

## MONTH FIVE /WEEK FOUR

### MORNING EXERCISES

(About 30 minutes)

#### 1. WISDOM FROM THE SPIRITUAL EXERCISES

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

A step or two before the time when you are to contemplate or meditate, pause for a meaningful space of time and, with your consciousness raised, consider how you are being gazed at by Divine Love. This act will be a reminder that God is always looking at us and waiting for us to return the gaze with an open heart. The prayer that follows will then become a 'Way of the Heart.'

St Ignatius' Spiritual Exercises, #75.

#### 2. QUESTIONS FOR DISCERNMENT

*Consider journaling EACH DAY by noting 'what arises in you' as you consider any of these points for discernment:*

- How/does Ignatius' advice on prayer speak to you? Note that your impressions might be feelings or reactions rather than words.
- The Ignatian form of prayer is intimately relational. Following the 'Way of the Heart' our prayer can move from a formal practice into a conversation with Divine Love
- Consider how a recommended pause before prayer might enhance your experience.

#### 3. ENNEAGRAM INSIGHT

*Simply observe how the following Enneagram insight SPEAKS TO YOU*

"The eye with which I see and the eye that sees me are one and the same."

Meister Eckhart

The ultimate point for studying the Enneagram is to re-member and then return to Great Union.

#### 4. ENNEAGRAM AWARENESS

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

Consider the three different prayer styles based on the Enneagram Centers of Intelligence (Document #5 on the 30 Day Retreat website). Praying from a different perspective may yield unexpected rewards.

## 5. DEVOTIONAL REFLECTION:

*Choose one of the following passages as a way to enter into a period of prayerful intention. This is not so much a time for analysis but for reflection.*

### **From the Gospel Tradition:**

As Jesus and his disciples came to Jericho, together with a large crowd, they encountered a blind man, Bartimaeus (which means “son of Timaeus”), who was sitting by the roadside begging. When he heard that it was Jesus of Nazareth, he began to shout, “Jesus, Son of David, have mercy on me!” Many rebuked him and told him to be quiet, but he only shouted all the more, “Son of David, have mercy on me!” Jesus stopped and said, “Call him over.” So they said to the blind man, “Cheer up! Get on your feet! The rabbi is calling you.” Throwing his cloak aside, the blind man jumped to his feet and came right up to Jesus. “What do you want me to do for you?” Jesus asked him. The blind man said, “Rabbi, I want to see.” “Go on your way,” said Jesus, “your faith has healed you.” Immediately he received his sight and followed Jesus along the road. **Mark 10:46-52**

### **POINTS FOR A COLLOQUY REFLECTION**

- **Using your imagination place yourself in this story. Consider the persons involved (Jesus, Bartimaeus, the disciples, the crowd or yourself as on onlooker). Which character do you feel especially drawn to and why?**
- **Identify how this story may be impacting for you... is it primarily in your feelings, thoughts or reactions? Try to name the sensation and where it is located in your physical or emotional body.**
- **How can you use this story as an invitation to respond to the question, “What is it you really want?” Speak your deepest desire as the center of this prayerful encounter. Savor the experience.**

### **LITERARY OPTION B**

**ASK FOR WHAT YOU REALLY WANT, Rumi**  
The breeze at dawn has secrets to tell you.  
Don't go back to sleep.  
You must ask for what you really want.  
Don't go back to sleep.  
People are going back and forth across the door sill  
Where the two worlds touch.  
The door is round and open.  
Don't go back to sleep.

**POINTS FOR REFLECTION:**

- Read this poem in the presence of the Beloved, however you name or imagine them. Take some quiet moments to make this poem an invitation to prayer.
- When you are ready, “As for what you really want.” Let your Beloved be a witness to your request.
- Afterwards, see what you hear/sense/receive. Savor your experience.

**6. INTENTION FOR THE WEEK**

-Make an intention to become aware of what it is you truly want. Whenever it comes to your mind or heart, express your desire in some way.

-See if you can be aware of how naming your deepest desire makes you feel. Try to just notice and not judge.

-Consider the following prayer as an invitation to welcome the entirety of your humanity into today's exercises.

**A PRAYERFUL INTENTION FOR THIS WEEK**

*The loudest voice you ever hear is your own inner voice. Here's a special blessing for today:*

May you give yourself permission to be unapologetically human today.

May you let go of the need to be and do everything for everyone in every situation.

May there be a softening of the harsh tones of your inner voice and its relentless urging you to do more.

May you stop treating yourself as a problem to be solved and, instead, see yourself as a person worthy of being loved.

May your tears of exhaustion from continually trying to prove yourself be replaced by tears of relief from the pure kindness of your inner voice.

May your imperfections not be seen as weakness but as a reminder that what we share most in common is the fragility of being human.

May you startle those unable to be kind to themselves with the grace of your extravagant and unexpected kindness.

May you be startled with the deep realization that you are enough.

## MID DAY EXERCISES (5-10 minutes)

### 1. MINI-EXAMEN: HOLY NOTICING

*Take a few quiet moments to remember your intention EACH day*

-Is there an observation from the morning worth noting?

-Renew your intention for the remainder of the day:

-Continue just noticing (and welcoming) the times that your deep desire arises in you. If it is truly important, it will never be far from your consciousness.

### 2. GRATITUDE

*Identify at least one experience each day for which you are grateful*

Ignatius encourages us to speak with God as we would our best friend. Be grateful for the moments today when you felt free enough to know and express your heart's desire.

-Deep breathing can slow your heartrate and help you turn inside. Savor a few moments of deep, conscious breath.

## END-OF-THE-DAY EXERCISES (About 20 minutes)

### 1. THE EXAMEN

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; these are expressed in the Intention of the Day 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 each day making entries that reflect your day's experiences and learnings. Here everything belongs, both the gifts and the challenges.*

## 3. POINTS TO NOTE

*ALL OF THE EXERCISES are not a time for study and analysis but a gentle pointer towards our next movement and direction.*

**This month is a time of: The Art of Transforming Suffering**

Your suffering, my suffering is really a place of holy communion with the suffering of the entire world. –A Jesuit Creed

**AN ENNEAGRAM NIGHT TIME PRAYER:**

**When I sort through the layered texture  
Of what clutters and claims my spirit  
I find you, Deepest Good, in residence.  
Teach me that there is much more to me  
Than just my struggle and my failure.  
Absorb me into the jewel of your Goodness  
Until I am fully One with your Everlasting Love.**

**—Joyce Rupp**