

MOVEMENT THREE: WEEK TWO
DAILY EXERCISES
PROMISE: YOU ARE NOT (THAT) IMPORTANT

This week we will continue to reflect on the themes of Movement Three of The Exercises (Discernment, Suffering and the Cost of Loving) drawing on the FIVE PROMISES OF INITIATION from Richard Rohr's book, Adam's Return. The Second Promise: YOU ARE NOT (THAT) IMPORTANT could appear to be in contradiction to the perspective of ID QUOD VOLO. In the first and second movements we were encouraged to pay closer attention to the deepest desires of our heart.

The statement that we are not (that) important puts that exercise into perspective in two ways: 1) We must discern between the many goods that our ego desires in order to clearly know which of these is 'the pearl of great price' and 2) We learn that what we most deeply desire is not just for our selves but for the MAGIS (the greater) good, especially as our desires impact others in our lives and the world.

The result of deep soulful discernment inevitably can put us up against pain and suffering as we choose to surrender what may have once been worthwhile for the next unfolding of our lives. This is why we are recommending that our intentions, colloquies and practices this week be inspired by a five-part series on the Soul & Science: Lessons for Caregivers site (on the Sacred Art of Living website). Dr. Michael Kearney, Anamcara mentor, has created the series: BEING WITH PAIN. You will be given access (free of charge) to this series along with instructions about how to use the Soul & Science site. Our intention is, that by reflecting on The Exercises teachings about desolation, together with Richard Rohr's FIVE PROMISES and the lessons in THE BEING WITH PAIN series, you will be presented with a number of ways to hold this deep end teaching of St. Ignatius.

DAY ONE (SUNDAY) JANUARY 18
EXERCISE: FOCUS ON INTENTION

After beginning the exercises, one should expect a voice of contradiction drawing us back into the illusion that life should be pain free and without challenge. Ignatius

Begin your day by re-reading the FIVE PROMISES OF INITIATION. Pay close attention to the second promise: You are not (that) important. Focus today on the following statement in the form of an INTENTION for your day. Note that this was the same intention from your Week One Exercises but may take on a deeper meaning as your journey into the mystery of suffering:

May I become more aware today of any pain which I consciously or unconsciously transmit to those I will encounter.

DAY TWO (MONDAY) JANUARY 19

EXERCISE: FOCUS ON A COLLOQUY REFLECTION

BEING WITH PAIN SERIES, LESSON ONE: UNATTENDED PAIN

At times what we most deeply desire is also the cause of our suffering. Ignatius

Today will be the first day using BEING WITH PAIN series from the Soul & Science website. Separate instructions will be sent and posted on the website regarding access to this series. We suggest that you watch the assigned video and consider the reflection questions from the LEARNING GUIDE QUIZ that follow as a means of engaging in 'colloquy' with the video lesson. Note that you do NOT have to answer every question; select the one that speaks most clearly to you or invites you into deeper reflection. Finally, you do NOT have to submit your responses from the quiz as you are not using the series as part of a caregiver training course.

DAY THREE (TUESDAY) JANUARY 20

EXERCISE: FOCUS ON THE ENNEAGRAM

BEING WITH PAIN SERIES, LESSON TWO: WOUNDED HEALERS

Spiritual desolation manifests itself in the darkness of the soul which can either be felt as fearful turmoil, ego resistance or self-sufficient arrogance. Ignatius

Begin your day again by re-reading the second 'promise' of the FIVE PROMISES OF INITIATION. Then view the second lesson in the BEING WITH PAIN series. In addition to any of the LEARNING GUIDE questions that are speaking to you today, consider returning to the ENNEAGRAM AFFIRMATIONS of your Type so you do not lose sight of how your humanity, which being the source of suffering, is also the source of your God given gifts.

DAY FOUR (WEDNESDAY) JANUARY 21

EXERCISE: FOCUS ON THE MID DAY EXAMEN

BEING WITH PAIN SERIES, LESSON THREE: A NEW RELATIONSHIP TO PAIN

For Ignatius, we grow through desolation only when we resist it.

Begin your day again by re-reading the second 'promise' of the FIVE PROMISES OF INITIATION. Consider weaving your INTENTION OF THE DAY with your MID DAY MINI EXAMEN. Following the video lesson, consider what kind of intention you could create today based on your learnings.

See how/if you are able to return to that same intention at Mid Day and either notice how it impacted your day so far. Or, renew your intention to be grateful for the gift of recognizing that while you are not (that) important, your deepest desires come from a Divine Source.

DAY FIVE (THURSDAY) JANUARY 22
EXERCISE: FOCUS ON END OF THE DAY EXAMEN
BEING WITH PAIN SERIES, LESSON FOUR: NATURE AS MEDICINE

The promise of the Exercises will manifest to the degree we are willing to engage in regular examination of our consciousness. Jack Kennedy on The Examen

Begin your day again by re-visiting these insights from the FIVE PROMISES OF INITIATION:

If we do not transform our pain, we will transmit it in some form – in one or more of the following ways:

1. We will become inflexible, blaming and petty as we grow older.
2. We will need other people to hate in order to expel our inner negativity.
3. We will play the victim in some form as a means of false power.
4. We will spend much of our life seeking security and status as a cover-up for lack of a substantial sense of self.
5. We will pass on our deadness to our family, children and friends.

Then, consider the teachings from the Soul & Science lesson on Nature as Medicine. Reflect on the suggestions from the BEST PRACTICES QUIZ as a way to conclude your day and engage in a different kind of EXAMEN.

DAY SIX (FRIDAY) JANUARY 23
EXERCISE: FOCUS ON REVISITING YOUR SPIRITUAL GEOGRAPHY
BEING WITH PAIN SERIES, LESSON FIVE: TRANSFORMING PAIN

*When you recognize that you're in a state of desolation, Ignatius reverses things and says, do those spiritual things *nonetheless!**

Revisit the Spiritual Geography Exercise that tracks the HI and LO of your day. As you use this as an end of the day touchstone, how might the lessons from this week about BEING WITH PAIN shed light on both your consolations and desolations.

Savor a time to rest in the 'promise' that while you are not THAT important, your life is GRACED. What is it like to move from resistance to surrender?

DAY SEVEN (SATURDAY) JANUARY 24
EXERCISE: FOCUS ON HARVESTING THE WEEK'S EXPERIENCES

The key for Ignatius is the fact that desolation of itself does not produce growth. The grace of growth comes with recording and revisiting the movements of spirit in our daily lives and noticing that we're never abandoned even during our darkest moments.

Revisit your exercises and journal entries from the week. What movements and lessons have you noticed over the course of the past week?

Make sure you record your summary insights as an important way of tracking your movements throughout this month.