ART OF SPIRITUAL DISCERNMENT: SUMMARY OF TRACK TEACHINGS & LESSONS

Month Focus/	Content	Skills/	Webinar	Practicum
Spiritual Tradition	Highlights	Enneagram Wisdom	Experience	for Month
Month 1:	From Judaism:	Skills:	Dyad Experience:	Tool:
<u>Heritage</u>	The art of listening	-Articulating our	Inviting a third	Life Review
	for our deepest	personal <i>charism</i> in the	eye of awareness	inventory
Focus:	questions	call to be a spiritual	or, 'the holy	Practice:
Intro to Ministry &		director	listener'	-Active Listening and
Practice of Spiritual	From Gerald May:	-Distinguishing between	regarding	Counter-
Direction	Exploring the	our deepest vs.		transference
	distinction between	strongest desires?	[1] Our spiritual	-Spiritual Direction
Spiritual Tradition:	counseling and		gifts [charisms]	session with
"Our Hebrew	spiritual direction	Enneagram Wisdom:	and	emphasis on the -
Roots"		General Principles for	[2] How to work	Enneagram Heart
	From Jack Kennedy:	the Heart Space for	consciously and	Space/Type #2.
	Ignatian principles re:	Spiritual Direction	proactively with	Notice, record and
	trusting our own		our inner	explore relevant
	affect and desire		affective	dynamics
		a	movements	
Month 2:	From Eastern	Skills:	Dyad Experience:	Tool:
<u>Incarnation</u>	Christianity:	Tapping into the	The 'Onomatos'	Onomatos Praxis
F	Historical forms of	wisdom that the	practice from the	Practice:
Focus:	the spiritual direction relationship	language of "darkness	Eastern Orthodox tradition:	-Exploring emotional
Trusting your	relationship	and light" can offer as a tool for self awareness	tradition:	distress as a catalyst for spiritual insight
Experiences of God	From Gerald May:	toor for sell awareness	[1] Employing the	-Spiritual Direction
Spiritual Tradition:	The four universal	Enneagram Wisdom:	'inner observer'	session with
"Wisdom from	spiritual forces	Working with a person's	in a spiritual	emphasis on the
Eastern	spiritual forces	unconscious habits and	direction meeting	Enneagram Heart
Christianity"	From Jack Kennedy:	recognizing patterns of	in order to	Space/Type #3.
	Exploring the inner	speech in spiritual	[2] Create an	Notice, record and
	movements of	direction	effective koan,	explore relevant
	freedom and un-		sacred word, etc.	dynamics
	freedom		for a directee	,
Month 3: Vision	From the Catholic	Skills:	Dyad Experience:	Tool:
	Tradition:	How to pay attention to	How to pay	Spiritual History
Focus:	Testing our images/	and evaluate the 'fruit'	attention to the	Practice:
The Art and	experiences of God	of our experiences ?	movement of	-Paying attention to
Practice of			spirit through	beliefs that
Discernment	From Gerald May:	Enneagram Wisdom:	your experience	result from toxic
	Exploring the limits of	Balancing the liabilities		shame and guilt
Spiritual Tradition:	subjective spiritual	and strengths of our		-Spiritual Direction
"Wisdom from the	experiences, dreams,	personality both as		session with
Catholic Tradition"	etc.	director and directee		emphasis on the
	Francisch W. J.			Enneagram Heart
	From Jack Kennedy:			Space/Type #4.
	Testing healthy and			Notice, record and
	unhealthy images of			explore relevant
	God, humanity and			dynamics
	sexuality			

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Month 4:	From Native	Skills:	Dyad Experience:	Tool:
<u>Mind</u>	Spirituality:			Potlach Ritual
	Exploring encounters	Enneagram Wisdom:		Practice:
Focus:	with evil			-Spiritual Direction
Spirituality and				session with
Psychodynamics	From Gerald May:			emphasis on the -
	-			Enneagram Heart
Spiritual Tradition:	From Jack Kennedy:			Space/Type #4.
"Native Spirituality				Notice, record and
for Today"				explore relevant
lor roddy				dynamics
Month 5:	From Islam/Sufism:	Skills:	Dyad Experience:	Tool:
		SKIIIS.	Dyau Experience:	
<u>Encounter</u>	From Gerald May:	Francisco Milada and		Verbatim Report
_		Enneagram Wisdom:		Practice:
Focus:	From Jack Kennedy:			-Spiritual Direction
Human Responses				session with
to Deeper				emphasis on the -
Challenges				Enneagram Heart
				Space/Type #5.
Spiritual Tradition:				Notice, record and
"Guidance from				explore relevant
Islam and Sufism"				dynamics
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Month 6:	From Reformation	Skills:	Dyad Experience:	Tool:
Relationship	Christianity:		, , , , , , , , , , , , , , , , , , , ,	Prescriptive
- Itelationship	Different types of	Enneagram Wisdom:		Visualization
Focus:	helping relationships	Zimeugram Wisuom.		Practice:
Interpersonal	Ticiping relationships			-Spiritual Direction
Dynamics in	From Gerald May:			session with
	From Geraid Iviay.			
Spiritual Direction	From Josk Konnody			emphasis on the -
	From Jack Kennedy:			Enneagram Heart
Spiritual Tradition:				Space/Type #6.
"Insights from				Notice, record and
Reformation				explore relevant
Christianity"				dynamics
Month 7:	From Hinduism:	Skills:	Dyad Experience:	Tool:
<u>Disorder</u>	Different types of			Spiritual Health
	helping relationships	Enneagram Wisdom:		Assessment
Focus:				Practice:
Psychiatric	From Gerald May:			-Spiritual Direction
Syndromes				session with
	From Jack Kennedy:			emphasis on the -
Spiritual Tradition:	,			Enneagram Heart
"Perennial				Space/Type #7.
Blessings from				Notice, record and
Hinduism"				explore relevant
Timuuisiii				dynamics
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Month 8:	From Buddhism:	Skills:	Dyad Experience:	Tool:
<u>Collegiality</u>				Supervision Session
	From Gerald May:	Enneagram Wisdom:		Practice:
Focus:				-Spiritual Direction
Referral,	From Jack Kennedy:			session with
Consultation and				emphasis on the -
Collaboration				Enneagram Heart
				Space/Type #8.
				Notice, record and
				explore relevant
Spiritual Tradition:				dynamics
Buddhism and the				
Nature of Suffering				
Month 9:	From Asian	Skills:	Dyad Experience:	Tool:
<u>Integration</u>	Spiritualities:	Harvesting and		Story Catching
		presenting the learnings		Practice:
Focus:	From Gerald May:	from ASD track		-Spiritual Direction
Towards care for				session with
soul	From Jack Kennedy:	Enneagram Wisdom:		emphasis on the -
		Apprentice		Enneagram Heart
Spiritual Tradition:		presentations!		Space/Type #9.
Wisdom from the				Notice, record and
Chinese and				explore relevant
Japanese Wisdom				dynamics
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