

**SPIRITUAL EXERCISES GRID: MONTH TWO**
**OVERARCHING THEME: FREEDOM & DISCERNMENT**

<b>WEEK/MOVEMENT #1</b> <b>12-18 October</b>		<b>THEME:</b> <b>Order &amp; Disorder</b>	
<b>WEEK'S ASSIGNMENTS</b> <b>Videos</b> V12 Desires, Disorder and Freedom  <b>Audios</b> A 6 God's Plan vs. God's Project  <b>Readings</b> R 20 Rethinking Perfection	<b>DAILY EXERCISES</b> <b>Sunday 12 Oct/Day One</b> <i>Morning Reflection</i> <b>Monday 13 Oct/Day Two</b> <i>Midday Examen</i> <b>Tuesday 14 Oct/Day Three</b> <i>Enneagram Wisdom</i> <b>Wednesday 15 Oct/Day Four</b> <i>Devotional Readings</i> <b>Thursday 16 Oct/Day Five</b> <i>End of the Day Examen</i> <b>Friday 17 Oct/Day Six</b> <i>Rhythm of The Exercises</i> <b>Saturday 18 Oct/Day Seven</b> <i>End of the Week Harvesting</i>	<b>ENNEAGRAM WISDOM</b> <b>Style Focus</b> Type Five: The Observer  <b>Enneagram Tools</b> E 9 Spiritual Companions Manual/Spiritual Focus for Your Type  <b>Optional Readings</b> Beginner: E11, Rohr/Ebert, Type Five: pp 115-130 Advanced: E12 Maitri: chapter 9, pp 201-222	<b>FOCUS OF THE WEEK</b> <b>Intention</b> Paying attention to life's 'movements'  <b>Personal Focus</b> Consider how to connect the various exercises for each day  <b>Companion Practice</b> Note how your learnings show up in relating to others in everyday life  <b>End of the Week Journal Questions*</b> -How are the Exercises leading you naturally into Life Review -How/can you recall past weaknesses with less judgment?
<b>WEEK SIX/MOVEMENT #1</b> <b>19-25 October</b>		<b>THEME:</b> <b>Gratitude</b>	
<b>WEEK'S ASSIGNMENTS</b> <b>Videos</b> V 6 What is AMDG?  <b>Audios</b> A 3 Spiritual Direction Relationship  <b>Readings</b> R 21 Reimagining the Examen (part 1)	<b>DAILY EXERCISES</b> <b>Sunday 19 Oct/Day One</b> <i>Morning Reflection</i> <b>Monday 20 Oct/Day Two</b> <i>Mid Day Examen</i> <b>Tuesday 21 Oct/Day Three</b> <i>Enneagram Wisdom</i> <b>Wednesday 22 Oct/Day Four</b> <i>Devotional Readings</i> <b>Thursday 23 Oct/Day Five</b> <i>End of the Day Examen</i> <b>Friday 24 Oct/Day Six</b> <i>Rhythm of The Exercises</i> <b>Saturday 25 Oct/Day Seven</b> <i>End of the Week Harvesting</i>	<b>ENNEAGRAM WISDOM</b> <b>Style Focus</b> Type Six: The Loyalist  <b>Enneagram Tools</b> E 9 Spiritual Companions Manual/Reflect on your Enneagram Giftedness list with the Enneagram Affirmations doc (E 3)  <b>Optional Readings</b> Beginner: E11, Rohr/Ebert, Type Six: pp 131-145 Advanced: Maitri: chapter 3, pp. 66-87	<b>FOCUS OF THE WEEK</b> <b>Intention</b> Nurturing gratitude  <b>Personal Focus</b> Discover how the theme of gratitude informs all of life's choices  <b>Companion Practice</b> Cultivate a spirit of gratitude among all your relationships  <b>End of the Week Journal Questions*</b> -How/have The Exercises enhanced your awareness to live in a spirit of gratitude? -How/can gratitude influence life's more challenging experiences?
<b>WEEK SEVEN/MOVEMENT #1</b> <b>26 Oct – 1 Nov</b>		<b>THEME:</b> <b>The Examen</b>	
<b>WEEK'S ASSIGNMENTS</b> <b>Videos</b> V 16 The Awareness Examen  <b>Audios</b> A 7 Holding the Tension  <b>Readings</b> R 22 Reimagining the Examen (part 2)	<b>DAILY EXERCISES</b> <b>Sunday 26 Oct/Day One</b> <i>The Five R.s</i> <b>Monday 27 Oct/Day Two</b> <i>Request</i> <b>Tuesday 28 Oct/Day Three</b> <i>Relish</i> <b>Wednesday 29 Oct/Day Four</b> <i>Review</i> <b>Thursday 30 Oct/Day Five</b> <i>Repent</i> <b>Friday 31 Oct/Day Six</b> <i>Resolve</i> <b>Saturday 1 Nov/Day Seven</b> <i>End of the Week Harvesting</i>	<b>ENNEAGRAM WISDOM</b> <b>Style Focus</b> Type Seven: The Planner  <b>Enneagram Tools</b> E 9 Spiritual Companions Manual/Reflect on your list of Weaknesses (sinfulness) along with Ennea Releases doc (E 3)  <b>Optional Readings</b> Beginner: E11, Rohr/Ebert, Type Seven: PP 146-177 Advanced: Maitri: chapter 3, pp.223-244	<b>FOCUS OF THE WEEK</b> <b>Intention</b> A Deeper Experience of The Examen  <b>Personal Focus</b> Focus on the 5 R's of The Examen  <b>Companion Practice</b> Noticing where/how our inner work may be impacting others  <b>End of the Week Journal Questions*</b> -Reflect on how the end of the Day Examen could become an essential part of your future spiritual journey.
<b>WEEK EIGHT/MOVEMENT #1</b> <b>2-7 November</b>		<b>TOWARDS MOVEMENT 2</b> <b>Focus on Journaling</b>	
<b>WEEK'S ASSIGNMENTS</b> <b>Videos</b> V 11 Journaling your Experience  <b>Audios</b> A 5 Practice & Praxis  <b>Readings</b> R 8 Journaling Directions	<b>DAILY EXERCISES</b> <b>Sunday Nov 2/Day One</b> <i>Be Still</i> <b>Monday 3 Nov/Day Two</b> <i>Request</i> <b>Tuesday 4 Nov/Day Three</b> <i>Relish</i> <b>Wednesday 5 Nov/Day Four</b> <i>Review</i> <b>Thursday 6 Nov/Day Five</b> <i>Repent</i> <b>Friday 7 Nov/Day Six</b> <i>Resolve</i>	<b>ENNEAGRAM WISDOM</b> <b>Style Focus</b> Type Eight: The Defender  <b>Enneagram Tools</b> E 9 Spiritual Companions Manual/Note to which of the recommendations for your Type you are drawn  <b>Optional Readings</b> Beginner: E11, Rohr/Ebert Type 8: pp 182-178 Advanced: Maitri, c 8 179-200	<b>FOCUS OF THE WEEK</b> <b>Intention</b> A deeper commitment to Journal  <b>Personal Focus</b> Noticing how your journal can enhance your skills of discernment  <b>Companion Practice</b> Deeper sharing with Companion group  <b>End of the Week Journal Questions*</b> How have these months led to a deeper awareness of freedom in life?

<b>IMPORTANT DEADLINE</b> Reflection Papers: 6 November			<b>MONTH 3 WEBINAR</b> 8 November 8:30am – 11:00 Pacific Time
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