

## MONTHLY REFLECTION PAPERS INTSTRUCTIONS

The intention for submitting a monthly reflection paper is in service to the goal of THE EXERCISES to track and observe your “spiritual geography” in a meaningful way. In this way the support us in discovering greater freedom in the choices we make—both the large life-changing decisions and the day to day particular choices that influence our soul. The following points can help to make your reflection paper a valuable tool for spiritual growth and insight:

- 1) The monthly reflection paper is not an academic assignment. It is way to track our growth in mindful awareness as we journey through THE EXERCISES.
- 2) At the end of each week, two reflection questions are offered to guide your journal entry. We suggest you word-process your responses in order to easily collate them at the end of the month. Try to focus your replies to one paragraph per reflection question.
- 3) At the end of each month, you will create a single Reflection Paper to be submitted\* that consists of: a) your verbatim replies from each of the four end-of-the-week reflections and b) an overall summary of your experience of the previous month’s exercises. This is also a good place to name any areas of resistance or obstacles you are encountering at this time. Please do not exceed two pages (i.e. page one = four weekly verbatims) and page two = your summary for the month. Page two should also be a simple two paragraph summary and NOT a lengthy discourse.
- 4) In the spirit of THE EXERCISES there should be no need for performance anxiety here. Our doubts, questions and ‘failures’ are as valuable as our positive experiences.
- 5) Trust that keeping this kind of journal summary will become the most valuable asset of your exercises. While we often cannot see movement of spirit in the immediate moment, Ignatius asks us to trust in the creation of our ‘spiritual geography.’ In other words, over the longer view of weeks and months, something subtle yet powerful is being revealed precisely in the particulars of our daily lives.

**\*Reflection Papers will be emailed to Maryhelen Zabas: [maryhelen@sacredartofliving.org](mailto:maryhelen@sacredartofliving.org)**

**She will in turn forward them to your appointed track supervisor who is the only person who will read them. Please observe the scheduled deadline for papers found on G5 OVERALL GRID OF ASSIGNMENTS document in the GENERAL RESOURCES tab of THE EXERCISES website.**