

## **SPIRITUAL EXERCISES TRACK OUTLINE**

### **Month 1: Introduction to Ignatian Spirituality: Preparing for the Journey**

#### **Theme: Awareness, Freedom/Unfreedom**

- Explore the key principles / core elements of Ignatian spirituality
- Learn about the Ignatian Exercises and their purpose
- Explore the connection between self-awareness and spiritual growth
- Learn how the Ignatian Exercises and the Enneagram can complement each other

### **Month 2: From Fear to Liberation: Desire**

#### **Theme: Gifts and Addictions**

- Reflect on spiritual intentions for the 30-Day Exercises
- Begin to recognize the inner movements of your life.
- Reflect on how your Enneagram type influences your perception and behavior
- Begin to recognize the gifts and addictions associated with each type
- Cultivate a reflective mindset and establish a regular *prayer* routine

### **Month 3: Feeling the Call of the Divine in our lives**

#### **Theme: Self-Sacrifice; Understanding our suffering**

- Explore the themes of creation and gratitude
- Engage in daily prayer exercises and journaling prompts
- Reflect on spiritual intentions for the 30-Day Exercises
- Begin to recognize the gifts and addictions associated with each Enneatype

