Wisdom: Balancing the liabilities and strengths of our personality both as director and directee</p>	<p>Dyad Experience: How to pay attention to the movement of spirit through your experience</p>	<p>Tool: Spiritual History</p> <p>Practice: -Paying attention to beliefs that result from toxic shame and guilt -Spiritual Direction session with emphasis on the Enneagram Heart Space/Type #4. Notice, record and explore relevant dynamics</p>

<p>Month 4: <u>Mind</u></p> <p>Focus: Spirituality and Psychodynamics</p> <p>Spiritual Tradition: "Native Spirituality for Today"</p>	<p>From Native Spirituality: Exploring encounters with evil</p> <p>From Gerald May:</p> <p>From Jack Kennedy:</p>	<p>Skills:</p> <p>Enneagram Wisdom:</p>	<p>Dyad Experience:</p>	<p>Tool: Potlach Ritual</p> <p>Practice: -Spiritual Direction session with emphasis on the - Enneagram Heart Space/Type #4. Notice, record and explore relevant dynamics</p>
<p>Month 5: <u>Encounter</u></p> <p>Focus: Human Responses to Deeper Challenges</p> <p>Spiritual Tradition: "Guidance from Islam and Sufism"</p>	<p>From Islam/Sufism:</p> <p>From Gerald May:</p> <p>From Jack Kennedy:</p>	<p>Skills:</p> <p>Enneagram Wisdom:</p>	<p>Dyad Experience:</p>	<p>Tool: Verbatim Report</p> <p>Practice: -Spiritual Direction session with emphasis on the - Enneagram Heart Space/Type #5. Notice, record and explore relevant dynamics</p>
<p>Month 6: <u>Relationship</u></p> <p>Focus: Interpersonal Dynamics in Spiritual Direction</p> <p>Spiritual Tradition: "Insights from Reformation Christianity"</p>	<p>From Reformation Christianity: Different types of helping relationships</p> <p>From Gerald May:</p> <p>From Jack Kennedy:</p>	<p>Skills:</p> <p>Enneagram Wisdom:</p>	<p>Dyad Experience:</p>	<p>Tool: Prescriptive Visualization</p> <p>Practice: -Spiritual Direction session with emphasis on the - Enneagram Heart Space/Type #6. Notice, record and explore relevant dynamics</p>
<p>Month 7: <u>Disorder</u></p> <p>Focus: Psychiatric Syndromes</p> <p>Spiritual Tradition: "Perennial Blessings from Hinduism"</p>	<p>From Hinduism: Different types of helping relationships</p> <p>From Gerald May:</p> <p>From Jack Kennedy:</p>	<p>Skills:</p> <p>Enneagram Wisdom:</p>	<p>Dyad Experience:</p>	<p>Tool: Spiritual Health Assessment</p> <p>Practice: -Spiritual Direction session with emphasis on the - Enneagram Heart Space/Type #7. Notice, record and explore relevant dynamics</p>

<p>Month 8: <u>Collegiality</u></p> <p>Focus: Referral, Consultation and Collaboration</p> <p>Spiritual Tradition: Buddhism and the Nature of Suffering</p>	<p>From Buddhism:</p> <p>From Gerald May:</p> <p>From Jack Kennedy:</p>	<p>Skills:</p> <p>Enneagram Wisdom:</p>	<p>Dyad Experience:</p>	<p>Tool: Supervision Session</p> <p>Practice: -Spiritual Direction session with emphasis on the - Enneagram Heart Space/Type #8. Notice, record and explore relevant dynamics</p>
<p>Month 9: <u>Integration</u></p> <p>Focus: Towards care for soul</p> <p>Spiritual Tradition: Wisdom from the Chinese and Japanese Wisdom</p>	<p>From Asian Spiritualities:</p> <p>From Gerald May:</p> <p>From Jack Kennedy:</p>	<p>Skills: Harvesting and presenting the learnings from ASD track</p> <p>Enneagram Wisdom: Apprentice presentations!</p>	<p>Dyad Experience:</p>	<p>Tool: Story Catching</p> <p>Practice: -Spiritual Direction session with emphasis on the - Enneagram Heart Space/Type #9. Notice, record and explore relevant dynamics</p>