

MOVEMENT THREE: WEEK FIVE
DAILY EXERCISES
ENNEAGRAM & DISCERNMENT

This week we will have an opportunity to dive more deeply into how our personalities influence our life's discernment choices. Ignatian spirituality deeply influences our personality by fostering reflective, self-awareness, and then encourages action-oriented responses to the suffering of the world. Through enhanced discernment, The Exercises (and the Enneagram) shape, encourage, and develops traits of interior freedom, compassion, critical thinking and a commitment to the MAGIS, that is, service (being "men and women for others.")

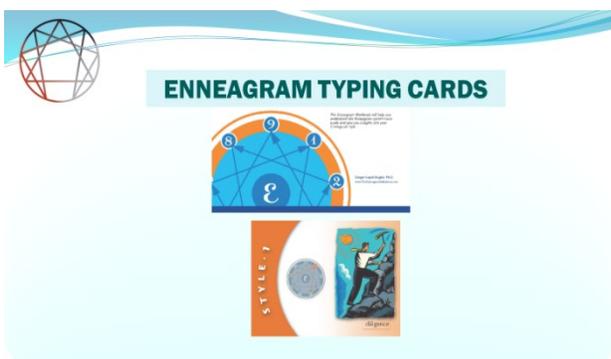
This week offers daily exercises to prepare us for an intensive workshop on Friday/Saturday 13-14 February. In order to prepare for the workshop, each day offers an exercise to support your full participation and learning.

By way of historical context, most developments in the spirituality of what we call the Enneagram today took place on the Iberian Peninsula from the 11th to the 15th centuries. Influenced by Jewish Mysticism (Maimonides/Kabbalah), Sufi Mysticism (Rumi) and Christian Mysticism (Teresa of Avila and John of the Cross), the Enneagram had come to full bloom by the time of Ignatius (born in 1491). Spiritual writers today are discovering the parallels between the rules for discernment in The Exercises and the Enneagram. This week is the mid-point of our track and a good time to explore these relationships. Of particular interest will be learning about the various style of prayer and contemplation that complement our unique personalities.

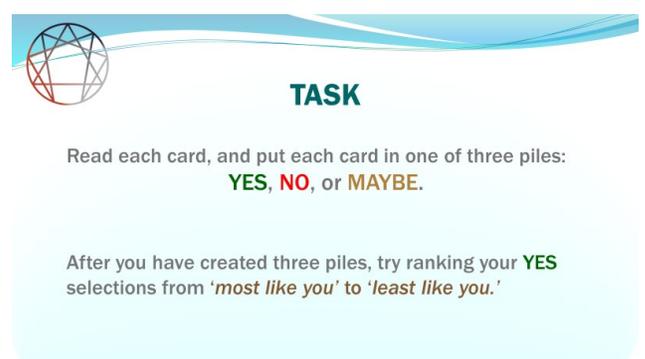
Focus this week on the various recommendations related to the interface between the Enneagram and The Exercises.

DAY ONE (SUNDAY) FEBRUARY 8
EXERCISE: FOCUS ON INTENTION
ENNEAGRAM PERSONALITY TEST #1

Download and print a set of Enneagram Typing Cards that will be emailed to you; note they have a front and back for each of the nine types. Follow the instructions below to discern your most to least likely Ennea-type. Even if you have been certain of your type, use this as an opportunity for fresh discernment. When you have determined your most likely YES choices, consider using one of the three questions on the back of the card as a starting point for creating an Intention for the Day focused on noticing (not judging!) your natural inclination of being in the world.



The graphic features a blue header with a white Enneagram symbol on the left. Below the header, the text "ENNEAGRAM TYPING CARDS" is displayed in a light blue box. Underneath, there are three images: a circular diagram of the Enneagram with numbers 1-9 and letters A, S, I, and a book cover titled "STYLE 7" with a figure on the cover.



The graphic features a blue header with a white Enneagram symbol on the left. Below the header, the text "TASK" is displayed in a light blue box. Underneath, the text reads: "Read each card, and put each card in one of three piles: YES, NO, or MAYBE." followed by "After you have created three piles, try ranking your YES selections from 'most like you' to 'least like you.'"

DAY TWO (MONDAY) FEBRUARY 9
EXERCISE: FOCUS ON A MID DAY REFLECTION

For the next three days we will be referencing the Manual for Enneagram Based Spiritual Guidance which is on The Exercises website, document E#9. Locate the pages in the manual that offer a summary of the tendencies, motivations and habits for directees and directors in the Spiritual Direction. Consider both the general information for your Triad and the particular insights for your specific Type.

HEART SPACE TRIAD (#2-3-4), pp. 1-6

HEAD TRIAD (#5-6-7), pp. 10-13

GUT TRIAD (#8-9-1), pp. 19-22

Reflect on any of the unconscious habits that name a potential area of 'blindness' you are aware of. Once having named it, notice throughout your morning and especially at mid day whether and how such unconscious behaviors show up in your daily experiences. Just notice do NOT judge!

DAY THREE (TUESDAY) FEBRUARY 10
EXERCISE: FOCUS ON YOUR ENNEA-STYLE

Return to the Manual for Enneagram Based Spiritual Guidance and turn to the section that describes the SPIRITUAL FOCUS of your particular type. You might consider the two lists of issues for your type SINFULMESS—or better, WEAKNESS) to PRAY THROUGH and GIFTEDNESS TO REJOICE IN. Then, as a focus for your morning devotional time, consider which of the RECOMMENDATIONS most speaks to you today. Consider how you might practically carry that intention with you for the day.

TYPE #2, p. 7

TYPE #5, p. 14

TYPE #8, p. 23

TYPE #3, p. 8

TYPE #6, p. 15

TYPE #9, p. 24

TYPE #4, p. 9

TYPE #7, p. 16

TYPE #1, p. 25

DAY FOUR (WEDNESDAY) FEBRUARY 11
EXERCISE: FOCUS ON THE END OF THE DAY EXAMEN

See how/if you are able to return to insights about how your personality influences your daily and large life decisions. Renew your intention to become more aware of how WHO you are influences ID QUOD VOLO (that which you most deeply desire). Finally give thanks that your deepest desires have their origin in a Divine Source.

DAY FIVE (THURSDAY) FEBRUARY 12
EXERCISE: RETURNING TO YOUR ESSENCE

We recommend that, as a complement to the Enneagram Typing Card exercise you took at the beginning of the week, you take an additional 'test' to consider other possible types that are sometimes overlooked. Please paste this link into a URL for a free on-line test before our Spirit of the Enneagram workshop:

<https://www.eclecticenergies.com/enneagram/test>

We recommend taking the "Classical Enneagram Test" at least two or three times while you are in varying emotional, intellectual, and physical states. Please bring your Typing Card results to the workshop together with the 'scores' from the online test.

DAY SIX -SEVEN (FRIDAY-SATURDAY) FEBRUARY 13-14
SPIRIT OF THE ENNEAGRAM WORKSHOP