

Sacred Art of Discernment Track

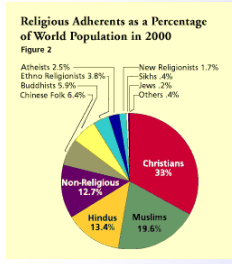
MONTH FIVE: GUIDANCE FROM ISLAM

MONTH FIVE: ENCOUNTER

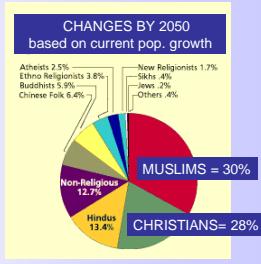
- **SPIRITUAL TRADITION**
 - Guidance from Islam-Sufism
- **CLINICAL FOUNDATIONS**
 - Exploring Desolation in Spiritual Direction
- **DISCERNMENT-IN-PRACTICE**
 - Naming our Path & Practice



WORLDWIDE RELIGIOUS MEMBERSHIP

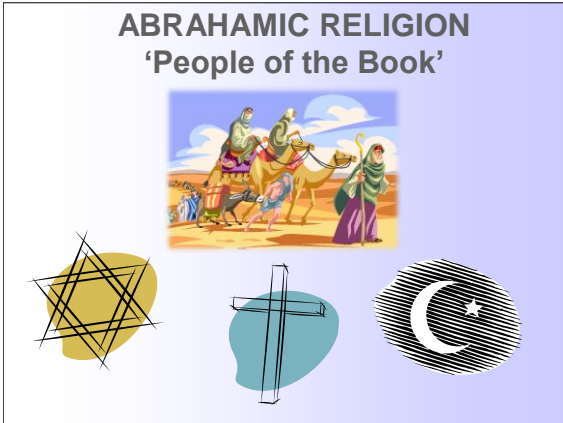


MUSLIMS = 1.2 Billion
CHRISTIANS = 2 Billion



MUSLIMS = 2.4 Billion
CHRISTIANS = 2.2 Billion



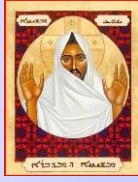




THE LADDER TO HEAVEN



- Adam
- Abraham
- Joseph
- Moses
- John the Baptist
- Mary
- Jesus



ECUMENICAL ISLAM



- You will attain nothing unless you observe the Torah and the Gospels...
- Tread the same path as those who went before you... respecting especially the People of the Book
- If God had pleased, there would be only one religion; it has been ordained otherwise...



AL LAH

HIGHLIGHTS OF ISLAMIC HISTORY



FOUNDATION (570-632)
Prophet Mohammed Revelation & Unification

SCHISM (632-750)
Sunni/Shia Division Arguments about Succession

GOLDEN AGE (750-1254)
Culture and Spirituality Sufism/Spiritual Direction

CRUSADES/END OF CALIPHATE (1254-1924)
Conflict with the West Political-Social Decline

MODERN CHALLENGES (1925-Present)
Economics & Modernization Clashing World Views

GUIDANCE FROM ISLAM-SUFISM

➔ Obedience & Surrender in Islam

- Sufi Principles for Spiritual Direction
- Psychology/Spirituality of "Desolation"
- Practice to Praxis: Follow your 'Path'



INSHALLAH



**Die before you die...
(so that when you die,
you will not die)**

OBEDIENCE

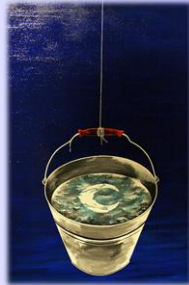
- What is in your well?
- How will you remain faithful?
- Who will show me when something gets in the way?



SEEK THE WELL OF DESIRE

Seek the well of your own desire
 Inside the Great Mystery that
 already is...

We don't own anything there
 Save the reflection of our face.
 Listen first into the well
 And you will hear the echoes of
 Paradise.



Jalal ad-Din Rumi



*Let yourself be silently
 drawn by the stronger
 pull of what you truly
 love*



- First lose yourself in your Spiritual Guide, then in Moses, then in Jesus, then in Mohammed and then in Allah...

Shams of Tabriz

GUIDANCE FROM ISLAM-SUFISM

- Obedience & Surrender in Islam
- ➡ Sufi Principles for Spiritual Direction
- Psychology/Spirituality of "Desolation"
- Practice to Praxis: Follow your 'Path'



HAKIM = SPIRITUAL DIRECTOR



PHYSICIAN
MYSTIC
INTUITIVE
MENTOR
POET

One who holds us to our path...

SUFI PRINCIPLES OF SPIRITUAL DIRECTION



- Need for Faithful Guide & Community
- Trust your Experience
- Practice of Ma'rifat (contemplation)
- Be faithful to your Path...
then Surrender!

NAME YOUR FAITHFUL GUIDE

- First lose yourself in your Spiritual Guide, then in Moses, then in Jesus, then in Mohammed and then there will be no separation between you and Allah...



Shams of Tabriz

TRUST YOUR EXPERIENCE



- Do you know the name of a thing?
- Have you ever plucked a rose from a R.O.S.E.?
- You name the Name, now go and seek the reality behind the name
- Look for the moon in the sky not in the water
- Do you know your own bright Essence?

PRACTICE OF MA'RIFAT



- Though we seem to be sleeping, there is an inner wakefulness that directs the Dream and that will eventually startle us back to the Truth of who we really are.

BE FAITHFUL TO YOUR PATH

Let yourself be silently drawn by the stronger pull of what you truly love

Rumi



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THERAPY VS. SPIRITUAL DIRECTION

FINDING A CURE VS. FINDING DIVINE RELATIONSHIP



Problem to be solved vs. experience worth exploring

A condition not to be worked through as much as to be seen through

Instead of substituting consolation for consolation, seek to bring light into the 'dark night'

Instead of blame, guilt or anger, explore feelings of 'Divine absence'

Even after all this time
the sun never says to the earth,
You owe me



Look at what happens
with a love like that,
It lights up the whole sky

Hafiz

DEPRESSION, DESOLATION, DARK NIGHTS

PSYCHOLOGICAL DEFENSES



Fear of facing unwanted feeling or experience

Fear a failure or disappointment

Rebellion against discipline and authority

Stuck in familiar practice that blocks openness to new insight

GUIDANCE FROM ISLAM-SUFISM

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- Psychology/Spirituality of "Desolation"

➔ Practice to Praxis: Follow your 'Path'



PRACTICE TO PRAXIS

Freedom & Right Action

The only reason to be faithful to a spiritual path is that it makes you more free to be more fully human in the world



SELF AWARENESS

Essential Quality # 1 for Spiritual Directors



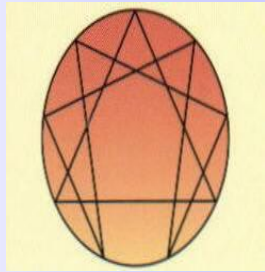
Beware of superficial thought

What appears to be hypocrisy in the enlightened ones

Is better than what is felt to be sincerity in the beginner

'Becoming aware of what is in your well'

TOOL FOR SELF KNOWLEDGE



INTERIOR FREEDOM

Essential Quality #2 for Spiritual Directors



... Without which you cannot stay with the issues [experiences] of another.

MISBAHA = 99 NAMES OF GOD



Practice of Remembrance



SACRED QUESTION FOR SPIRITUAL DISCERNMENT

- What is your 'path' right now?
- What practices support you on your path?
- What gets in the way of your practice?





DISCERNMENT EXERCISE

- Identify the spiritual 'path' you are on right now.
- What practices support me on the path?
- Name any psychological dynamics that might be keeping me from being faithful to my practice/my path?



WRITING A VERBATIM

- 1) Take 15 minutes and, in the role of director and directee, conduct a typical spiritual direction mini-session around the questions of spiritual practice and spiritual path.
- 2) Take 5 minutes and, to the best of your ability, write a 'verbatim' (to the best of your ability), on a segment of the conversation that you recall.



WRITING A VERBATIM

- 3) In the verbatim, record the dialogue as precisely as you can recall (including 'ehms,' smiles, non-verbal signals, etc. on including al practice and spiritual path.
- 4) Then in the margins of your verbatim, record any insights, feelings or leanings you want to make note of.



WRITING A VERBATIM

- 5) Take the last 10 minutes and share with your partner, your verbatim recollections.
- 6) Notice what subtleties show up in the process and also notice and areas of insight that the verbatim might have offered both to the director and directee... Remember we are all learning at this stage.

BRINGING AREAS OF DARKNESS INTO LIGHT

- **ANYTHING THAT PREVENTS US FROM EXPLORING OUR LIFE EXPERIENCE DEEPLY**



BRINGING AREAS OF DARKNESS INTO LIGHT

- AREAS OF RESISTANCE OR PSYCHOLOGICAL AND EMOTIONAL BLOCKS



BRINGING AREAS OF DARKNESS INTO LIGHT

- AREAS OF WOUNDEDNESS ... LIFE STRUGGLES AND ADDICTIONS