

Ongoing

MORNING EXERCISES

(About 30 minutes)

1. WISDOM FROM THE SPIRITUAL EXERCISES

Take a few moments each morning to quiet your mind and look the inner movements of your life as it is this week. This is where we ask, 'Can I see that Spirit is with me all along?' And, 'Can I be grateful for where I'm at now because of it all?'

Jack Kennedy

2. QUESTIONS FOR DISCERNMENT

Consider journaling for today by noting 'what arises in you' as you consider any of these discerning statements:

- Consider the patterns of 'order' and 'disorder' that show in your life.
- What is it like to consider that 'you have been led' both through life's destructive and life-giving patterns?
- Identify a particular 'tragic gap' in your life right now (i.e. a gap between the way things are and they way you would like them to be). Can you identify a familiar pattern in your personality enneatype that might be contributing to or exacerbating this situation?

3. ENNEAGRAM INSIGHT

Simply observe how the Enneagram wisdom speaks to your life this week.

Notes

MID DAY EXERCISES

(5-10 minutes)

1. MINI-EXAMEN: HOLY NOTICING

*Take a few quiet moments to remember your intention for the day
Are there moments worth noticing, worth remembering.
If you have your journal to hand. Note them.*

2. GRATITUDE

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

Ignatius says that we are where we are in life right now not in spite of-- but because of ourselves and that Spirit does not reject any part of who we are.

-Breathe a prayer of gratitude for a few minutes. Consider the spiritual breath practice of inhaling on the count of three and breathing out on the count of six. Try this for about one minute.

Notes

END-OF-THE-DAY THE EXAMEN

-The EXAMEN (about 15 mins)

REQUEST the presence of Spirit 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) What would it be like to 'talk to God about this'?

FOCUS QUESTIONS FOR EACH DAY'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 was draining and difficult.
- I let myself feel any emotions and notice whether I handled it gracefully or with angst.
- 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.

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 today's experiences and learnings. Here everything belongs, both the gifts and the challenges.

Before retiring, consider the spiritual geography for the next day.

As we settle into deeper rest we prepare our unconscious for the next day's exercises.

Bring the power of our imagination into your discernment

Cherish what is simple and be in awe of what is great.