

March Webinar

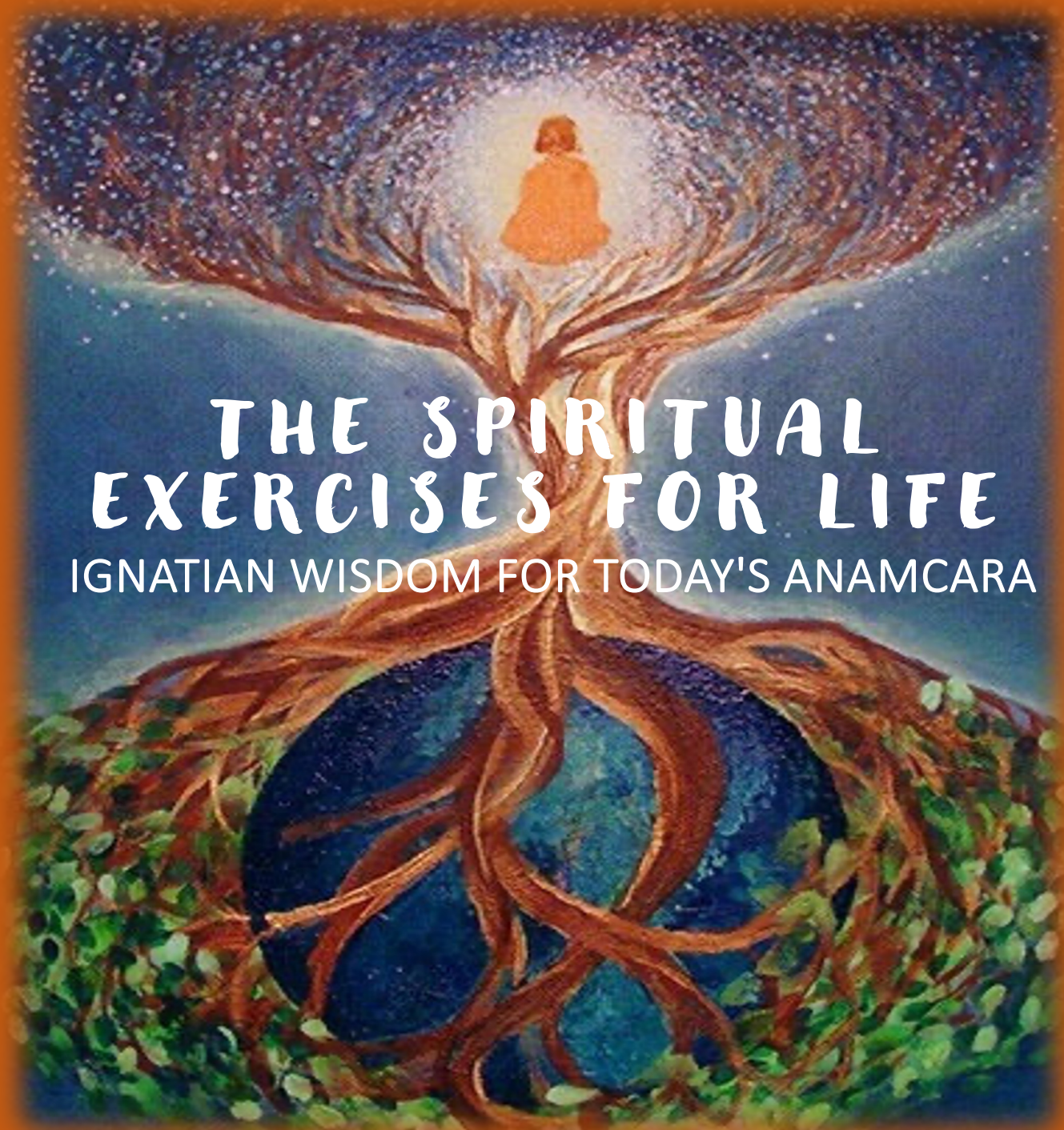
2024



Dr. Elizabeth McCrory
CONSULTANT PSYCHOLOGIST



Breen
Martina
Psychotherapist & Spiritual Companion



THE SPIRITUAL
EXERCISES FOR LIFE
IGNATIAN WISDOM FOR TODAY'S ANAMCARA

Webinar – March 2024



Theme

Suffering and Cost of Love

Mother Wisdom Speaks

Some of you I will hollow out.
I will make you a cave.
I will carve you so deep the stars will shine
in your darkness.
You will be a bowl.
You will be the cup in the rock collecting
rain.
I will hollow you with knives.
I will not do this to make you clean.
I will not do this to make you pure.
You are clean already.
You are pure already.
I will do this because the world needs the
hollowness of you
I will do this for that space that you will be.

— Christine Lore Webber



I will do this because you must be large.
A passage.
People will find their way through you.
A bowl.
People will eat from you
And their hunger will not weaken them unto death.
~~A cup to catch the sacred rain.~~
My daughter, do not cry. Do not be afraid.
Nothing you need will be lost.
I am shaping you.
I am making you ready.
Light will blow in your hollowing.
You will be filled with light.
Your bones will shine.
The round, open center of you will be radiant.
I will call you Brilliant One.
I will call you Daughter Who is Wise.
I will call you Transformed.





Opening Centering Oracle Card





SOVEREIGNTY



How are you with Sovereignty in your life at this time?

What are the issues confronting you and challenging your sovereignty, authority and power?

Poem: Has there anything in your life that you would describe as the Sunday in every week?



Journaling Time

Spiritual Inquiry





breakout

RICHARD ROHR

BESTSELLING AUTHOR OF *The Naked Now*

ADAM'S RETURN




The Five Promises of Male Initiation

Five Promises of Initiation

#4. YOU ARE NOT IN CONTROL

- you must admit you are powerless before you can find your true power.
- The virtues in the first half of life are about self-control; in the second half about giving up control



Let everything
happen to you.
Beauty and terror.
Just keep going.

No feeling
is final.

Rainer Maria Rilke

"If you are willing to serenely bear the trial of being
displeasing to yourself,
then you will be for Jesus, a pleasant place of shelter"
(Therese of Lisieux).



“

The doors to the world of the wild Self are few but precious.

If you have a deep scar, that is a door.

If you have an old, old story, that is a door.

If you love the sky and the water so much you almost cannot bear it, that is a door.

If you yearn for a deeper life, a full life, a sane life, that is a door.

Clarissa Pinkola Estes

What does powerlessness mean to you
(in the context of your life at the moment)

Where does it show up?

***How does your enneatype challenge
or support you with this promise of initiation?***

You are..... ... not in control!



Break
Out.....



Suffering and the Cost of Love



Consolation – Desolation – Consolation

Order – Disorder - Reorder





The two Virtues of Equanimity and Compassion become more available to the person whose ego-shell has been smashed-either by great suffering or by great love-or by both.

— *Richard Rohr* —

AZ QUOTES

**The Wound
is the place
where
the Light
enters you**
-Rumi





"Everything - including love,
hate, and suffering -
needs food to continue.
If suffering continues,
it's because we keep
feeding our suffering."

- Thich Nhat Hanh -


TheMindsJournal



Every living thing experiences pain
but only human beings can suffer



Unquestioned thinking causes suffering.
Inquire within to set yourself free.
♥ mollycules

A close-up photograph of a human hand holding a small, clear glass terrarium. The hand is positioned as if presenting the terrarium. Inside the terrarium, there is a lush, miniature ecosystem. It features a variety of green mosses, small ferns, and tiny yellow and white flowers. The background is a soft, out-of-focus green, suggesting a natural environment. The lighting is gentle, highlighting the textures of the plants and the skin of the hand.

**Trust is not trust –
need to understand before I trust!**



Who is asking?

Break
Out.....



On Freedom

If you put on shoes that are too tight
and walk across an empty plain,
you will not feel the freedom
of the place
unless you take off your shoes...
at night before sleeping,
you take off your tight shoes
and your soul releases into a place
it knows.

Dreams glide deeper than any
fear of death.

Rumi



Beannacht

John O'donohue

<https://youtu.be/FX5JwSWNG9I?si=d1dm3PlpBCMspuTA>

