

WEEK TWELVE/DAY SIX
Weekly Theme: *Our Spiritual Geography*

Invite time to summarize your experiences of the week with the Ignatian inspired SPIRITUAL GEOGRAPHYING EXERCISE. It is okay to note areas of resistance or 'failure.' What might any of your experiences have to guide your future spiritual journey?

MORNING EXERCISES
(About 30 minutes)

1. WISDOM FROM THE SPIRITUAL EXERCISES

Take a few moments to quiet your mind and welcome the following teaching.

Commentary on Rule #14:

God honors and affirms our human experience as the only path to whole-iness.

"Rather than denying our human condition, 'Ignatian humanism' (cura personalis) engages with all of life including our emotions and woundedness as a defense against false voices of spiritual perfectionism."

2. QUESTIONS FOR DISCERNMENT

Consider journaling for today by noting 'what arises in you' as you consider the previous Wisdom Teaching. How could this insight support your END-OF-THE-DAY focus on SPIRITUAL GEOGRAPHYING.

3. ENNEAGRAM INSIGHT

Simply observe how the following Enneagram insight complements today's teachings.

"The Enneagram does not put you in a box—it shows you the box you are already in...and the way out!" "We study the Enneagram because it is necessary to become conscious of how our personality operates so that we can become free of it."

4. ENNEAGRAM AWARENESS

Spend a few minutes with today's Enneagram insights; consider making a journal entry which you could return to at the end of the day.

How might this awareness contribute to your Spiritual Geography practice?

5. DEVOTIONAL REFLECTION:

Consider composing a closing to the letter to your beloved. Are there any unfinished feelings you would like to record. In your imagination and prayer, trust that what you are writing is being received in gratitude and love.

6. INTENTION FOR THE DAY

- Make an intention to be aware today of the most notable particular situations that arise which we typically judge as positive or negative.
- Try to just notice and not judge the situation.

Today may I recognize the limiting images of life and myself.
Instead, may the Divine Inner Light within me reveal what is most true, beautiful and good.

MID DAY EXERCISES

(5-10 minutes)

1. MINI-EXAMEN: HOLY NOTICING

Take a few quiet moments to remember your intention for the day

- Recall a couple of notable events (both positive and challenging) from your day so far and hold them in gratitude. These can be small or impactful events. Make an intention to revisit these at the end of the day?
- Renew your intention for the remainder of the day.

2. GRATITUDE

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

Ignatius encourages us to trust all of the particulars in life. Welcome each of them as potential teachers.

- Breathe a prayer of gratitude for a few minutes. Inhale with the life giving energy that is always available to us. Exhale whatever is false and self-demeaning. Try this for about one minute.

END-OF-THE-DAY EXERCISES

(About 20 minutes)

1. THE EXAMEN

The daily Examen is the heart of the Spiritual Exercises. This is an opportunity to take a long, loving look back over your day where, 'We recognize the Beloved in the nitty gritty of life and we bring the nitty gritty back to the Beloved.' This exercise is an examination of consciousness (clear awareness) NOT an examination of conscience focused on faults and failings. By being faithful to this practice and journaling your insights, patterns will emerge over thirty days including awareness from your unconscious that would normally have been missed in everyday activity.

SPIRITUAL GEOGRAPHYING

Allow the two end-of-the-week Journal Questions to guide your end of the day Examen and journal time today (found on the Spiritual Exercises website under Month Three resources). Remember that these responses in some way should be incorporated into your end of the month Reflection Paper.