

**DAILY EXERCISES**  
**WEEK ONE/DAY FIVE**  
**Theme: From Unfreedom to Freedom**

**MORNING EXERCISES**

*Today: The focus will be on the **End of the Day Examen**. Allow for 15-20 minutes for this Exercise which will become the center piece of the months ahead. There are many aspects to the 'examen of consciousness' and we will have several months to explore each part. Rather than focusing on the entire process right now, choose an aspect that attracts you at this time. The focus questions for the examen are the most important point of the exercise. Know that regardless of which parts of the examen you select today, keeping a journal on the focus questions has the potential to become the long-term gift of these exercises.*

*At the beginning of today consider any aspect from the morning exercises that you would like to engage with... this will offer you something to reflect back on at the end of your day.*

**1. WISDOM FROM THE SPIRITUAL EXERCISES**

*Take a few moments to quiet your mind and welcome the following teaching. Before starting your morning exercise, it is best to spend a few moments getting grounded through a favorite meditation practice or, consider using the simple breathing exercise described on R15 of your online site resources.*

The whole purpose of The Exercises is about gaining spiritual freedom. Spiritual freedom will involve the whole person—penetrating the biological and psychological spheres of our existence as well as our spiritual selves. Spiritual freedom is to discover the freedom *not* to have to get rid of our unfreedoms.

Spiritual Freedom, John English, SJ

**2. QUESTIONS FOR DISCERNMENT**

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

- Identify an insight from the teaching: 'to embrace freedom is NOT to have to get rid of your unfreedoms.'
- How could this paradox offer greater peace in your life?
- How could this wisdom contribute to being more loving to yourself?

**3. ENNEAGRAM INSIGHT**

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

The value of the Enneagram is to have the freedom to become more fully who I am accepting both my gifts and weaknesses instead of trying to become who I am not.

Richard Groves, Sacred Art of Living

#### 4. ENNEAGRAM AWARENESS

*Spend a few minutes with the AFFIRMATIONS of your Ennea-style in the online Enneagram Transformations document (E3). Consider making a journal entry which you could return to at the end of the day. If you are unfamiliar with the Enneagram, you might also consider both the Affirmations and Releases for Style #1 since that is the focus style of the week.*

- Identify which of the AFFIRMATIONS echoes an area of freedom in your life.
- Which one may especially be asking for attention?

#### 5. DEVOTIONAL READINGS: *The freedom to soar*

*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 Hebrew Scriptures:* Be patient as you are continually being renewed by the promise of your Beloved. You will soar in freedom on the wings of eagles. You will run but not grow weary; wherever you shall walk, you will not grow tired. Isaiah 40:31

##### POINTS FOR JOURNAL/REFLECTION

- Consider a time when you felt 'lifted up' by someone/something greater than yourself.
- When do you feel most free?
- Offer gratitude for a time when you found the strength 'to keep on going even when the going was tough?' Savor the experience.

##### POETRY OPTION B

*From the Sufi Poet, Rumi:* Physical existence is so cramped. We grow old and are bent over like embryos. Nine months pass and it is time to be born... but there are ways of being born twice, of coming to where you fly, not individually like birds but as the sun moves across the sky with its bride. *From Another City*

##### POINTS FOR JOURNAL/REFLECTION:

- Consider how Rumi describes what it is like to be born.
- How have you experienced being 'born twice'?
- Offer gratitude for a time when you felt the freedom to soar and move 'together with your beloved.' Savor the experience.

## 6. INTENTION FOR THE DAY

Make an intention to notice where you feel most free and unfree today. Try just to 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:

Notice where you feel most free or unfree today. Try just to notice and not judge.

### 2. MOMENT OF GRATITUDE

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

-Breathe a prayer of gratitude for a few minutes. Recall the Merton teaching, "How I pray is breathe."

-You might try a traditional spiritual breath practice of inhaling on the count of three and breathing out on the count of six. Try this for about one minute.

## END-OF-THE-DAY EXERCISES

(15 to 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 which is 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.*

*Take a few moments to quiet your mind before starting the end of the day examen. Consider returning to the simple breathing exercise described on R15 of your online site resources.*

-The EXAMEN should take about fifteen minutes. Today, use the following focus questions as a guide...

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

- Where did I most find freedom today/this week?
- Where did I least find freedom today/this week?

## 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.*