

Sacred Art of
Discernment Track

**MONTH FOUR:
NATIVE PERSPECTIVES ON DISCERNMENT**

MONTH FOUR

- **SPIRITUAL TRADITION**
– Native Wisdom for Today
- **CLINICAL FOUNDATIONS**
– Psychodynamics in Spiritual Direction
- **DISCERNMENT-IN-PRACTICE**
– Dealing with the mystery of 'evil'



NATIVE SPIRITUALITY



**MOST OF HUMAN HISTORY
PRE-INDUSTRIAL 'THIRD WORLD'**

WISDOM FROM NATIVE SPIRITUALITY

➤ Another Mythology for Discernment

- Mystery and Power of 'Evil'
- Naming Unconscious Resistances
- Potlach and 'Rules' for Discernment



CHARACTERISTICS OF PRIMAL RELIGION

- SPIRITUALITY = Way of Life
- NATURE = Great Teacher
- GOOD = Everything belongs
- EVIL = Denying the darkness
- SHAMAN = Mediator of worlds



"Wankan Tanka Tunkashila"
All things are sacred... everything belongs

ROLE OF THE SHAMAN



Mediator between the human and spirit worlds

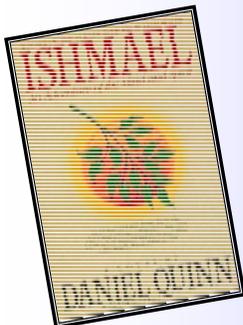


How do we hold the tension that both pain and pleasure, joy and sadness, success and failure can work for or against growth in spirit?

NATIVE INTERMEDIARIES



Reading Recommendation!



“LEAVERS”

Those who live in the hands of the gods

vs.

“TAKERS”

Those who know good and evil

Leavers are the most endangered species in the world



Whenever **Takers** encounter Leavers another tribal perspective is lost forever

Time to re-examine life according to a different mythology or we will destroy creation

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The dragon is not evil itself but *not* to believe in the dragon is the doom of earth people...

Black Elk

THE PROBLEM OF 'EVIL'

"A person cannot fight to overcome evil until s/he believes it is a reality."

"Most patients are cured of neurotic fears by learning to take them very seriously."

Carl Jung,
The Transformation of Spirit



DISCERNMENT OF EVIL

- GOOD APPEARS AS EVIL & VICE VERSA
- THERE IS DANGER IN FACING EVIL— BUT IT IS MORE DANGEROUS IF NOT FACED AT ALL
- WHAT IS NOT FACED CANNOT BE DISCERNED
- MOST PEOPLE CONDEMN THEMSELVES FOR THE WRONG SINS—AND AIM FOR THE WRONG VIRTUES
- CONSEQUENCES OF EVIL AFFECT THE ENTIRE TRIBE



ROLE OF SHAMAN - HEALER



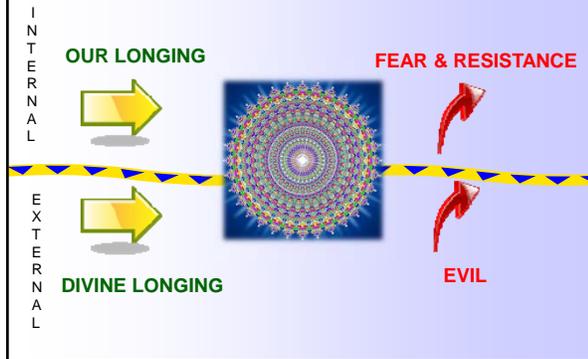
Illness is the opportunity to see the sacred

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FOUR SPIRITUAL FORCES



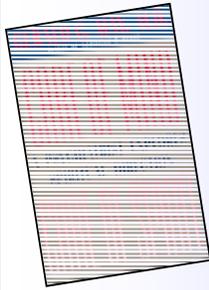
THE PROBLEM OF FEAR

“Always in the deep woods when you leave familiar ground and step off alone into a new place, there will be, along with the curiosity and excitement, a little nagging of dread, It is an ancient fear of the unknown.”

Wendell Berry



THE UNCONSCIOUS & PATHOLOGY IN SPIRITUAL DIRECTION



AWARENESSES FOR GROWTH

- ✓ All experiences have some connection with unconscious psycho-dynamics
- ✓ These connections are neither good nor bad in themselves... Their value can be appraised only in terms of their fruit and effects on life experience
- ✓ Even if a given phenomenon is determined to be destructive, it does not exclude the possibility of a deeply graced dimension...

LAKOTA HEYOKA



The 'Other,' whose role becomes an official opposite, feeling, asking, thinking and expressing what others will not.

EXAMINATION OF CONSCIOUSNESS



**Where do I
most find love
and freedom?**

**Where do I
least find love
and freedom?**

Spiritual Exercise of Ignatius of Loyola

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Ignatius of Loyola



Art of Spiritual Discernment

“Whatever is in the darkness should always be brought into the light...”

'RULES' FOR DISCERNING EVIL

“When we are facing something very important in our lives, we often find ourselves up against something equally as great or even greater working against us...”



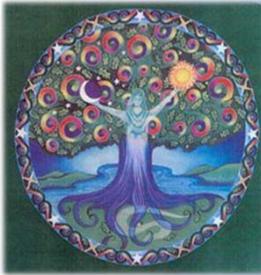
'RULES' FOR MAKING A PROVISIONAL DECISION

"With the support of another wise and caring soul, make a significant period of time *to live into and with* your provisional decision... unless you are in imminent physical or spiritual danger:

- [1] Live with your decision to test its truth lest you are being deceived.
- [2] Use the provisional period as a time of openness for the 'magis' –or greater good
- [3] Then, revisit your decision with any new insights or guidance before making a final or irreversible decision.



GRATITUDE AS ANTIDOTE



You cannot be simultaneously bitter and grateful...

GRATITUDE AS THERAPY



You will not be the same person after consciously giving thanks each day for the abundance that exists in your life.

And you will have set in motion an ancient spiritual law:

The more you are grateful for, the more will be given back to you.

POTLACH = GIVE AWAY



HOPI = TUNATYAVA



"Comes true...being hoped for"

Ways that probabilities become realities

CASE STUDY ENNEA-STYLE 4

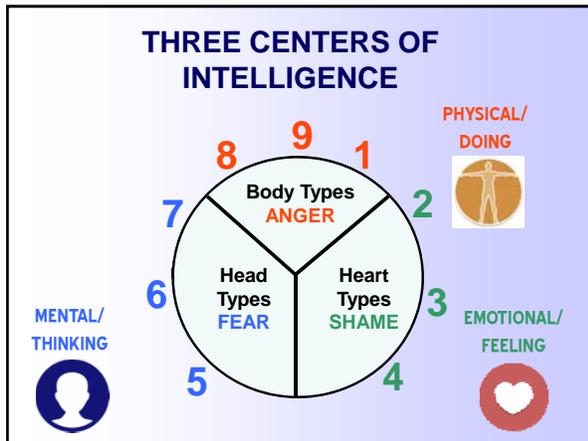
CAROL, age 64, is a mental health counselor and non-practicing Jew, in the Anamcara Apprenticeship, who has been divorced for many years. She has a daughter (Sara) with whom things are very strained. She has been in a turbulent relationship with a man for several years which seems to be at the heart of her current personal struggles and spiritual pain.

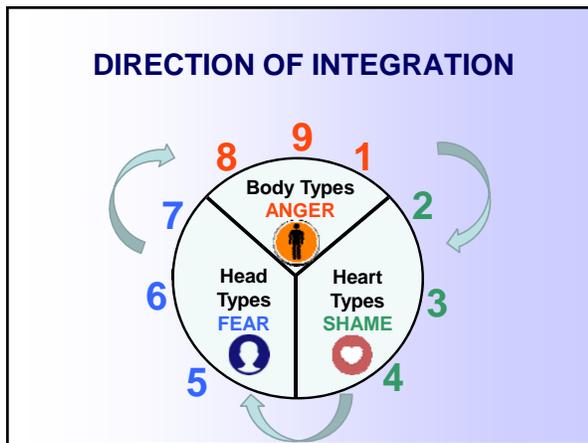
THEMES IN SPIRITUAL DIRECTION

- Carol is a committed spiritual seeker who has recovered a sense of meaning and hope since her involvement in the Anamcara apprenticeship though she still feels a strong sense of being inadequate and is quite fearful of being alone. Carol talks a great deal about growing old and becoming even more isolated.
- She feels drawn to re-imagine or totally change her counseling practice by incorporating insights from spiritual sources.
- Bill is the source of significant tension in her life. Friends tell her that he is a freeloader but Carol cannot disconnect from the relationship without feeling panic attacks and despair. He is currently spending time in a county jail for multiple DUIs.

QUESTIONS FOR DISCERNMENT

- What is 'being done to you' as you consider Carol's situation?
- How to best deal with the emotional turmoil in Carol's core relationships (Bill and Sara)?
- What kind of honest, open questions would you consider?
- How might the Enneagram be a supportive tool for Carol right now?
- Is there something from Native Spirituality that could support Carol?
- What kind of Provisional Decision/s might be worth considering









AGGRESSIVE STYLES 

3-7-8

COMPLIANT STYLES 

1-2-6

WITHDRAWN STYLES 

4-5-9



THE ROMANTIC

"I can stand almost anything except a succession of ordinary days." Goethe



The **FOUR** child develops the strategy to prevent the immobilizing depression experienced with actual loss. Therefore, he or she avoids total emotional involvement in any current relationship. After real loss, the child fills his life with imagination and fantasy, explores symbolic interpretations of what happened, and plays at the edge of desire—to be close and to self sabotage.




ENNEASTYLE
PASSION
ENVY

ENNEASTYLE
AVOIDANCE
ORDINARINESS

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 **PERSONALITY TRAITS**

STRENGTHS	CHALLENGES
compassionate	depressive
introspective	self-conscious
expressive	manic
intuitive	judgmental
refined	moody
supportive	high maintenance
creative	withdrawn
non-conformist	guilt-ridden

 **IDEALIZATION**



I AM ELITE

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 **THE "FOUR" LIE**



I WILL GET THE LOVE I NEED IF...
I AM EXCEPTIONAL

 **MONTHLY DISCERNMENT EXERCISE**

- **Identify a significant area in your life where you feel conflicted by significant fear, anxiety or anger**
[Select an issue that may even contain an element of 'evil' influence –from within or without –as you understand such things].
- **Through journaling, prayer and the spiritual direction dynamic, bring the struggle 'from darkness into light.'** Where appropriate, reference aspects from Native wisdom or the Ignatian Rules of Discernment. Is there a Provisional Decision on the horizon of your life?
- **Encourage the practice of daily gratitude and creating a one time 'potlach' ceremony – in ways that address the specific area of struggle.**

POTLACH = GIVE AWAY