



OPEN HOUSE Art of Spiritual Discernment Track



**MONTH TWO: INCARNATION
WISDOM TRADITION: EASTERN CHRISTIANITY**



WISDOM FROM EASTERN CHRISTIANITY

- • **Translating the desert fathers & mothers**
- Working with four universal spiritual forces
- Discerning freedom from un-freedom
- The practice of ONOMATOS





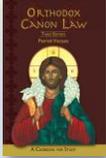
STARETS



"God is not scandalized by our humanity..."




Code of Canon Law

ἐπιείκεια
epikeia

Οίκονομία
oikonimia



THEOSIS = DIVINIZATION



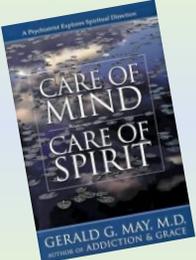


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FOUR UNIVERSAL SPIRITUAL FORCES



- Our longing for Mystery
- The Divine longing for us
- Our internal fears & resistances
- 'Daemonic' forces [evil]



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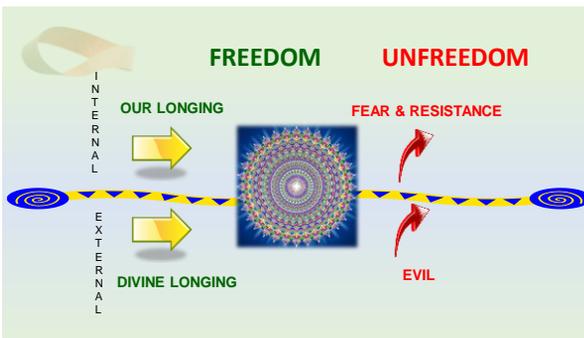
Personal Experience

Spiritual Freedom



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.





WISDOM FROM EASTERN CHRISTIANITY

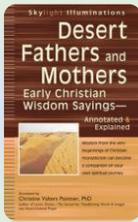
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→ • The practice of ONOMATOS





Ονόματος = Onomatos





ONOMATOS/NAMING

Who are you? Whose are you?

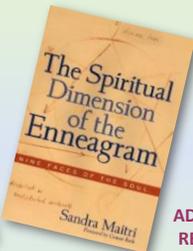
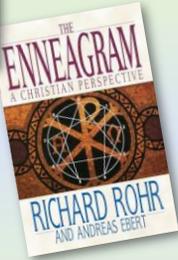


**ENNEAGRAM:
TOOL FOR SELF KNOWLEDGE**



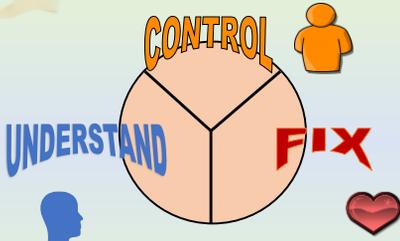


**BASIC
RESOURCE**



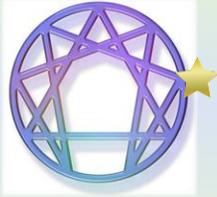
**ADVANCED
RESOURCE**

OUR BASIC NEED TO...





IDEALIZATION



I AM HELPFUL

19



DISCERNING FREEDOM

- Where do you **MOST** experience freedom in life right now?
- Where do you **MOST** experience 'un-freedom' in life right now?



MONTHLY PRACTICUM

- Invite conversations with questions about areas of freedom and un-freedom [with awareness of your own experiences].
- Listen beneath 'presenting issue/s' for the dominant 'spiritual force' at work
[if your companion's Enneatype is known, notice it as well!]
- Be open to offering a suggestion in the form of an 'Onomatos' for your companion [often inspired during the session.]

CASE STUDY: Enneastyle #2

NANCY, age 61, hospice nurse, non-practicing
Episcopalian/Anglican, describes herself as a "spiritual
seeker," divorced, mother of four adult children

THEMES IN SPIRITUAL DIRECTION

- Describes her life as exhausting; energy spent between job and family; little time for self; recent health scare following a breast cancer exam
- Very anxious about failed marriage from 7 years ago
- Feels trapped by work due to home mortgage and bills
- Relationships with two adult daughters are a source of frustration, anxiety and disappointment.

- Nancy continually brings up the need for more space and time to take care of herself
- Feels guilty that she does not have a consistent spiritual practice or faith community







GOALS FOR ASD TRACK

- To understand and listen better to our soul-self in order to be an authentic soul friend for others
- To learn about spiritual companionship from the World's Great Wisdom Traditions
- To engage with others and receive supervision regarding basic clinical skills for spiritual directors
- To deepen our understanding of the Enneagram as a tool for spiritual discernment





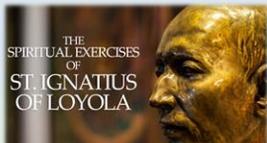
TEACHINGS, LESSONS & MENTORS

- SPIRITUAL PERSPECTIVES
 - Richard Groves
- CLINICAL FOUNDATIONS
 - Gerald May
- DISCERNMENT-IN-PRACTICE
 - Jack Kennedy (Ignatian Practices)
 - Eileen Heaton (Enneagram)





THE SPIRITUAL EXERCISES DISCERNMENT IN EVERYDAY LIFE STUDY TRACK



SPIRITUAL DIRECTOR CERTIFICATION TRAINING





ASD TRAINING COMPONENTS

- Full participation in the Spiritual Exercises Track
- Animator role in your Spiritual Companion Group
- Attend bi-monthly Certification Training Webinars
- Monthly Study Assignments

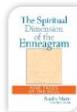
Access monthly assigned Audio (Kennedy) & Video (Groves) teachings
 Study assigned chapter of: *Care of Mind, Care of Spirit* (May)
 Read monthly articles regarding SD from a different Wisdom Tradition

- Monthly Journal/Reflection Paper (no more than two pages)

Part/Page 1: Responses to Study Guide Questions
 Part/Page 2: Personal Reflection on your experiences with The Exercises
 Email papers to: richard@sacredartofliving.org
 Deadlines: Same as monthly Spiritual Exercises deadlines
 (e.g. Month One paper due by October 10, etc.)



REQUIRED TEXTBOOKS FOR ASSET OF SPIRITUAL DIRECTOR CERTIFICATION



RECOMMENDED TEXTS FOR LIBERATION TRACK

