

SPIRITUAL EXERCISES GRID: MONTH FIVE

BEGIN MOVEMENT THREE: DISCERNMENT, SUFFERING & THE COST OF LOVING

WEEK ONE/MOVEMENT #3 11-17 January	THE FIVE PROMISES #1 LIFE IS HARD	ENNEAGRAM WISDOM	FOCUS OF THE WEEK
<p align="center">WEEK'S ASSIGNMENTS</p> <p>Videos R#15 The Cost of Loving</p> <p>Audios A7 Holding the Tension</p> <p>Readings R6 The Five Promises of Initiation, Richard Rohr, #1 Life is Hard</p>	<p align="center">DAILY EXERCISES</p> <p>Sunday 11 Jan/Day One <i>Intention</i></p> <p>Monday 12 Jan/Day Two <i>Colloquy</i></p> <p>Tuesday 13 Jan/Day Three <i>Enneagram</i></p> <p>Wednesday 14 Jan/Day Four <i>Mid Day Examen</i></p> <p>Thursday 15 Jan/Day Five <i>End of the Day Examen</i></p> <p>Friday 16 Jan/Day Six <i>Hi/Lo Reflection</i></p> <p>Saturday 17 Jan/Day Seven <i>End of the Week Harvesting</i></p>	<p align="center">ENNEAGRAM INSIGHT</p> <p>Enneagram Tool: E3 Releases</p>	<p align="center">PRACTICES</p> <p>Intention Explore the relationship between The Five Promises of Initiation and the third Ignatian theme of Suffering and the Cost of Loving</p> <p>Personal Focus To engage with the wisdom of The Exercises during times of desolation</p> <p>Companion Practice How to appropriately support a companion during experiences of desolation</p> <p>End of the Week Journal Questions* -How/has the promise that Life is Hard been enlightened by The Exercises? -Reflect on how each daily exercise offers insight into the wisdom of suffering.</p>
WEEK TWO/MOVEMENT #3 18-24 January	THE FIVE PROMISES #2 YOU ARE NOT (THAT) IMPORTANT	ENNEAGRAM WISDOM	FOCUS OF THE WEEK
<p align="center">WEEK'S ASSIGNMENTS</p> <p>Readings R6 The Five Promises of Initiation, Richard Rohr, #2 You are not (that) important</p>	<p align="center">DAILY EXERCISES</p> <p>Sunday 18 Jan/Day One <i>Intention</i></p> <p>Monday 19 Jan/Day Two <i>Colloquy</i></p> <p>Tuesday 20 Jan/Day Three <i>Enneagram</i></p> <p>Wednesday 21 Jan/Day Four <i>Mid Day Examen</i></p> <p>Thursday 22 Jan/Day Five <i>End of the Day Examen</i></p> <p>Friday 23 Jan/Day Six <i>Hi/Lo Reflection</i></p> <p>Saturday 24 Jan/Day Seven <i>End of the Week Harvesting</i></p>	<p align="center">ENNEAGRAM INSIGHT</p> <p>Enneagram Tool: E3 Affirmations</p>	<p align="center">PRACTICES</p> <p>Intention Explore how the theme that YOUR ARE NOT (THAT) IMPORTANT can be a source of consolation</p> <p>Personal Focus To engage with the wisdom of The Exercises as an opportunity to stand in the tragic gap of our human condition</p> <p>Companion Practice How to appropriately support a companion with honest, open questions</p> <p>End of the Week Journal Questions* -How/has the promise that YOUR ARE NOT (THAT) IMPORTANT been enlightened by this weeks' exercises? -Reflect on where the Promises of Initiation are a gift as well as a challenge..</p>
WEEK THREE/MOVEMENT #3 25-31 January	THE FIVE PROMISES #3 YOUR LIFE IS NOT ABOUT YOU	ENNEAGRAM WISDOM	FOCUS OF THE WEEK
<p align="center">WEEK'S ASSIGNMENTS</p> <p>Readings R6 The Five Promises of Initiation, Richard Rohr, #3 Your Life is not about You</p>	<p align="center">DAILY EXERCISES</p> <p>Sunday 25 Jan/Day One <i>Intention</i></p> <p>Monday 26 Jan/Day Two <i>Colloquy</i></p> <p>Tuesday 27 Jan/Day Three <i>Enneagram</i></p> <p>Wednesday 28 Jan/Day Four <i>Mid Day Examen</i></p> <p>Thursday 29 Jan/Day Five <i>End of the Day Examen</i></p> <p>Friday 30 Jan/Day Six <i>Hi/Lo Reflection</i></p> <p>Saturday 31 Jan/Day Seven <i>End of the Week Harvesting</i></p>	<p align="center">ENNEAGRAM INSIGHT</p> <p>Enneagram Tool: E3 Affirmations AND Releases</p>	<p align="center">PRACTICES</p> <p>Intention Explore how the theme that YOUR LIFE IS NOT ABOUT YOU can offer constructive insight into life's daily demands.</p> <p>Personal Focus To discern where our personality strengths and weaknesses offer insight into the Five Promises</p> <p>Companion Practice How to listen to another and mirror back their own wisdom rather than offering your suggestions to them</p> <p>End of the Week Journal Questions* -What has the promise that YOUR LIFE IS NOT ABOUT YOU taught you this week? -Reflect on how the Five Promises may be impacting your daily attitudes and behaviors.</p>

WEEK FOUR/MOVEMENT #3 1-7 February	THE FIVE PROMISES #4 YOU ARE NOT IN CONTROL	ENNEAGRAM WISDOM	FOCUS OF THE WEEK
<p>WEEK'S ASSIGNMENTS</p> <p>Readings R6 The Five Promises of Initiation, Richard Rohr, #4 You are not in control</p>	<p>DAILY EXERCISES</p> <p>Sunday 1 Feb/Day One <i>Intention</i></p> <p>Monday 2 Feb/Day Two <i>Colloquy</i></p> <p>Tuesday 3 Feb/Day Three <i>Enneagram</i></p> <p>Wednesday 4 Feb/Day Four <i>Mid Day Exam</i></p> <p>Thursday 5 Feb/Day Five <i>End of the Day Exam</i></p> <p>Friday 6 Feb/Day Six <i>Hi/Lo Reflection</i></p> <p>Saturday 7 Feb/Day Seven <i>End of the Week Harvesting</i></p>	<p>ENNEAGRAM INSIGHT</p> <p>Enneagram Tool: E3 Tragic Gap of our Ennea-type</p>	<p>PRACTICES</p> <p>Intention Explore how the theme that YOU ARE NOT IN CONTROL can be a source of wisdom when making life decisions.</p> <p>Personal Focus To notice how the Five Promises are influencing small daily decisions and behaviors..</p> <p>Companion Practice How to translate aspects of Five Promises for friends and companions</p> <p>End of the Week Journal Questions* -How/has the promise that YOU ARE NOT IN CONTROL been woven into this weeks' exercises? -Reflect on where this week's 'promise' most deeply speaks to you..</p>
<p>SPECIAL WEEK /MOVEMENT #3 8-14 February</p> <p>WEEK'S ASSIGNMENTS</p> <p>Readings R6 The Five Promises of Initiation, Richard Rohr, #5 You are going to die</p>	<p>THE FIVE PROMISES #4 YOU ARE GOING TO DIE</p> <p>DAILY EXERCISES (TBA based on the relationship between The Exercises and the Wisdom of the Enneagram</p>	<p>ENNEAGRAM INSIGHT</p> <p>Prep for Spirt of the Enneagram Workshop</p>	
<p>IMPORTANT DEADLINE Reflection Papers: 13 February</p>			<p>MONTH 6 WEBINAR 13-14 February Spirit of the Enneagram Pacific Time</p>