

WEEK EIGHT
END-OF-THE-DAY EXERCISES
(About 20 minutes)

Five Finger Examen

1. Be still

Our thumb reminds us of what is important. Notice your breath, try to still your mind, and be present to God and yourself.

2. Be grateful

As our index finger points things out to people, reflect on your day and point out everything you're grateful for.

3. Notice

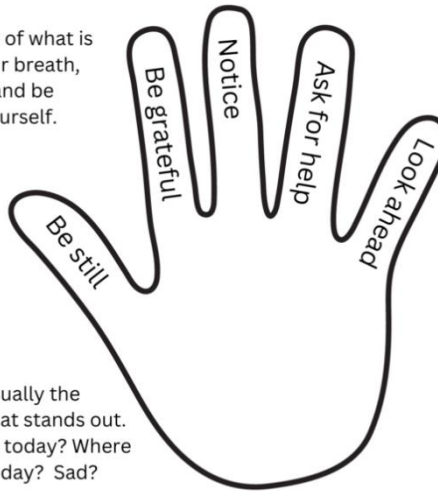
Our middle finger is usually the longest and the one that stands out. What stood out to you today? Where have you felt happy today? Sad? Frustrated? Were there any challenges today? Any victories?

4. Ask for help

Our ring fingers are where we put our wedding rings. Think about your responsibilities and promises you have made. What do you need God's help with? Is there anything you need to say sorry for?

5. Look ahead

Our pinky finger is our smallest one. Sometimes a small change can make a big difference. Think about tomorrow. What do you hope for? Are there any little changes that you can make?



DAY FIVE:

REPENT for any mistakes or failures by simply acknowledging them without drama or self-loathing. If you feel called to *at-one-ment* with another, the Beloved or yourself, note that desire for whenever an appropriate time arises.

SUGGESTED REFLECTION:

Daily Examen questions can guide a prayerful review of your day to identify the Beloved's presence, moments of joy and sorrow, and opportunities for growth, with common questions including "What are you grateful for?", "When were you challenged?", "Where did you find joy?", "When did you fall short?", and "What are you resolving to do tomorrow?". The goal is to foster deeper self-awareness, gratitude, and a closer relationship with the Divine by discerning how to respond to His movements in your life.

TIPS FOR YOUR EXAMEN

- **Be Patient:** Don't rush through the process.
- **Be Honest:** Allow feelings to come up as you reflect.
- **Be Specific:** Try to recall specific moments rather than broad generalizations.
- **Be Consistent:** The Examen is most effective when practiced regularly.
- **Be Open to God:** Trust Divine Presence in both good and bad moments of your day.

JOURNAL QUESTION:

-How/do The Exercises encourage you to re-frame the spiritual notion of 'repentance' in a way that is encouraging and freeing?


-How/has the Enneagram been a helpful tool in holding both the darkness and light of your personality?



EXAMEN: FROM DARKNESS INTO LIGHT



WELCOME INTO YOUR DAILY EXAMEN ANY AREAS OF
WOUNDEDNESS, LIFE STRUGGLES & ADDICTIONS



SPIRITUAL FREEDOM

We grow in Spiritual Freedom when we become more aware of our distorted attachments that get in the way of Love.

We experience full spiritual freedom when we recognize our belonging in Wholeness to even what we may consider sinister, objectionable or wrong.



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