



**Sacred Art of
Discernment Track**

MONTH ONE: HERITAGE

TEACHINGS, LESSONS & MENTORS

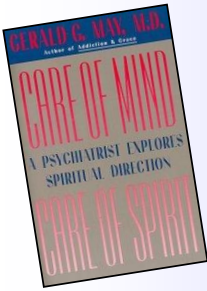
- **SPIRITUAL PERSPECTIVES** 
 - Richard Groves
- **CLINICAL FOUNDATIONS** 
 - Gerald May
- **DISCERNMENT-IN-PRACTICE**
 - Jack Kennedy 
 - Caryl Casbon 
 - Eileen Heaton 

MONTH ONE: HERITAGE

- **SPIRITUAL TRADITION**
 - Our Hebrew Roots
- **CLINICAL FOUNDATIONS**
 - Intro to Ministry & Practice of Spiritual Direction
- **DISCERNMENT-IN-PRACTICE**
 - Trusting your own affect and desires



MINISTRY vs. PSYCHOTHERAPY



Although secular psychology addresses a great deal about how we are and how we might live more efficiently, it cannot offer answers to why we exist or how we should ultimately live our lives...

The worlds of psychiatry and spiritual direction indeed overlap and can complement each other but in places they ultimately also diverge.

SCIENCE VS. ART



**SHIFT FROM
DIAGNOSIS
TO DISCERNMENT**

ART OF SPIRITUAL DIRECTION



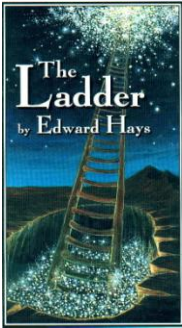
**“An ancient ministry reborn
for our times”**

HEBREW ROOTS OF SPIRITUAL DISCERNMENT
"Listening with Heart"

➡ The art of being a 'G*d wrestler'

- The art of listening for our deepest questions
- The art of finding a 'tzaddik'
- The art of discovering 'shalom'





ISRAEL

**ONE WHO WRESTLED WITH G*D...
AND WON!**

BERESHIT BARA ELOHIM...

Genesis 1:1



“ALLEZ IST GOTT”



GREAT MITZVA



You shall welcome the stranger living in your midst
Leviticus 19:34

WHO IS THE STRANGER?



HEBREW ROOTS OF SPIRITUAL DISCERNMENT "Listening with Heart"

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BAAL SHEM TOV



Q. Why did the Holy One create both the Heaven of the Garden of Eden and the Hell of Gehenna?

A. So that one might borrow room from the other.


Q. And how much space is separating them?

A. They are right next to each other... not even the thinnest membrane separated Esau and Jacob!

TRY TO LOVE THE QUESTIONS




Rilke



“IF YOU GET RID OF THE PAIN BEFORE YOU ANSWER ITS QUESTION, YOU GET RID OF SELF ALONG WITH IT.”


Carl Jung

SPIRITUAL DISCERNMENT



Discernment is nothing more than looking at balance-like a level bubble. If it is tilted this way, you move to the other. Nothing is bad... it just lacks balance.

QUESTIONS FROM LIFE HELP US NOTICE REALITY...



What are those most sacred and compelling hopes and purposes in your life?

**QUESTIONS FROM LIFE
HELP US NOTICE
REALITY...**



**What currently commands
and receives your best time
and energy?**

**QUESTIONS FROM LIFE
HELP US NOTICE
REALITY...**



**What would you do if you
were ten times bolder?**

**QUESTIONS FROM LIFE
HELP US NOTICE
REALITY...**




**If you heard God whisper, 'just
let go' or 'just do it,'
would you?**

שמע

**SHEMA!
LISTEN!**

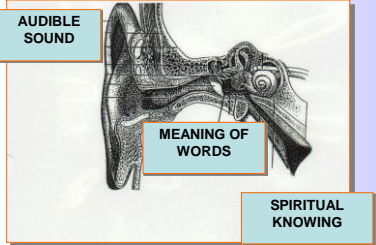


ASCOLTA



Rule of St. Benedict

THREE LEVELS OF HEARING



**AUDIBLE
SOUND**

**MEANING OF
WORDS**

**SPIRITUAL
KNOWING**

THE HARDEST THING TO DO IS TO BE OURSELVES.

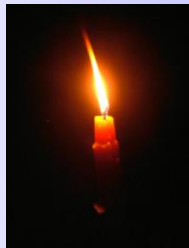


SACRED PSYCHOLOGY



The hardest thing to give up is your suffering.
The hardest thing you will every have to do
is to become who you really are.
The hardest thing to get is what you really love.

Notice the felt presence of the Divine, or the lack of it, through affective movements and experiences



HEBREW DISTINCTION

NEPHESH
[Soul]



RUAH
[Spirit]



DISCERNING DESIRES

- What are your strongest desires?
- What are your deepest desires?

HEBREW ROOTS OF SPIRITUAL DISCERNMENT

- The art of being a 'G*d wrestler'
- The art of listening for our deepest questions
- ➡ The art of finding a 'tzaddik'
- The art of creating 'shalom'



TZADDIK

A sage who offers 'berachas' and advice for important life questions

One who helps another to cultivate the presence of the Sacred in all things and life circumstances and struggles

One who sits with a Seeker and listens for their Spiritual hunger



JEWISH 'ANAMCARA'



OBEDIENCE

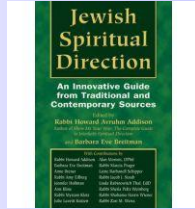
(FREEDOM LISTENING)



...is not just about asking the Holy One for guidance through prayer but also about listening to the inner voice of conscience and of the heart.

ADVICE BETWEEN A TZADDIK & SEEKER

- ❖ Obedience to the Divine Voice within
- ❖ Supporting a 'yedidya' to be obedient to the Divine Voice within...



ART OF DISCERNMENT



Balance
between
accepting our
weaknesses &
becoming what
we're meant to
become

HEBREW ROOTS OF SPIRITUAL DISCERNMENT "Listening with Heart"

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SHALOM



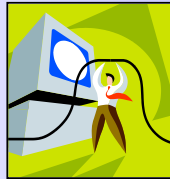
Shalom (שלום) is a Hebrew word meaning peace, completeness, and well being and can be used idiomatically to mean both hello and goodbye

MOST COMMON COMPLAINTS HEARD IN SPIRITUAL DIRECTION

I do not have enough time

I am too overextended

It's all too much!



JOB OF THE HUMAN SPIRIT



**'THE PAINFUL-BLISSFUL
ENCOUNTER WITH OUR TRUTH'**

TRUE BLISS



The place where your deep gladness and the world's hunger meet.

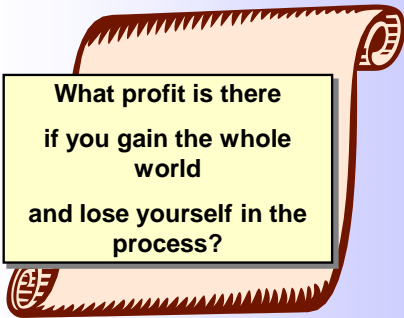
WHATEVER YOU PAY ATTENTION TO WILL GROW MORE IMPORTANT IN YOUR LIFE



"WHEREVER YOUR TREASURE IS



THERE WILL YOUR HEART BE"



WAKING UP IN TIME

Finding Inner Peace
In Times of
Accelerating Change

Peter Russell



“Pain is one of the sure signs that contemplation is happening.
Contemplation may lead eventually to bliss but first it will give us the pain of knowing that some of our dearest convictions are shallow, inadequate or wrong...
Contemplation is difficult for us because we have invested so much in our illusion.”



Parker Palmer

BRINGING AREAS OF DARKNESS INTO LIGHT

- ANYTHING THAT PREVENTS US FROM EXPLORING OUR LIFE EXPERIENCE DEEPLY



BRINGING AREAS OF DARKNESS INTO LIGHT

- AREAS OF RESISTANCE OR PSYCHOLOGICAL AND EMOTIONAL BLOCKS

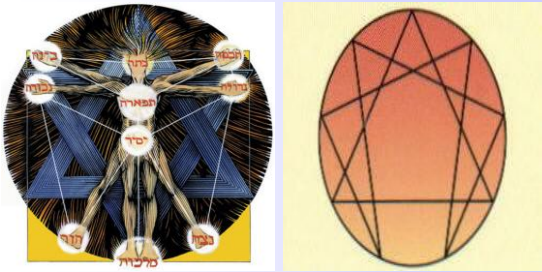


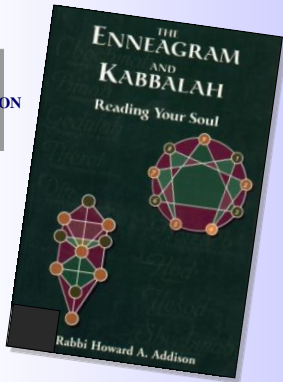
BRINGING AREAS OF DARKNESS INTO LIGHT

- AREAS OF WOUNDEDNESS ... LIFE STRUGGLES AND ADDICTIONS

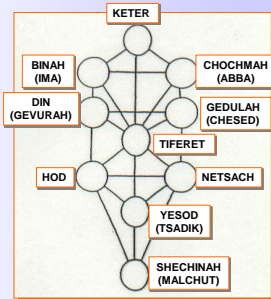
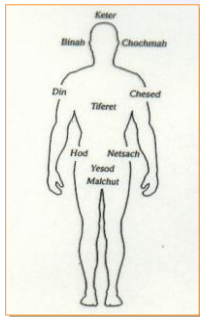


TOOLS FOR SELF KNOWLEDGE





THE TREE OF THE SEPHIROTH



THE THREE CENTERS

PHYSICAL/DOING OVER-AGAINST ENERGY

