

## WEEK TWELVE/DAY ONE

### Weekly Theme: *Our Spiritual Geography*

This final week of the month, our intention is to work intentionally with the Ignatian inspired **SPIRITUAL GEOGRAPHYING EXERCISE**. There are a variety of options for each part of your daily exercises. All **MORNING EXERCISES** this week are based on reflections on the **IGNATIAN RULES of DISCERNMENT**. Instead of a scripture or poetic selection for your **DEVOTIONAL REFLECTION** this week, try an exercise of imaginary engagement with the memory of a loved one. Most importantly, commit to the end-of-the-day **EXAMEN** with a different dimension of your **SPIRITUAL GEOGRAPHY** and journal on those insights so that, by the end of the week, you can see whatever pattern is emerging.

### MORNING EXERCISES

(About 30 minutes)

#### 1. WISDOM FROM THE SPIRITUAL EXERCISES

*Take a few moments to quiet your mind and welcome the following teaching.*

Commentary on Rule #1: "God comes to us disguised as our life; everything belongs, there are no dead ends." Moses Maimonides

#### 2. QUESTIONS FOR DISCERNMENT

*Consider journaling for today by noting 'what arises in you' as you consider the previous Wisdom Teaching. How could this insight support your END-OF-THE-DAY focus on SPIRITUAL GEOGRAPHYING.*

#### 3. ENNEAGRAM INSIGHT

*Simply observe how the following Enneagram insight complements today's teachings.*

No Enneagram type is better than the other, and we are all multi-faceted, unique and beautiful humans who are a collection of our life experiences. Trust there is a reason you are the way you are. Our mindset and spiritual practice can be our power, or it can be our prison.

#### 4. ENNEAGRAM AWARENESS

*Spend a few minutes with today's Enneagram insights; consider making a journal entry which you could return to at the end of the day.*

How might this awareness contribute to your Spiritual Geography practice?

#### 5. DEVOTIONAL REFLECTION:

*Consider engaging in an ongoing Journal Dialogue this week with one beloved relation or friend who has died. Use a picture and candle for this exercise if you would like. Bring your enhanced skills of imagination and awareness to this exercise. Consider*

*writing a question or statement to that person much as you would in a letter. Then allow whatever affect and feeling to arise in reply and record those without analysis or judgement. You can build on this exercise each day of the week and see what unfolds.*

## 6. INTENTION FOR THE DAY

- Make an intention to be aware today of the most notable particular situations that arise which we typically judge as positive or negative.
- Try to just notice and not judge the situation.

Today may I recognize the limiting images of life and myself.  
Instead, may the Divine Inner Light within me reveal what is most true, beautiful and good.

## MID DAY EXERCISES

(5-10 minutes)

### 1. MINI-EXAMEN: HOLY NOTICING

*Take a few quiet moments to remember your intention for the day*

- Recall a couple of notable events (both positive and challenging) from your day so far and hold them in gratitude. These can be small or impactful events. Make an intention to revisit these at the end of the day?
- Renew your intention for the remainder of the day.

### 2. GRATITUDE

*Identify at least one experience so far today for which you are grateful*

Ignatius encourages us to trust all of the particulars in life. Welcome each of them as potential teachers.

- Breathe a prayer of gratitude for a few minutes. Inhale with the life giving energy that is always available to us. Exhale whatever is false and self-demeaning. Try this for about one minute.

## END-OF-THE-DAY EXERCISES

(About 20 minutes)

### 1. THE EXAMEN

*The daily Examen is the heart of the Spiritual Exercises. This is an opportunity to take a long, loving look back over your day where, 'We recognize the Beloved in the nitty gritty of life and we bring the nitty gritty back to the Beloved.' This exercise is an examination of consciousness (clear awareness) NOT an examination of conscience focused on faults and failings. By being faithful to this practice and journaling your*

*insights, patterns will emerge over thirty days including awareness from your unconscious that would normally have been missed in everyday activity.*

*This week's invitation is to work with the SPIRITUAL GEOGRAPHYING exercise inspired by The Spiritual Exercises tradition. We strongly suggest you refer to this practice throughout this week as a touchstone for enhancing your awareness and imagination. Keep a record of your daily reflections so you can revisit and benefit from insights by week's end.*

## **SPIRITUAL GEOGRAPHYING**

*Refer to the Spiritual Geographying Exercise (cf. Document R23 on your Spiritual Exercises website). Begin today by making a list of the 'LO periods of your life' that you will note on the chart. Simply list them as the directions indicate and note the issue which contributed to your experience of desolation.*