



Welcome to THE SPIRITUAL EXERCISES in Daily Life Track for 2025-26,

We are very much looking forward to journeying with you in this special workshop-retreat experience for the coming year. We will be 34 participants from the US, Canada and Ireland. Ignatian spirituality has been described as a journey of discovering the Presence of the Divine in both the big and everyday decisions of life. Created over five hundred years ago by Ignatius of Loyola, a Basque mystic, these practices offer a timeless opportunity to embark on a profound inner journey of self-awareness and renewed relationship with sacred mystery.

The ultimate purpose of **The Spiritual Exercises** is about gaining spiritual freedom which involves our whole person—including the biological and emotional dimensions of our selves as well as our deepest soul self. The genius of Ignatius is that we can ultimately discover the freedom NOT to have to get rid of our unfreedoms. In this sense, The Exercises are being recovered in our time as a brilliant tool that bridges the worlds of psychology and spirituality. Ignatius is a mentor for our times who recognized that in every spiritual journey there come moments when who you are becoming has outgrown who you used to be. The Exercises are entirely about these threshold moments of change which can be at the same time-- both exhilarating and uncomfortable. We hope that these tools and insights will be useful for the rest of your life. No wonder they are being translated for today's seeker, regardless of religious or cultural background. Whether you are new to the Ignatian spiritual tradition or seeking to deepen your existing practice, this track will provide you with a creative supportive and interactive learning environment.

The original intent of the exercises was to experience them in an intensive 30-Day Retreat environment. Our track will explore the same themes over a ten-month journey. Sacred Art of Living has also created a unique approach to Ignatian Spirituality by coupling The Exercises with the unique wisdom of the Enneagram. Some of the great interfaith mystical schools of the Enneagram actually emerged from the same Iberian landscape as Ignatius. While exploring both our gifts and addictions, our hope is that you will discover a profound sense of deep freedom that will influence the rest of your spiritual life. A few highlights of our journey will include:

- A variety of daily insights and practices that can be translated for any schedule or lifestyle
- Weekly connection with a fellow spiritual companion for mutual support
- Monthly webinar classes with insights from skilled mentors in the Ignatian tradition
- A special website with online video, audio and written teachings on **The Spiritual Exercises**
- The chance to interface regularly with your track mentors through their personalized feedback on your monthly reflection paper
- Supportive practices from different world spiritual traditions that complement The Exercises
- Options for designing the exercises that support the rhythm of your life and personality
- Learning the gift of a daily "Examen of Consciousness" that attunes us to the working of Divine Presence in all of the particular choices of daily life
- Weekly pre-recorded lessons by a valuable mentor and Ignatian Master, Jack Kennedy.

In preparation for our time together, we will invite you to 'warm up' by reading a couple of attached reflections. Soon you will be receiving information and a password to access **The Spiritual Exercises** website. In the meantime, please also take a close look at the attached **IMPORTANT DATES** document and note that we will have a special webinar session on Saturday, September 6 as an orientation for the year. Many of you have chosen this track because you have been part of the **Becoming Anamcara** apprenticeship. Some of your fellow participants will be joining our anamcara study for the first time. Our opening webinar will ground us all in the same *anamcara* (soul friendship) wisdom tradition.

Finally, about ten members of our track will also be studying parallel materials in order to become certified as Spiritual Directors. Those of you in this category will be receiving additional communication before the study track begins in September.

All webinar meetings will take place on the zoom format and you will receive invitations for each session in advance of the meeting via email. In order to make sure communications go smoothly, please double check your email and phone contact information on the attached spreadsheet. This information will not be shared with anyone outside of our track group but we will need to have each others' contact information as small group work will be involved throughout the year.

Finally, please send a personal email reply to Maryhelen Zabas, our study track coordinator: maryhelen@sacredartofliving.org with the best guess of your Ennea-type. If you are unfamiliar with this tool, please let us know that as well. And if there is an error in your contact information, please let her know that at the same time. **PLEASE forward your reply by Friday, September 22.**

**With our gratitude,
Your Study Track Mentors,
Richard Groves and Martina Breen**

P.S. We are grateful that Joe Richter is well enough to offer IT and website tech support for our group.