

MONTH FIVE/WEEK THREE

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.

The mystery that is beyond us, the mystery that is among us, and the mystery within us are all the same mystery.

Ignatius of Loyola

2. QUESTIONS FOR DISCERNMENT

Consider journaling each day by noting 'what arises in you' as you consider the following

-What impressions do you experience when you ponder Ignatius' words about mystery? Note that your impressions might be feelings or reactions rather than words.

-Ignatian spirituality is based on the belief that we do not figure out mystery, we fall back into Mystery. How/is this retreat reinforcing that belief for you?

-In your experience, how much do you trust the Divine Light that is within you?

3. ENNEAGRAM INSIGHT

Simply observe how the Enneagram insight speaks to you.

Experiencing both the shadow and light of our Enneastyle should lead us to a place of radical affirmation that, within us, as in God, 'everything belongs.'

Richard Rohr

4. ENNEAGRAM AWARENESS

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

Notice what it would be like to experience praying from your complete humanity rather than excluding the parts that you are ashamed of, fearful of or reject as unacceptable. Consider returning to the Enneagram Releases and Affirmations of your Enneastyle (Document #3 on the 30 Day Retreat website). Choose one of the Releases which you might prefer to deny or hide and one Affirmation that names something essential about who you are... then spend your prayer time today holding both of those realities without judgment.

5. DEVOTIONAL REFLECTION:

Choose one of the following 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 Gospel Tradition: Jesus took Peter, James and John with him and led them up a high mountain, where they were all alone. There he was transfigured before them. His clothes became dazzling white, whiter than anyone in the world could bleach them. And there appeared before them Elijah and Moses, who were talking with Jesus. Peter said to Jesus, "Rabbi, it is good for us to be here. Let us put up three shelters—one for you, one for Moses and one for Elijah." (He really did not know what to say, they were so frightened). Then a cloud appeared and covered them, and a voice came from the cloud saying: "This is my Son, whom I love. Listen to him!"

Suddenly, when they looked around, they no longer saw anyone with them except Jesus. As they were coming down the mountain, Jesus gave them orders not to tell anyone what they had seen until the Son of Man had risen from the dead. They kept the matter to themselves, discussing what "rising from the dead" meant. **Mark 9:2-10**

POINTS FOR COLLOQUIUM REFLECTION

- Tap into your imagination to place yourself in this story. Consider the many persons involved (Jesus, Peter, James, John, Moses, Elijah or you as onlooker). Which character do you feel especially drawn to and why?
- Identify where inside yourself the mystery of this story is impacting 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 allow yourself to hear the words spoken of you: 'This is my beloved son/daughter whom I love? Savor the experience.

LITERARY OPTION B

TRANSFIGURATION, by Louisa May Alcott

Mysterious death! who in a single hour
Life's gold can so refine
And by thy art divine
Change mortal weakness to immortal power!

Bending beneath the weight of eighty years
Spent with the noble strife
of a victorious life
We watched her fading heavenward, through our tears.

But ere the sense of loss our hearts had wrung
A miracle was wrought;
And swift as happy thought
She lived again -- brave, beautiful, and young.

Age, pain, and sorrow dropped the veils they wore
And showed the tender eyes
Of angels in disguise,
Whose discipline so patiently she bore.

The past years brought their harvest rich and fair;
While memory and love,
Together, fondly wove
A golden garland for the silver hair.

How could we mourn like those who are bereft,
When every pang of grief
found balm for its relief
In counting up the treasures she had left?--

Faith that withstood the shocks of toil and time;
Hope that defied despair;
Patience that conquered care;
And loyalty, whose courage was sublime;

The great deep heart that was a home for all--
Mating poor daily needs
With high, heroic deeds,
That wrested happiness from Fate's hard hand.

We thought to weep, but sing for joy instead,
Full of the grateful peace
That follows her release;
For nothing but the weary dust lies dead.

Oh, noble woman! never more a queen
Than in the laying down
Of sceptre and of crown
To win a greater kingdom, yet unseen;
To live, to love, to bless --
And make death proud to take a royal soul.

POINTS FOR REFLECTION:

- **Read this poem twice. First as the author dedicated it to the memory of her beloved mother's passing. Then, in the presence of a loved one's memory... however you imagine that. Take a few moments of quiet afterwards. Which lines are speaking to you now in the profound mystery of death? Why?**
- **Allow a time for prayer in the presence and memory of your dear one. Speak to them as you would if they were by your side. Let this be a time where the veil between worlds is thin.**
- **Savor your experience of the mystery of life and death-- together.**

6. INTENTION FOR THE WEEK

-Make an intention to become aware of times in your day where 'the veil may be thin' and a moment of mystery reveals itself.

-See if you can be aware of how mystery shows up when we are more open to it. Try to just 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 (every 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 subtle signs of mystery today (through experiences of synchronicities, unexpected awareness, deep gratitude, etc.).

2. GRATITUDE

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

Ignatius encourages us to trust the voices that are life affirming. Welcome the gifts of mystery today without needing to analyze or second guess them.

-Breathe a prayer of gratitude for any dimension of mystery you may have experienced today. Inhale with the encouraging consolation that is always available to us. Exhale whatever desolation might cause you to be discouraged. Try this for about one minute.

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 making entries that reflect your experiences and learnings each day. Here everything belongs, both the gifts and the challenges.

3. POINTS TO NOTE

pray for your you truly want

Ignatian Contemplation is a kind of prayer where we meet God by living into story—our story and Great Story -- with all of our senses and imagination. 'In this prayer, you don't force anything to happen - you let it happen to you, within you, around you.'

Prayer is not just spending time with God. It is partly that but if it ends there it is fruitless. Authentic prayer changes us—unmasks us, strips us and shows us where growth is needed towards truer