

**MONTH EIGHT
MOVEMENT FOUR
WEEK FIVE: MAY 4-8
“EXERCISES FOR LIFE”**

Retreat in the Real World

As we complete the fourth movement of the Spiritual Exercises, it can be helpful to engage in a ‘life review’ over our journey of the past months. This week, you have an opportunity to ‘go back in time,’ –to last September, and notice how your perspectives may have changes since your initial engagement with The Exercises.

Practice, notice and journal in the following ways...

- 1) Engage again with the very first week’s daily exercises.**

Where/do you see a change in soul awareness since you began The Exercises

OR How have The Exercises impacted your beliefs and approach to the spiritual life?

- 2) Notice where and how you would like to continue exercising each/any of the daily components of The Exercises when the formal process of our track year is completed.**
- 3) At the end of the week ‘harvest’ the most useful insights that can also be shared with fellow retreatants at the next webinar.**

We recommend that you engage with a full seven-day week of exercises through Week Five of Movement Four.