

**STUDY TRACK OVERVIEW GRID: THE SPIRITUAL EXERCISES**

**WEEK ONE:  
14-20 September**

**THEME: From Unfreedom  
to Freedom**

<p align="center"><b>WEEK’S ASSIGNMENTS</b></p> <p><b>Videos</b> V1 Introducing your Guides V9 Overview of the Exercises</p> <p><b>Audios</b> A1 Divine Desiring in Me</p> <p><b>Readings</b> R1 About the Exercises R25 Interview with Jack Kennedy R4 History &amp; Intent of the Exercises</p>	<p align="center"><b>DAILY EXERCISES</b></p> <p><b>Sunday 14 Sept/Day One</b> <i>Morning Reflection</i> <b>Monday 15 Sept/Day Two</b> <i>Midday Examen</i> <b>Tuesday 16 Sept/Day Three</b> <i>Enneagram Wisdom</i> <b>Wednesday 17 Sept/Day Four</b> <i>Devotional Readings</i> <b>Thursday 18 Sept/Day Five</b> <i>End of the Day Examen</i> <b>Friday 19 Sept/Day Six</b> <i>Rhythm of The Exercises</i> <b>Saturday 20 Sept/Day Seven</b> <i>End of the Week Harvesting</i></p>	<p align="center"><b>ENNEAGRAM WISDOM</b></p> <p><b>Style Focus</b> Type One: The Perfectionist</p> <p><b>Enneagram Tools</b> E1, E2 Chart &amp; Definitions &amp; E3 <u>Enneagram Transformations</u>, especially the AFFIRMATIONS for each Style</p> <p><b>Optional Readings</b> Beginner: E11, Rohr/Ebert, Type One, pp. 49-62 Advanced: E12, Maitri, chap 5, pp. 110-32</p>	<p align="center"><b>FOCUS OF THE WEEK</b></p> <p><b>Intention</b> Reflect on your experiences of inner Freedom and Unfreedom</p> <p><b>Personal Focus</b> Experience each aspect of the weekly exercises “in slow motion”</p> <p><b>Companion Practice</b> R11 Touchstones for Asking Honest, Open Questions</p> <p><b>End of the Week Journal Questions*</b> -How were The Exercises insightful this week? -Where could I use support/guidance? <b>* To be shared on your monthly reflection paper</b></p>
<p align="center"><b>WEEK TWO: 21-27 September</b></p>		<p align="center"><b>THEME: Strongest vs. Deepest Desires</b></p>	
<p align="center"><b>WEEK’S ASSIGNMENTS</b></p> <p><b>Videos</b> V5 Trusting the God Within V4 Different World Views</p> <p><b>Audios</b> A2 Healing Images of God</p> <p><b>Readings</b> R13 Imagination and Ignatius E8 Enneagram &amp; Freedom</p>	<p align="center"><b>DAILY EXERCISES</b></p> <p><b>Sunday 21 Sept/Day One</b> <i>Morning Reflection</i> <b>Monday 22 Sept/Day Two</b> <i>Mid Day Examen</i> <b>Tuesday 23 Sept/Day Three</b> <i>Enneagram Wisdom</i> <b>Wednesday 24 Sept/Day Four</b> <i>Devotional Readings</i> <b>Thursday 25 Sept/Day Five</b> <i>End of the Day Examen</i> <b>Friday 26 Sept/Day Six</b> <i>Rhythm of The Exercises</i> <b>Saturday 27 Sept/Day Seven</b> <i>End of the Week Harvesting</i></p>	<p align="center"><b>ENNEAGRAM WISDOM</b></p> <p><b>Style Focus</b> Type Two: The Helper</p> <p><b>Enneagram Tools</b> E3 <u>Enneagram Transformations</u>, especially the RELEASES for each Style</p> <p><b>Optional Readings</b> Beginner: E113, Rohr/Ebert, Type Two, pp. 63-80 Advanced: E12, Maitri, chap 7, pp. 155-178</p>	<p align="center"><b>FOCUS OF THE WEEK</b></p> <p><b>Intention</b> Reflect on the notion of desire as a core component of spiritual discernment</p> <p><b>Personal Focus</b> Continue to experience the weekly exercises at your own pace</p> <p><b>Companion Practice</b> R12 Examples of Open Questions</p> <p><b>End of the Week Journal Questions*</b> -Reflect on the meaning of ‘desire’ (<i>id quod volo</i>) in The Exercises? -Where are The Exercises challenging me? <b>* To be shared on your monthly reflection paper</b></p>
<p align="center"><b>WEEK THREE: 28 Sept- 4 October</b></p>		<p align="center"><b>THEME: Listening to the Still Voice Within</b></p>	
<p align="center"><b>WEEK’S ASSIGNMENTS</b></p> <p><b>Videos</b> V3 An Adaptable Tradition V11 Journaling your Experience</p> <p><b>Audios</b> A3 Spiritual Direction Relationship</p> <p><b>Readings</b> R17 Journaling Directions, Ira Progoff R16 Birthing Compassion, Sue Monk</p>	<p align="center"><b>DAILY EXERCISES</b></p> <p><b>Sunday 28 Sept/Day One</b> <i>Morning Reflection/Journal</i> <b>Monday 29 Sept/Day Two</b> <i>Mid Day Examen/Journal</i> <b>Tuesday 30 Sept/Day Three</b> <i>Enneagram Wisdom/Journal</i> <b>Wednesday 1 Oct/Day Four</b> <i>Devotional Readings/Journal</i> <b>Thursday 2 Oct/Day Five</b> <i>End of the Day Examen/Journal</i> <b>Friday 3 Oct/Day Six</b> <i>Rhythm of The Exercises/Journal</i> <b>Saturday 4 Oct/Day Seven</b> <i>End of the Week Harvesting</i></p>	<p align="center"><b>ENNEAGRAM WISDOM</b></p> <p><b>Style Focus</b> Type Three: The Achiever</p> <p><b>Enneagram Tools</b> E3 <u>Enneagram Transformations</u>, Both AFFIRMATIONS and RELEASES</p> <p><b>Optional Readings</b> Beginner: E11 Rohr/Ebert, Type Three, pp. 81-97 Advanced: E12, Maitri, chap 4, pp. 88-109</p>	<p align="center"><b>FOCUS OF THE WEEK</b></p> <p><b>Intention</b> The freedom to trust our own inner truth</p> <p><b>Personal Focus</b> Creating My Spiritual Exercises Journal</p> <p><b>Companion Practice</b> R10 Guidelines for Asking Honest, Open Questions</p> <p><b>End of the Week Journal Questions*</b> -How to discern between the voice of the Ego and the voice of the Soul? -Reflect on the how daily journaling is working so far. <b>* To be shared on your monthly reflection paper</b></p>
<p align="center"><b>WEEK FOUR: 5-10 October</b></p>		<p align="center"><b>THEME: Exercising Holy Indifference</b></p>	
<p align="center"><b>WEEK’S ASSIGNMENTS</b></p> <p><b>Videos</b> V12 Desires, Disorder &amp; Freedom V10 Role of the Spiritual Companion</p> <p><b>Audios</b> A5 Practice &amp; Praxis (Kennedy)</p> <p><b>Readings</b> R18 Art of Liminal Space, Heather Plett R19 God was in the Place and I, i did not know, Harold Kushner R20 Rethinking Perfection, Rohr/Groves</p>	<p align="center"><b>DAILY EXERCISES</b></p> <p><b>Sunday 5 October/Day One</b> <i>Morning Reflection/Holy Allowing</i> <b>Monday 6 October/Day Two</b> <i>Mid Day Examen/Holy Allowing</i> <b>Tuesday 7 October/Day Three</b> <i>Enneagram Wisdom/Holy Allowing</i> <b>Wednesday 8 October/Day Four</b> <i>Devotional Readings/Holy Allowing</i> <b>Thursday 9 October/Day Five</b> <i>End of Day Examen/Holy Allowing</i> <b>Friday 10 October/Day Six</b> <i>Rhythm of the Week’s Exercises</i> <b>Saturday 11 October/Day Seven</b> <i>End of the Week Harvesting</i></p>	<p align="center"><b>ENNEAGRAM WISDOM</b></p> <p><b>Style Focus</b> Type Four: The Individualist</p> <p><b>Enneagram Tools</b> E3 <u>Enneagram Transformations</u>, Both AFFIRMATIONS and RELEASES</p> <p><b>Optional Readings</b> Beginner: E11 Rohr/Ebert, Type Four, pp. 98-114 Advanced: E12, Maitri, chap 6, pp. 133-154</p>	<p align="center"><b>FOCUS OF THE WEEK</b></p> <p><b>Intention</b> Allowing disorder and freedom to coexist</p> <p><b>Personal Focus</b> Creating my own daily rhythm of The Exercises</p> <p><b>Companion Practice</b> R12 Examples of Open Questions</p> <p><b>End of the Week Journal Questions*</b> -How to trust my doubts? -Where are The Exercises most challenging me at the end of this first month? <b>*Deadline for Month One Reflection Paper/10 Oct Instructions located on Track Website: General Information &amp; Correspondence</b></p>

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