

Sacred Art of  
Discernment Track

**MONTH TWO: INCARNATION**




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**WISDOM FROM EASTERN CHRISTIANITY**

▶ Translating the desert fathers & mothers

- Working with four universal spiritual forces
- Discerning freedom from un-freedom
- The practice of ONOMATOS




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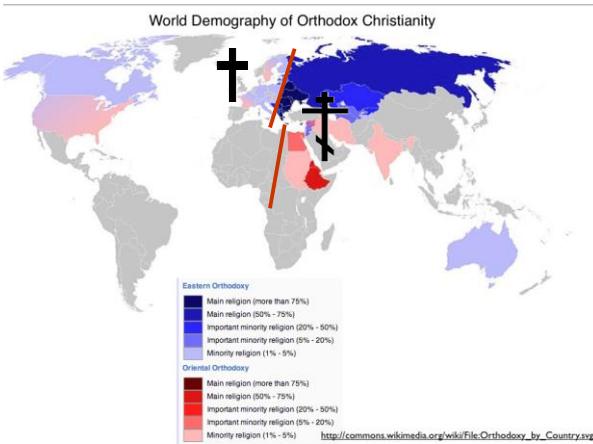
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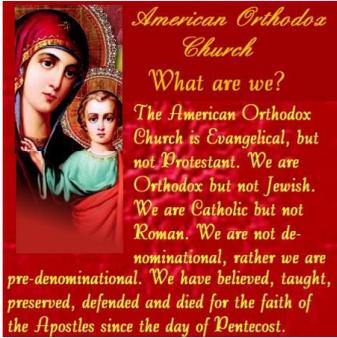
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### JEWISH STARITZ



**ANCIENT TRADITION  
OF  
HOLY LISTENERS**

### ORTHODOX STATITZ




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**ἐπιείκεια  
EPIKEIA**




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### STARETS



“God is not scandalized by our humanity...”

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### THE NEEDS OF THE SOUL CHANGE



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### THEOSIS = DIVINIZATION



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### Taize Orthodox Video

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### FOUR UNIVERSAL SPIRITUAL FORCES



- Our longing for Mystery
- The Divine longing for us
- Our internal fears & resistances
- 'Daemonic' forces [evil]

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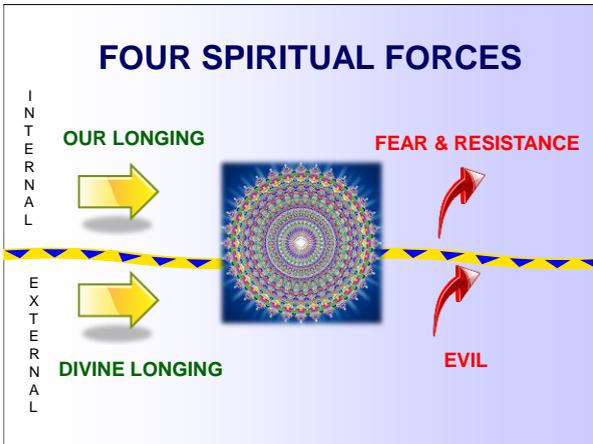
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**Personal  
Experience**

**MYSTICISM**

Freedom

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**DISCERNING FREEDOM**

- Where do you MOST experience freedom in life right now?
- Where do you MOST experience 'un-freedom' in life right now?

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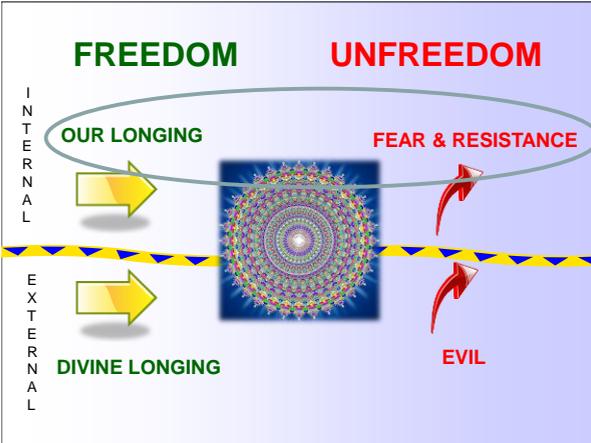
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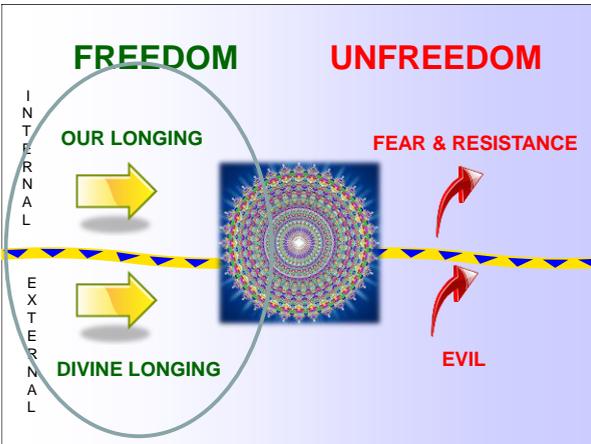
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### BRINGING AREAS OF DARKNESS INTO LIGHT

- ANYTHING THAT PREVENTS US FROM EXPLORING OUR LIFE EXPERIENCE DEEPLY



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### SPIRITUAL DISCERNMENT



Discernment is nothing more than looking at balance-like a level bubble. If it is tilted this way, you move to the other. Nothing is bad... it just lacks balance.

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➡ The practice of ONOMATOS



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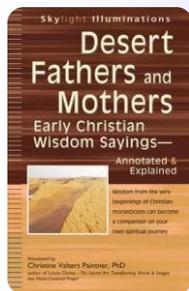
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Ονόματος = Onomatos



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### ONOMATOS/NAMING

Who are you? Whose are you?




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### ONOMATOS

שכינה God is Love, Lover and the Beloved




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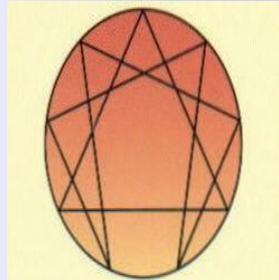


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### TOOL FOR SELF KNOWLEDGE




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# Enneagram & The Art of Discernment

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## ENNEAGRAM— THE FACE OF GOD



Eileen Heaton

AN INTER-SPIRITUAL TOOL FOR SELF KNOWLEDGE

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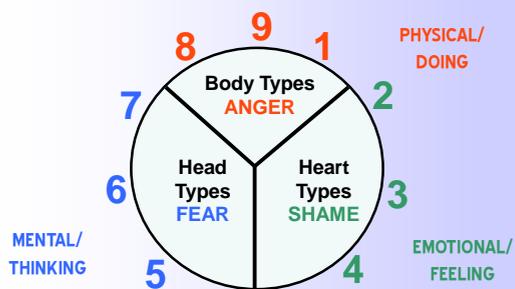
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## THREE CENTERS OF INTELLIGENCE



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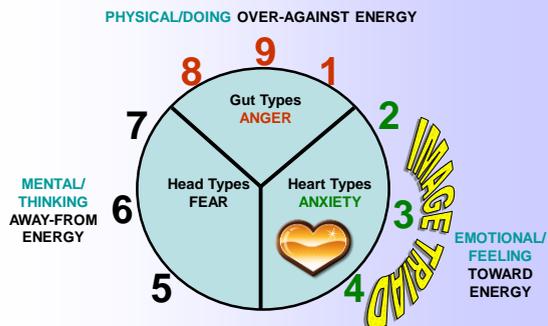
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### THREE SOURCES OF SELF-KNOWLEDGE




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### ENNEA-STYLE TWO




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### ENNEA-STYLE TWO

**THE HELPER  
ENABLER  
PEOPLE PLEASERS**



Feeling unworthy of love, they become preoccupied with their relationship, ingratiating themselves to others with the expectation that the other must reciprocate.

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## AVOIDANCE

The feeling state which each type empathetically evades because it triggers the pain of the original sense of separation.

**ENNEA-STYLE 2:  
MY NEEDS  
NEEDINESS  
SELF WORTH**

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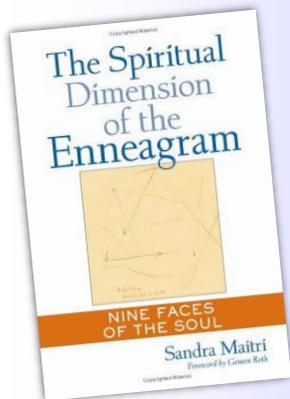
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## ENNEA-TYPE TWO: EGO FLATTERY CHAPTER 7



**Sandra Maitri**

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## EGO FLATTERY

For E2 their strategy is to create an image of being likeable, generous and having concern for others... and then look to those same people for affirmation of their self worth.

In this way they become master manipulators, believing that their flattery of themselves and others creates love.

—Sandra Maitri

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## IDEALIZATION



**I AM HELPFUL**

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## CONTINUUM OF TRAITS



VIRTUE
PASSION

HUMILITY
PRIDE

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## CLOSING INTENTION

Let my self-made spirit decrease that I may be rich in Divine Spirit. Let me carry the crosses that come to me with Your strength to bear me up.

May I become hollow like a reed so you may play your Melody through me.

—Nan Merrill, Psalm 119

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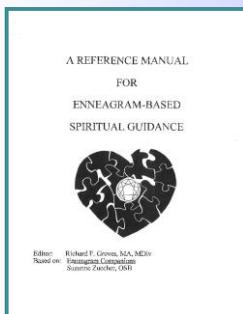
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## OUR GUIDE FOR THE ENNEAGRAM IN SPIRITUAL DIRECTION




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## HEART SPACE FOCUS

Notice the felt presence of the Divine, or the lack of it, through affective movements and experiences




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## MONTHLY SPIRITUAL PRACTICE: DISCERNING FREEDOM\*

- Where do you MOST experience freedom in life right now?
- Where do you MOST experience 'un-freedom' in life right now?

\*How can you incorporate these questions into your daily awareness?

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## SPIRITUAL COMPANION PRACTICUM

- Invite conversations with questions about areas of freedom and un-freedom [with awareness of your own experiences].
- Listen beneath 'presenting issue/s' for the dominant 'spiritual force' at work [reference Enneatypes as an influence on discernment]
- Be open to offering a suggestion in the form of an 'Onomatos' for your companion [often inspired during the session.]

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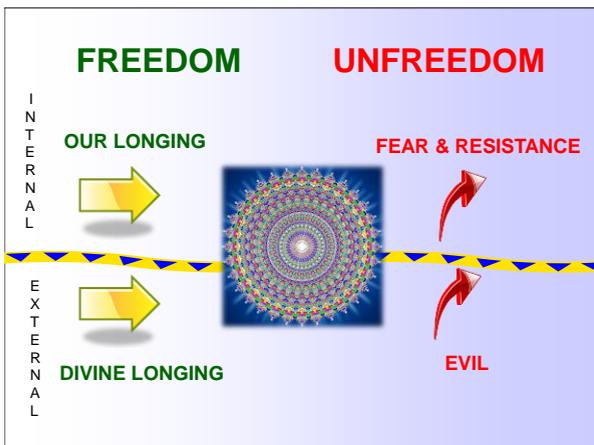
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## CASE STUDY: EnneaStyle #2

**NANCY**, age 61, hospice nurse, non-practicing Episcopalian/Anglican, describes herself as a "spiritual seeker," divorced, mother of four adult children

### THEMES IN SPIRITUAL DIRECTION

- Describes her life as exhausting; energy spent between job and family; little time for self; recent health scare following a breast cancer exam
  - Very anxious about failed marriage from 7 years ago
  - Feels trapped by work due to home mortgage and bills
  - Relationships with two adult daughters are a source of frustration, anxiety and disappointment.
- Nancy continually brings up the need for more space and time to take care of herself
  - Feels guilty that she does not have a consistent spiritual practice or faith community

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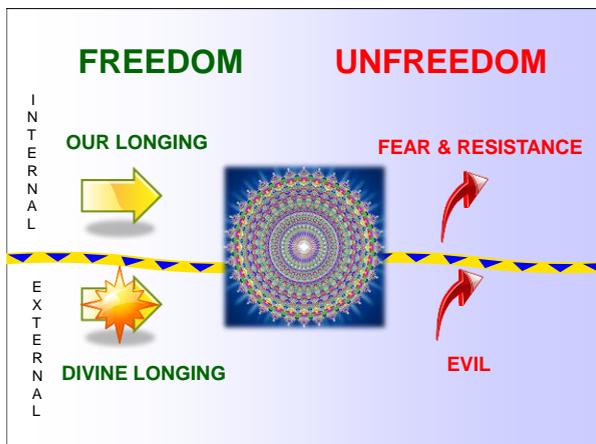
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### BRINGING AREAS OF DARKNESS INTO LIGHT

- AREAS OF WOUNDEDNESS ... LIFE STRUGLES AND ADDICTIONS




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### MONTH TWO ASSIGNMENTS

- Review all assigned readings/media  
(to be posted online: Tuesday, Oct 17)
- Make intention re: this month's spiritual practice  
(Awareness of Freedom vs. Un-freedom in your life)
- Meet with your spiritual companion  
(Using directions from: Spiritual Companion Practicum)
- Submit your Month Two reflection paper  
(no later than Saturday, November 4)  
discernment@sacredartofliving.org

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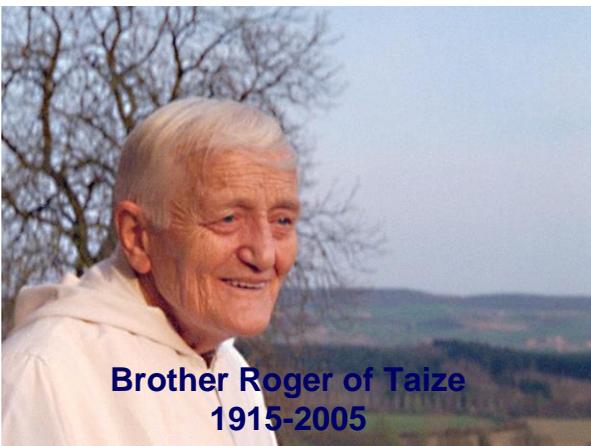
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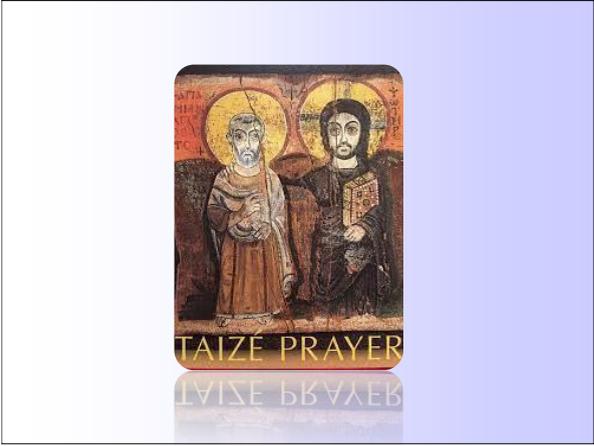
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