

## Month Two / Week Two

Weekly Theme: *Imagination, Discernment and Prayer*

Daily Theme: Bringing Our Doubts to Light

### MORNING EXERCISES

(About 30 minutes)

#### 1. WISDOM FROM THE SPIRITUAL EXERCISES

*Take a few moments to quiet your mind and welcome the following teaching.*

The Exercises offer us this guiding principle: Doubt can be of the Spirit whereas Self Doubt is never of the Spirit. The question is how to distinguish between the two.

Jack Kennedy

#### 2. QUESTIONS FOR DISCERNMENT

*Consider journaling for today by noting 'what arises in you' as you consider any of these questions for discernment:*

- Consider something significant (and specific) that you are currently doubtful about.
- Identify any desires that arise in you when you consider your area of doubt.
- Of the desires you have identified, which would you consider to be 'desires' and which one might be a 'great desire'?

#### 3. ENNEAGRAM INSIGHT

*Simply observe how the following Enneagram insight complements today's teachings.*

Our awareness of our Enneastyle can provide a map to the unknown areas of our soul and personality. Where we no longer judge any of these areas to be negative, a new quality of our prayer can emerge.

Eileen Heaton

#### 4. ENNEAGRAM AWARENESS

*Spend a few minutes with today's Enneagram insights; consider making a journal entry which you could return to at the end of the day.*

Return to the Enneagram Chart of Styles (Document #1 on the Thirty Day website) and put your finger on the AVOIDANCE\* of your Enneastyle. Then read the explanation of the term below. The AVOIDANCE is the underlying cause of our suffering but cannot be transformed by will power alone. It is the part of us which takes us from our Essence, however, it was chosen pre-consciously by the child as a strategy of survival. Naming and facing our AVOIDANCE with gentleness and nonjudgment can be the start of inner healing and enhanced awareness.

\*Our Avoidance originates in early childhood as something to be avoided because it causes fear and distress. The personality has been conditioned to find this characteristic unacceptable and finds it a threat to its identity. Our Avoidance is the 'eye of the needle' through which we must pass for healing and transformation. This will only occur when our self-hatred is transformed by self-compassion.

## 5. DEVOTIONAL REFLECTION:

*Choose one of the following passages and one of its points for reflection as a way to enter into a period of prayerful intention. This is not so much a time for analysis but for reflection. Choose whatever form of devotional prayer or meditation you like to complement the passages. Always end your reflection time with a moment of gratitude and 'savoring.'*

### SCRIPTURE OPTION A

***From the Gospel Tradition: Jesus entered a house (to dine), and again such a large crowd gathered, that he and his disciples were not even able to eat. When his family heard about this, they went to take charge of him. His mother and brothers were saying among themselves, "We think he is out of his mind."***  
***Mark 3:20-21***

### POINTS FOR A COLLOQUY REFLECTION

- Place yourself in this story. Use your imagination to create the scene where you are present. Consider each of the persons involved (Jesus, his family (mother or brother), the crowd gathering or the hosts of the house); which one do you feel especially drawn to?
- How does this story come alive for you as you put yourself in the scene? Identify the feelings you encounter through your active imagination.
- Where might this story connect with something familiar in your own life experience—past or present? How/does the story offer you any personal insight? Savor the experience.

### LITERARY OPTION B

***From the Persian Poet, Hafiz: "Fear is the cheapest room in the house. I would like to see you living in better conditions." A Poem for Hope***

### POINTS FOR REFLECTION:

- In your imagination, allow this poem to invite you into the inner chambers of your 'house' (heart). Identify with what Hafiz means when he asks, when/why did you settle for living in 'the cheapest room in the house'?
- What invitation could you trust 'to live in better conditions'?

- Give thanks for a time when you left an undesirable 'room' behind. Savor the experience.

## 6. INTENTION FOR EACH DAY

- Make an intention to become aware today of moments or situations when you sense that you are doubting yourself.
- What is it like to welcome that observation instead of pushing it away? Notice if the self-doubt comes from yourself or is being triggered by others. Try to just notice and not judge.

## MID DAY EXERCISES

(5-10 minutes)

### 1. MINI-EXAMEN: HOLY NOTICING

*Take a few quiet moments to remember your intention for the day*

- Is there an observation from the morning worth noting?
- Renew your intention for the remainder of the day:
- Continue just noticing (and welcoming, when possible) any self-doubts that may arise this afternoon.

### 2. GRATITUDE

*Identify at least one experience so far today for which you are grateful*

Ignatius encourages us to trust all of the particulars in life. Welcome them all as your potential teachers.

- Breathe a prayer of gratitude for a few minutes. Inhale with the life affirming energy that is always available to us. Exhale your self-doubt (and your self-hatred). Try this for about one minute.

## END-OF-THE-DAY EXERCISES

(About 20 minutes)

### 1. THE EXAMEN

*The daily Examen is the heart of the Spiritual Exercises. This is an opportunity to take a long, loving look back over your day where, 'We recognize the Beloved in the nitty gritty of life and we bring the nitty gritty back to the Beloved.' This exercise is an examination of consciousness (clear awareness) NOT an examination of conscience focused on faults and failings. By being faithful to this practice and journaling your*

*insights, patterns will emerge over thirty days including awareness from your unconscious that would normally have been missed in everyday activity.*

-The EXAMEN should take about fifteen minutes. During this reflection time, you can use the following five R's to help guide your time:

**REQUEST** the presence of Spirit (however you imagine it) to lead you through the review of the day

**RELISH** the moments that went well and gifts received today

**REVIEW** (walk back through your day) using the suggested focus questions of today as your guide found in the Intention of the Day at the end of your Morning Exercises. What would it be like to 'talk to God about this'? Or you might choose the memory of a beloved friend.

**FOCUS QUESTIONS FOR TODAY'S EXAMEN:**

- Looking over the day (with God or someone beloved by my side) I return in my imagination to a moment in my day that may have been worrisome or uncertain. I let myself feel any emotions and notice whether I handled it gracefully or poorly.
- Looking over my day for a second time, I identify the most life-giving moment of the day. Again, I relive the experience and notice how it impacted my emotions.
- I give thanks for both experiences trusting that I was not alone and that their lessons may be of benefit now and in the future.

**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.

**RESOLVE** with a concrete intention to live tomorrow consciously and freely.

## **2. DISCERNMENT JOURNAL**

*Without a daily journal it would not be possible to track the sometimes subtle spiritual movements in every day experiences. Spend a few minutes making entries that reflect today's experiences and learnings. Here everything belongs, both the gifts and the challenges.*

### 3. POINTS TO REMEMBER

*The Spiritual Exercises recommend that, before retiring, we consider the spiritual geography for the next day. As we settle into deeper rest we prepare our unconscious for the next day's exercises. This is not a time for study and analysis but a gentle pointer towards our next movement and direction.*

#### WEEKTHREE THEME:

Discerning between the voices to trust and to mistrust

#### WISDOM FROM IGNATIAN SPIRITUALITY:

The prayer of colloquy can open us to being companioned by Great Soul which will accompany us to show us the way.

#### ENNEAGRAM TEACHING:

The Enneagram can help us deny admittance to the false self into the sacred exchange of our prayer time.