

STUDY TRACK OVERVIEW GRID: THE SPIRITUAL EXERCISES

WEEK ONE: 14-20 September		THEME: From Unfreedom to Freedom	
<p align="center">WEEK'S ASSIGNMENTS</p> <p>Videos* V9 Overview of The Exercises V3 An Adaptable Tradition</p> <p>Audios A1 Divine Desiring in Me</p> <p>Readings R1 Do's & Don't for Daily Exercises R3 Overview of The Exercises</p> <p>*V1 Introducing Your Guides for overall background</p>	<p align="center">DAILY EXERCISES</p> <p>Sunday 14 Sept/Day One <i>Morning Reflection</i> Monday 15 Sept/Day Two <i>Midday Examen</i> Tuesday 16 Sept/Day Three <i>Enneagram Wisdom</i> Wednesday 17 Sept/Day Four <i>Devotional Readings</i> Thursday 18 Sept/Day Five <i>End of the Day Examen</i> Friday 19 Sept/Day Six <i>Rhythm of The Exercises</i> Saturday 20 Sept/Day Seven <i>End of the Week Harvesting</i></p>	<p align="center">ENNEAGRAM WISDOM</p> <p>Style Focus Type One: The Perfectionist</p> <p>Enneagram Tools E1, E2 Chart & Definitions & E3 <u>Enneagram Transformations</u>, especially the AFFIRMATIONS for each Style</p> <p>Optional Readings Beginner: E11, Rohr/Ebert, Type One, pp. 49-62 Advanced: E12, Maitri, chap 5, PP 110-32</p>	<p align="center">FOCUS OF THE WEEK</p> <p>Intention Reflect on your experiences of inner Freedom and Unfreedom</p> <p>Personal Focus Experience each aspect of the weekly exercises "in slow motion"</p> <p>Companion Practice R11 Touchstones for Asking Honest, Open Questions</p> <p>End of the Week Journal Questions* -How were The Exercises insightful this week? -Where could I use support/guidance? * To be shared on your monthly reflection paper</p>
WEEK TWO: 21-27 September		THEME: Strongest vs. Deepest Desires	
<p align="center">WEEK'S ASSIGNMENTS</p> <p>Videos V5 Trusting the God Within V4 Different World Views</p> <p>Audios A2 Healing Images of God</p> <p>Readings R13 Imagination and Ignatius E8 Enneagram & Freedom</p>	<p align="center">DAILY EXERCISES</p> <p>Sunday 21 Sept/Day One <i>Morning Reflection</i> Monday 22 Sept/Day Two <i>Mid Day Examen</i> Tuesday 23 Sept/Day Three <i>Enneagram Wisdom</i> Wednesday 24 Sept/Day Four <i>Devotional Readings</i> Thursday 25 Sept/Day Five <i>End of the Day Examen</i> Friday 26 Sept/Day Six <i>Rhythm of The Exercises</i> Saturday 27 Sept/Day Seven <i>End of the Week Harvesting</i></p>	<p align="center">ENNEAGRAM WISDOM</p> <p>Style Focus Type Two: The Helper</p> <p>Enneagram Tools E3 <u>Enneagram Transformations</u>, especially the RELEASES for each Style</p> <p>Optional Readings Beginner: E113, Rohr/Ebert, Type Two, pp. 63-80 Advanced: E12, Maitri, chap 7, pp. 155-178</p>	<p align="center">FOCUS OF THE WEEK</p> <p>Intention Reflect on the notion of desire as a core component of spiritual discernment</p> <p>Personal Focus Continue to experience the weekly exercises at your own pace</p> <p>Companion Practice R12 Examples of Open Questions</p> <p>End of the Week Journal Questions* -Reflect on the meaning of 'desire' (<i>id quod volo</i>) in The Exercises? -Where are The Exercises challenging me? * To be shared on your monthly reflection paper</p>
WEEK THREE: 28 Sept- 4 October		THEME: Listening to the Still Voice Within	
<p align="center">WEEK'S ASSIGNMENTS</p> <p>Videos V6 What is AMDG? V11 Journaling your Experience</p> <p>Audios A3 Spiritual Direction Relationship</p> <p>Readings R17 Journaling Directions, Ira Progoff R16 Birthing Compassion, Sue Monk</p>	<p align="center">DAILY EXERCISES</p> <p>Sunday 28 Sept/Day One <i>Morning Reflection/Journal</i> Monday 29 Sept/Day Two <i>Mid Day Examen/Journal</i> Tuesday 30 Sept/Day Three <i>Enneagram Wisdom/Journal</i> Wednesday 1 Oct/Day Four <i>Devotional Readings/Journal</i> Thursday 2 Oct/Day Five <i>End of the Day Examen/Journal</i> Friday 3 Oct/Day Six <i>Rhythm of The Exercises/Journal</i> Saturday 4 Oct/Day Seven <i>End of the Week Harvesting</i></p>	<p align="center">ENNEAGRAM WISDOM</p> <p>Style Focus Type Three: The Achiever</p> <p>Enneagram Tools E3 <u>Enneagram Transformations</u>, Both AFFIRMATIONS and RELEASES</p> <p>Optional Readings Beginner: E11 Rohr/Ebert, Type Three, pp. 81-97 Advanced: E12, Maitri, chap 4, pp. 88-109</p>	<p align="center">FOCUS OF THE WEEK</p> <p>Intention The freedom to trust our own inner truth</p> <p>Personal Focus Creating My Spiritual Exercises Journal</p> <p>Companion Practice R10 Guidelines for Asking Honest, Open Questions</p> <p>End of the Week Journal Questions* -How to discern between the voice of the Ego and the voice of the Soul? -Reflect on the how daily journaling is working so far. * To be shared on your monthly reflection paper</p>
WEEK FOUR: 5-10 October		THEME: Exercising Holy Indifference	
<p align="center">WEEK'S ASSIGNMENTS</p> <p>Videos V12 Desires, Disorder & Freedom V5 Role of the Spiritual Companion</p> <p>Audios A5 Practice & Praxis (Kennedy)</p> <p>Readings R28 Rethinking Perfection, Rohr & Groves R19 God was in the Place and I, i did not know, Harold Kushner</p>	<p align="center">DAILY EXERCISES</p> <p>Sunday 5 October/Day One <i>Morning Reflection/Holy Allowing</i> Monday 6 October/Day Two <i>Mid Day Examen/Holy Allowing</i> Tuesday 7 October/Day Three <i>Enneagram Wisdom/Holy Allowing</i> Wednesday 8 October/Day Four <i>Devotional Readings/Holy Allowing</i> Thursday 9 October/Day Five <i>End of Day Examen/Holy Allowing</i> Friday 10 October/Day Six <i>Rhythm of the Week's Exercises</i> Saturday 11 October/Day Seven <i>End of the Week Harvesting</i></p>	<p align="center">ENNEAGRAM WISDOM</p> <p>Style Focus Type Four: The Individualist</p> <p>Enneagram Tools E3 <u>Enneagram Transformations</u>, Both AFFIRMATIONS and RELEASES</p> <p>Optional Readings Beginner: E11 Rohr/Ebert, Type Four, pp. 98-114 Advanced: E12, Maitri, chap 6, pp. 133-154</p>	<p align="center">FOCUS OF THE WEEK</p> <p>Intention Allowing disorder and freedom to coexist</p> <p>Personal Focus Creating my own daily rhythm of The Exercises</p> <p>Companion Practice R12 Examples of Open Questions</p> <p>End of the Week Journal Questions* -How to trust my doubts? -Where are The Exercises most challenging me at the end of this first month? *Deadline for Month One Reflection Paper/10 Oct Instructions located on Track Website: General Information & Correspondence</p>

MONTH TWO WEBINAR SATURDAY OCTOBER 11			
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