

**WEEK TWELVE/DAY FOUR**  
**Weekly Theme: *Our Spiritual Geography***

**The focus of today is to use the Ignatian inspired SPIRITUAL GEOGRAPHYING EXERCISE as a way of bringing awareness to the Highs and Lows of today. Let that be the focus of your Morning Intention for the day, your Mid-day reflection and End of the day Examen.**

**MORNING EXERCISES**  
**(About 30 minutes)**

**1. WISDOM FROM THE SPIRITUAL EXERCISES**

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

Commentary on Rule #10: Holy Indifference allows the soul to stay in balance during swings of consolation and desolation. Ignatian Indifference is similar to WuWei (not-doing) of the Tao, where we let go of our agenda to rest in Higher Wisdom.

**2. QUESTIONS FOR DISCERNMENT**

*Consider journaling for today by noting 'what arises in you' as you consider the previous Wisdom Teaching. How could this insight support your END-OF-THE-DAY focus on SPIRITUAL GEOGRAPHYING.*

**3. ENNEAGRAM INSIGHT**

*Simply observe how the following Enneagram insight complements today's teachings.* The Enneagram proposes that our core motivation is both a reflection of the best sides of ourselves and the most vulnerable. That means we can use it for the greater good of ourselves and others, or we can use it as a weapon for self-criticism. It's important to know the difference and how to wield it!

**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.*

How might this awareness contribute to your Spiritual Geography practice?

**5. DEVOTIONAL REFLECTION:**

*Consider engaging in an ongoing Journal Dialogue this week with one beloved relation or friend who has died. Use a picture and candle for this exercise if you would like. Bring your enhanced skills of imagination and awareness to this exercise. Review the dynamics recorded in your journal this week. Let those observations be the starting point of your on-going letter to your beloved.*

## 6. INTENTION FOR THE DAY

- Make an intention to be aware today of the most notable particular situations that arise (both consolations and desolations) which we typically judge as positive or negative.
- Try to just notice and not judge the situation.

Today may I recognize the limiting images of life and myself.  
Instead, may the Divine Inner Light within me reveal what is most true, beautiful and good.

## MID DAY EXERCISES

(5-10 minutes)

### 1. MINI-EXAMEN: HOLY NOTICING

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

- Recall a couple of notable events (both positive and challenging) from your day so far and hold them in gratitude. These can be small or impactful events. Make an intention to revisit these at the end of the day?
- Renew your intention for the remainder of the day.

### 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 each of them as potential teachers.

- Breathe a prayer of gratitude for a few minutes. Inhale with the life giving energy that is always available to us. Exhale whatever is false and self-demeaning. 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.*

*This week's invitation is to work with the SPIRITUAL GEOGRAPHYING exercise inspired by the Spiritual Exercises. We strongly suggest you use this practice as a touchstone for enhancing your awareness and imagination. Keep a record of your daily reflections so you can revisit and benefit from insights by week's end.*

## **SPIRITUAL GEOGRAPHYING**

*Today, revisit your Spiritual Geographying Exercise but with a focus on the Highs and Lows of today. Are there any parallels between today's experiences and your life review noted earlier throughout the week? Are you surprised to find consolations where you least would have expected it?*