

ART OF SPIRITUAL DISCERNMENT: SUMMARY OF TRACK TEACHINGS & LESSONS

Month Focus/ Spiritual Tradition	Content Highlights	Skill/ Enneagram Wisdom	Webinar Experience	Practicum for Month
<p>Month 1: HERITAGE</p> <p>Focus: Intro to Ministry & Practice of Spiritual Direction</p> <p>Spiritual Tradition: Our Hebrew Roots</p>	<p>From Judaism: The art of listening for our deepest questions</p> <p>From Gerald May: Exploring the distinction between counseling and spiritual direction</p> <p>From Jack Kennedy: Ignatian principles re: trusting our own affect and desire</p>	<p>Skill: -Articulating our personal <i>charism</i> in the call to be a spiritual director -Distinguishing between our deepest vs. strongest desires?</p> <p>Enneagram Wisdom: Ennea-type #1 General Principles for the Gut Space for Spiritual Direction</p>	<p>Dyad Experience: Inviting a third eye of awareness or, ‘the holy listener’ regarding... [1] Our spiritual gifts [charisms] and [2] How to work consciously and proactively with our inner affective movements</p>	<p>Tool: Life Review inventory Practice: -Active Listening and Counter- transference -Spiritual Direction session: Notice, record and explore relevant dynamics</p>
<p>Month 2: INCARNATION</p> <p>Focus: Trusting your Experiences of God</p> <p>Spiritual Tradition: Wisdom from Eastern Christianity</p>	<p>From Eastern Christianity: Historical forms of the spiritual direction relationship</p> <p>From Gerald May: The four universal spiritual forces</p> <p>From Jack Kennedy: Exploring the inner movements of freedom and un- freedom</p>	<p>Skill: Tapping into the wisdom that the language of “darkness and light” can offer as a tool for self awareness</p> <p>Enneagram Wisdom: Ennea-type #2 Working with a person’s unconscious habits and recognizing patterns of speech in spiritual direction</p>	<p>Dyad Experience: Using a Case Study from an E2 participant, reflect on how/which of the Four Spiritual Forces in G May’s teaching are dominant</p>	<p>Practice: -Reflection on Freedom vs. Unfreedom Tool: Onomatos Praxis: Create an effective koan, sacred word, etc. for a directee</p>
<p>Month 3: VISION</p> <p>Focus: The Art and Practice of Discernment</p> <p>Spiritual Tradition: Learnings from the Catholic Tradition</p>	<p>From the Catholic Tradition: Testing our images/ experiences of God</p> <p>From Gerald May: Exploring the limits of subjective spiritual experiences, dreams, etc.</p> <p>From Jack Kennedy: Testing healthy and unhealthy images of</p>	<p>Skill: How to pay attention to and evaluate the ‘fruit’ of our experiences?</p> <p>Enneagram Wisdom: Ennea-type #3 Paying attention to beliefs that result from toxic shame and guild</p>	<p>Dyad Experience: How to consider important life decisions with Ignatius’ Rules for Spiritual Discernment</p>	<p>Practice: -Paying attention to beliefs areas in life that may be calling for a decision with an enhances awareness of how our personal spiritual history may impact our decision-making. Tool: Stepping Stones of our Spiritual History</p>

	God, humanity and sexuality			
<p>Month 4: MIND</p> <p>Focus: Spirituality and Psychodynamics</p> <p>Spiritual Tradition: Native Spirituality for Today</p>	<p>From Native Spirituality: Exploring encounters with the darkness</p> <p>From Gerald May: The possibility of grace in all psycho spiritual dynamics including phenomena that appear destructive</p> <p>From Jack Kennedy: Considering the mystery of evil</p>	<p>Skill: Holding Darkness and Light together</p> <p>Enneagram Wisdom: Ennea-type #4 as a lens of awareness on unconscious psycho dynamics—both for directee and director</p>	<p>Dyad Experience: Naming and bringing real life struggles from darkness into light</p>	<p>Practice: -Spiritual Direction session with emphasis on naming areas of anger, fear or anxiety and corresponding insights from native/Ignatian wisdom</p> <p>Tools: Gratitude Therapy and Potlach (Give Away) Ritual</p>
<p>Month 5: ENCOUNTER</p> <p>Focus: Human Responses to Deeper Challenges</p> <p>Spiritual Tradition: Guidance from Islam and Sufism</p>	<p>From Islam/Sufism: From Gerald May: Learning to distinguish between therapy and spiritual direction. Problems to be solved vs. experiences worth exploring</p> <p>From Jack Kennedy: The critical distinction between practice and praxis</p>	<p>Skill: The psychology and spirituality of desolation</p> <p>Enneagram Wisdom: Ennea-type #5 as a way of learning to relate with withdrawn types in spiritual direction</p>	<p>Dyad Experience: Reflecting on our unique spiritual path and what supports/draws us away from it...</p>	<p>Practice: -Spiritual Direction session with emphasis on naming and holding ourselves faithful to a spiritual path/practice</p> <p>Tool: Creating a Verbatim Report</p>
<p>Month 6: RELATIONSHIP</p> <p>Focus: Interpersonal Dynamics in Spiritual Direction</p> <p>Spiritual Tradition: Insights from Reformation Christianity</p>	<p>From Reformation Christianity: Different types of helping relationships</p> <p>From Gerald May: The mutuality of the spiritual direction relationship</p> <p>From Jack Kennedy: Exploring the distinction between God’s Plan vs God’s Project</p>	<p>Skill: The Three R’s of Spiritual Discernment</p> <p>Enneagram Wisdom: Ennea-type #6 as an opportunity to explore how each ‘type’ needs to move around the Enneagram centers for balance and transformation</p>	<p>Dyad Experience: Noticing which tools from the traditions of this course might address an area of spiritual suffering</p>	<p>Practice: -Spiritual Direction session with emphasis on</p> <p>Tool: Working with the Review, Recognize and Respond dynamic of spiritual discernment (the Three Rs)</p>

<p>Month 7: DISORDER</p> <p>Focus: Psychiatric Syndromes</p> <p>Spiritual Tradition: Perennial Blessings from Hinduism</p>	<p>From Hinduism: Different types of helping relationships</p> <p>From Gerald May: Exploring how to integrate a relationship with Divine Mystery into the spiritual direction dynamic</p> <p>From Jack Kennedy: How to maintain healthy boundaries in spiritual direction</p>	<p>Skill: The Heart of Perfect Wisdom: Practice of Contemplative Holding</p> <p>Enneagram Wisdom: Ennea-type #7 as an exploration of unconscious suffering</p>	<p>Dyad Experience: Experiencing the 'Heart Practice' with a fellow spiritual partner</p>	<p>Practice: -Spiritual Direction session with an emphasis on the - Enneagram Head Space/Type #7. Notice, record and explore relevant dynamics</p> <p>Tool: Dedication of Merit- a commitment to journey with the suffering of another... and to allow another to hold our suffering</p>
<p>Month 8: COLLEGIALITY</p> <p>Focus: Referral, Consultation and Collaboration</p> <p>Spiritual Tradition: Buddhism and the Nature of Suffering</p>	<p>From Buddhism:</p> <p>From Gerald May: The need for supervision for spiritual directors</p> <p>From Michael Stevens: Universal Buddhist wisdom for all spiritual seekers</p>	<p>Skill: Applying the Four Noble Truths</p> <p>Enneagram Wisdom: Ennea-type #8 as a launch into the Gut Center of Intelligence (and its wisdom required for all three Centers of Intelligence)</p>	<p>Dyad Experience: Identifying the attachments which underlie our suffering</p>	<p>Practice: -Transforming Hatred with Compassion</p> <p>Tool: The Practice of Tonglen</p>
<p>Month 9: INTEGRATION</p> <p>Focus: Towards care for soul</p> <p>Spiritual Tradition: The Celtic Anamcara Tradition</p>	<p>From Celtic Spirituality: Growing Anam: Radical non- dualism</p> <p>From Gerald May: How to create a spiritual direction dynamic that transcends body-mind-spirit dualism</p> <p>From Jack Kennedy: A reprise on the formation program</p>	<p>Skill: Harvesting and presenting the learnings from ASD track</p> <p>Enneagram Wisdom: Ennea-type #9 as the 'mother type' of all types</p>	<p>Dyad Experience: Sharing the fruit of our experiences</p>	<p>Practice: -Discerning next steps in spiritual direction</p> <p>Tool: Looking into the Sacred Well</p>

