

LEADERSHIP by  
**DISCERNMENT**  
nourishing the contemplative-in-action within

**WISL 01 WISE 02**  
SEVEN FOUNTAINS  
Chiangmai, Thailand  
01 to 08 APRIL 2018

**DISCERNMENT**

UNCONSCIOUS BELIEFS

UNCONSCIOUS FEELINGS

empty page

puppet show


ongoing dance

GLAD + SAD + MAD + SCARED

*The Theology of*  
**IGNATIAN DISCERNMENT**

*The Psychology of*  
**IGNATIAN DISCERNMENT**

Each person has a higher **DESTINY** that will give **meaning** to his/her life.




**BIG IDEA #1** God cares and has a specific plan for each one of us.

We are **free** to choose or reject our destiny. We can **decide** to define our life or diminish it.

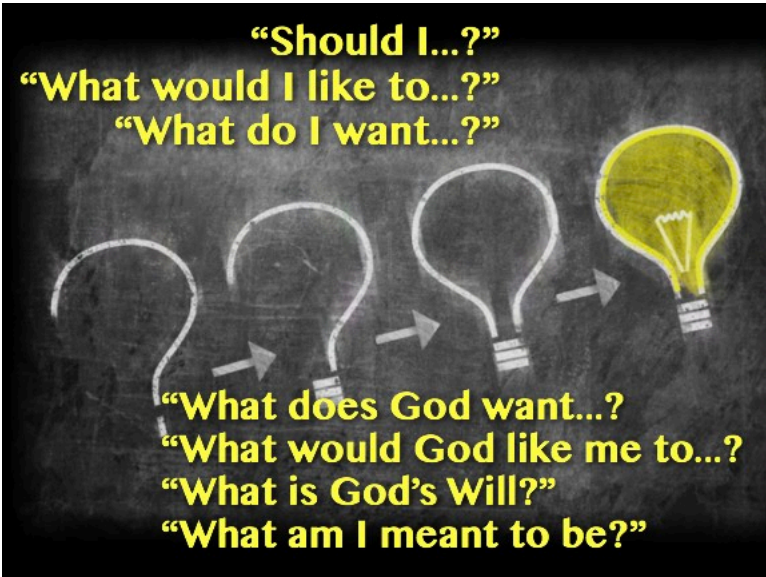
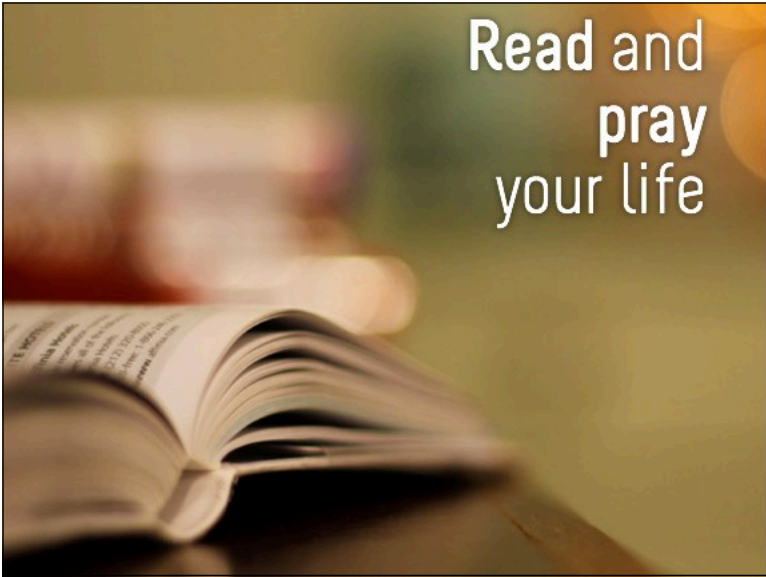


**BIG IDEA #2** God respects our freedom and the laws of nature.

"The Annunciation is why I can never **not** be a Catholic"  
(Elizabeth Scalia)



"Our **salvation** hinges upon our **consent** to being saved."





God *never* wills EVIL.

Evil

Greater Good

or

Good

**GOD'S WILL**

**God's Will or our Destiny could never be something evil.**

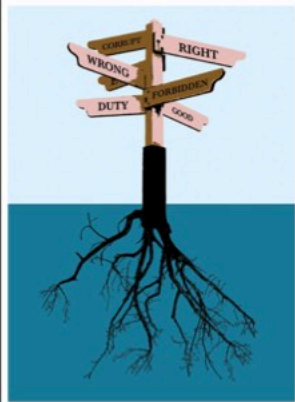
Discernment is finding out the **GREATHER GOOD** in a given situation for an individual.

**BIG IDEA #4**

## Moral Discernment

when **what is right & wrong** isn't clear-- & moral dilemmas like finding out **the lesser of two evils**

pertains to God's **GENERAL WILL:** His desire all for all to be holy



Elizabeth Liebert  
*The Way of Discernment*

## Ignatian Discernment

when the **greater good** isn't clear

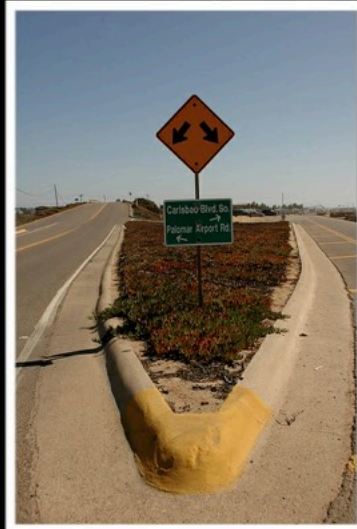
appropriate when one is deciding between a **GOOD** & a **BETTER** choice

pertains to God's **SPECIFIC WILL** (for individuals)



Elizabeth Liebert  
*The Way of Discernment*

**Spiritual  
Discernment**  
refers to what we do  
to discover the  
**GREATER GOOD:**  
**GOD'S WILL**  
or **OUR DESTINY**



In Spiritual  
Discernment,  
we believe  
that  
in a given  
situation,  
God's Will is  
the "greater  
good"




to seek the "greater good"




踏み絵

fumi-e "stepping-on" + "picture"



ST. IGNATIUS OF LOYOLA'S  
RULES FOR DISCERNMENT  
OF SPIRITS



Sound Spirituality


Sound Psychology




The Ingredients of  
**IGNATIAN DISCERNMENT**

---

**REFLECTING** on My Experience  
DISCERNING My Response  
PRAYING for Confirmation

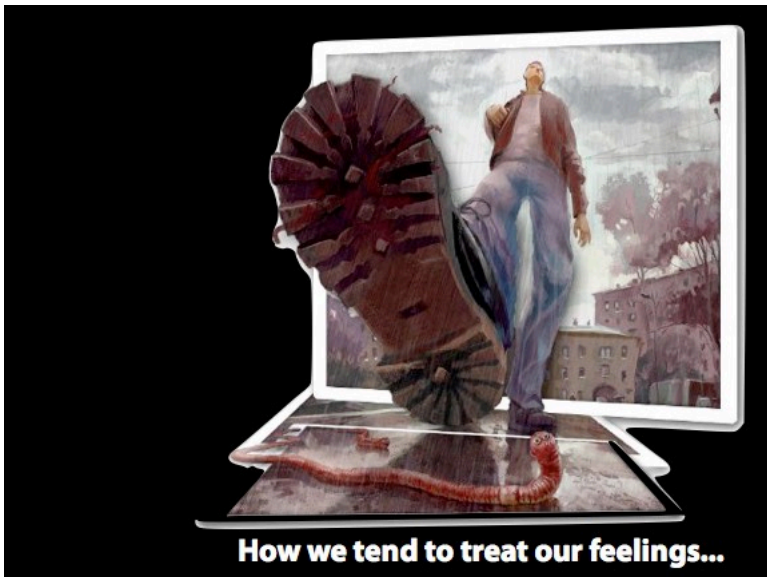
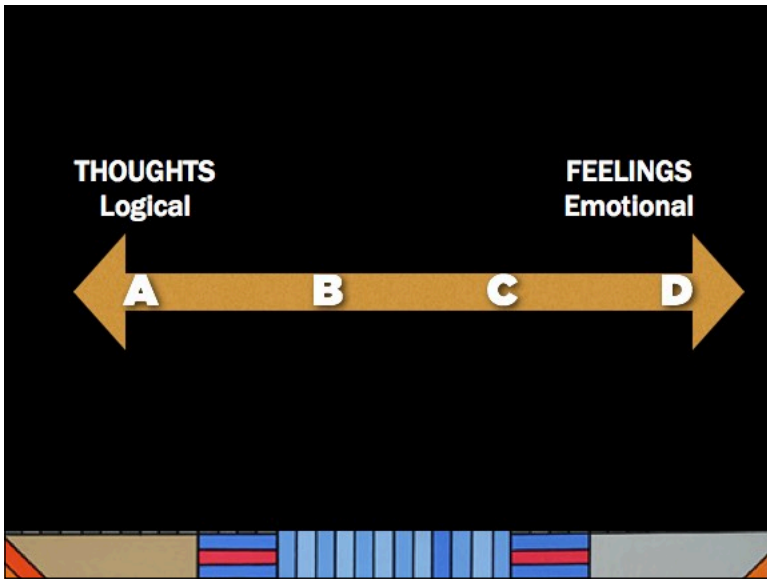


EXPERIENCE ← ACTION



**IGNATIAN DISCERNMENT**

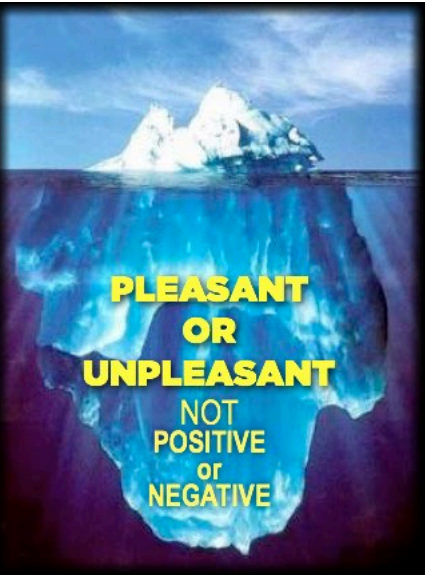
REFLECTION





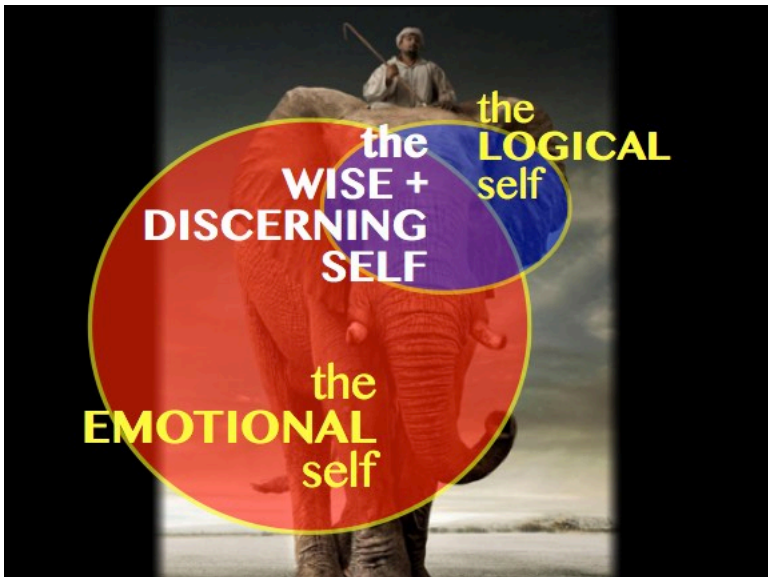
Feelings often drive our decisions & actions **more powerfully** than reason.

Especially our **unconscious** feelings...



**PLEASANT OR UNPLEASANT**  
NOT POSITIVE OR NEGATIVE

The image shows an iceberg floating in the ocean. The tip of the iceberg is above the water, and the much larger part is submerged below the surface. The text is overlaid on the submerged part of the iceberg.



the **LOGICAL** self

the **WISE + DISCERNING** SELF

the **EMOTIONAL** self

The image shows a person riding an elephant. Three overlapping circles are overlaid on the elephant: a blue circle at the top, a red circle at the bottom, and a purple circle in the middle. The text is placed within these circles.

**Two Mistakes**

- \* Let the emotions run free.
- \* Ignore or abuse your emotions

**...elephant stampede**

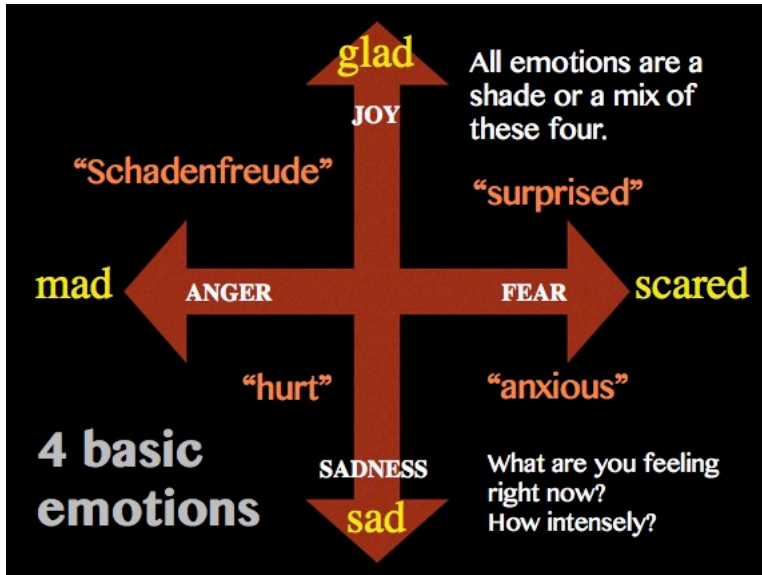
**LOGIC & REASON**

Befriend your elephant.

**EMOTIONS or FEELINGS**

The image shows a person riding an elephant. Two overlapping circles are overlaid on the elephant: a blue circle at the top and a red circle at the bottom. The text is placed within these circles.





Crucial to the process of discernment is our connection and attunement to

**“the skin of the soul”**

where feelings, emotions and affectivity scratch and scamper in us.

- G. Aschenbrenner, SJ (2004)

**GOD'S WILL = beneficial?**

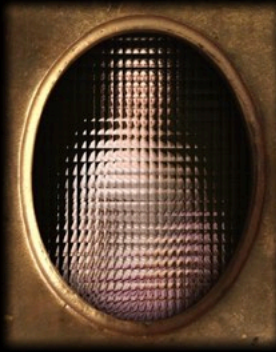
If God is all-wise  
 He KNOWS  
 what's **best** for me.

If God is all-good  
 He WANTS  
 what's **best** for me.

# discernment

	CHOOSING EVIL	CHOOSING GOOD	CHOOSING THE GREATER GOOD
PLEASANT	???	No problem!	No problem!
PAINFUL	No problem!	???	???

*Ignatian discernment begins with*  
**"REFLECTING ON EXPERIENCE."**



Reflection on external events and our **"interior movements"**

St. Ignatius invites us to pay attention to our **thoughts and feelings, our imaginings, desires, attractions & repulsions.**

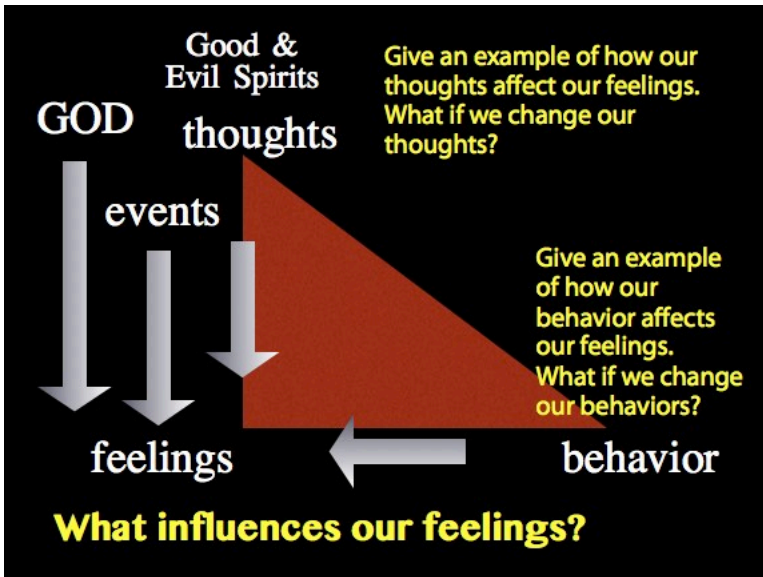
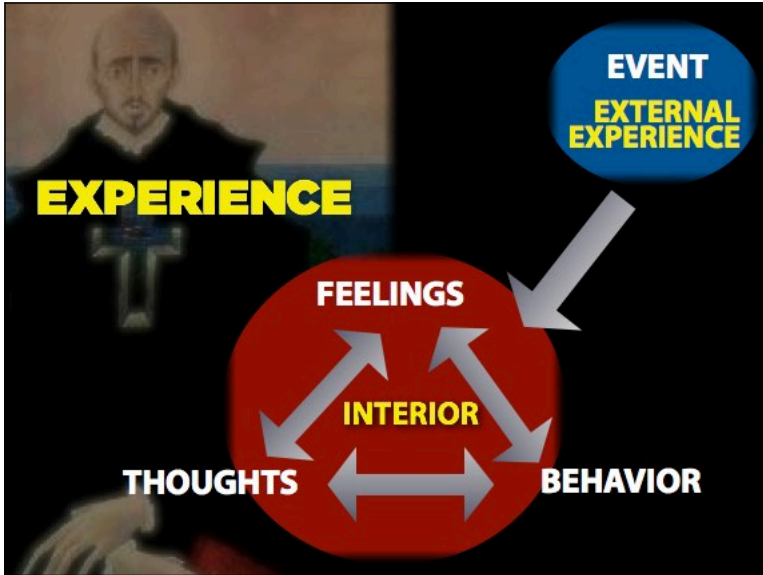


For St. Ignatius of Loyola,

Discernment =  
"interior movements"  
"motions of the soul"

examining our **thoughts**  
(understanding),  
but also  
& **ESPECIALLY** our **feelings**,  
desires, memory, imagination

*Reason is **overrated**  
in discernment:  
Necessary but not sufficient.*

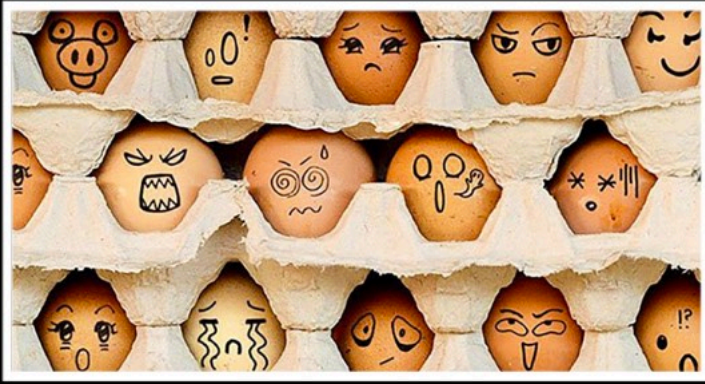


**3 AUTOMATIC ACTION URGES**

**F**IGHT  
**L**IGHT  
**F**REEZE

Discernment can free us so that we can respond rather than react.





**DEFAULT FEELINGS**

Our default feelings can make us **unfree** and can lead us to **errors** or **sin**.

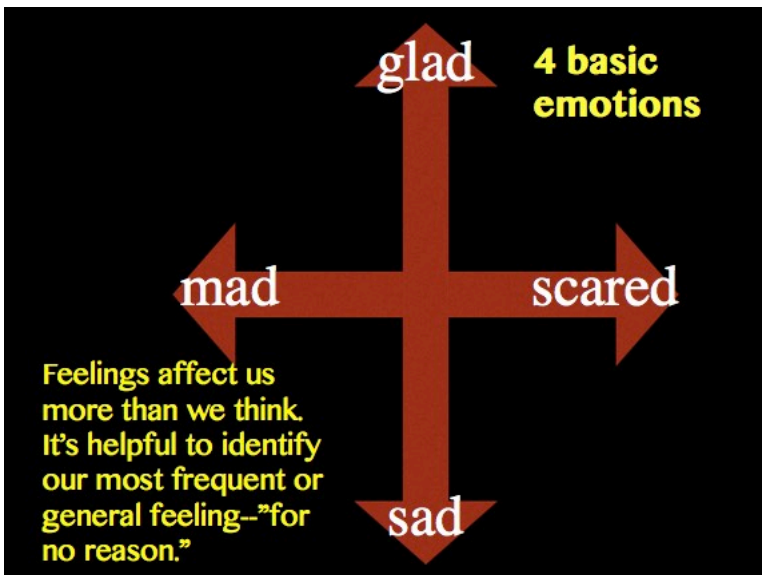
**GLAD**

**SCARED**

**MAD**

**SAD**

**DEFAULT FEELINGS**





## Automatic Thoughts

- Not questions, but statements about self, others, life, world...
- Where could these be coming from? (especially from childhood)
- How valid are these thoughts and beliefs?
- What would be the consequences of believing them?

## Automatic Thoughts

We have often have unconscious or beliefs about ourselves, others, the world, or life in general.

### BELIEFS about SELF

I'm undesirable. I'm inferior. I'm not good enough.

I should be perfect. I can't make mistakes. I must be in control.

I'm helpless. I can't take care of myself.

I'm superior, special, or gifted. (I'm actually inferior). I need to succeed.

I'm nothing. I'm not important. I need to be noticed.

I never fit in.

There's something wrong. I'm bad. I'll survive if I depend on myself.

What can prompt these? What if I change them?

## Automatic Thoughts

### BELIEFS about Others

If others know me, they will reject. If I put on a front, they may accept me.

If I'm not responsible, the world will fall apart. Others are unreliable.

I need others to take care of me. If I do it myself, I'll fail.

If people don't treat me in a special, it means they don't value me.

If I'm not entertaining or dramatic, others will ignore me and not like me.

Others have nothing to offer me. Relating with them will only harm me.

Other people will abandon me. They can't be trusted.

What can prompt these? What if I change them?



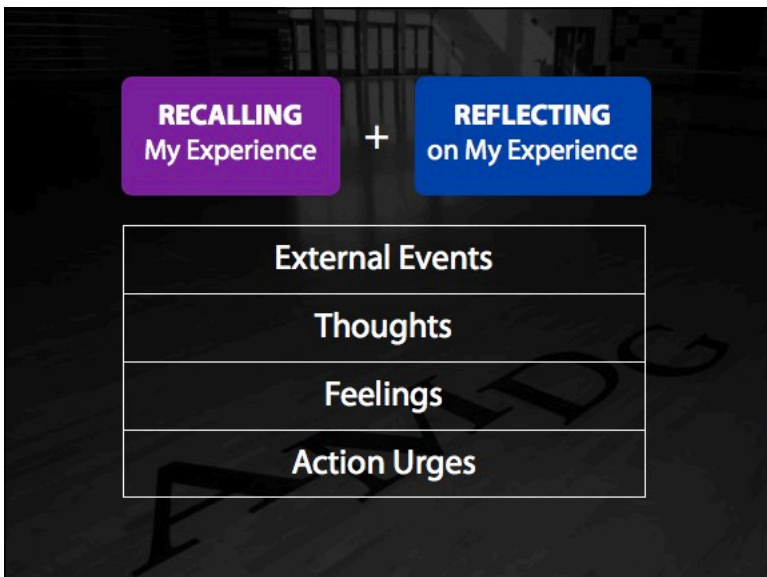
**AUTOMATIC  
THOUGHTS  
& DEFAULT  
FEELINGS**

Sources of  
unfreedom

In what way are they  
**roots of my sinfulness?**  
How can **discernment** help?



**INDIVIDUAL REFLECTION**



**RECALLING**  
My Experience

+

**REFLECTING**  
on My Experience

External Events
Thoughts
Feelings
Action Urges



Choose your **THOUGHTS**

Manage your **FEELINGS**

**REASONS**  
Pros + Cons

**THOUGHTS**  
especially Automatic Thoughts

**FEELINGS**  
especially Default Feelings

The image shows an iceberg floating in the ocean. The tip of the iceberg is above the water line, representing the visible part of our mind. The much larger part of the iceberg is submerged below the water line, representing the hidden part of our mind. The sun is shining brightly in the sky above the water.

Free yourself from the **past** and from the **evil spirit's deception.**

The image features a stylized illustration of a front-loading washing machine. A hand is shown putting a piece of clothing into the machine. The machine is depicted in a simple, cartoonish style with a circular door and a control panel on top.

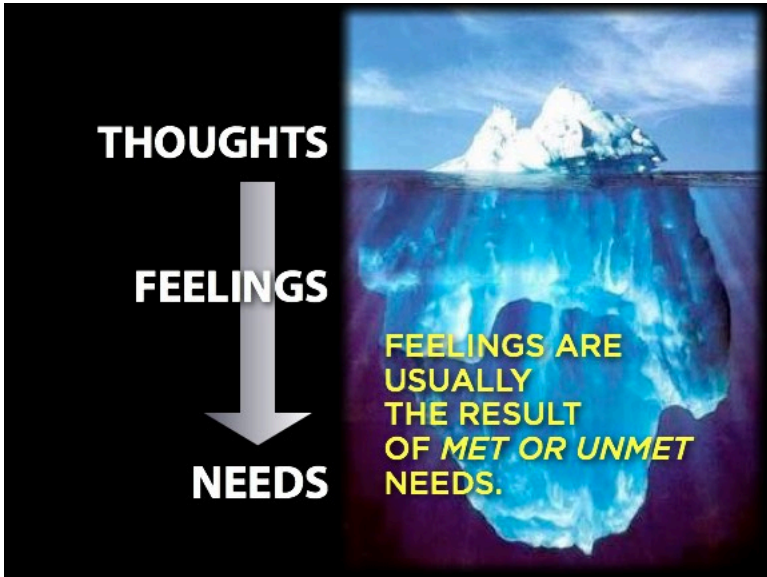
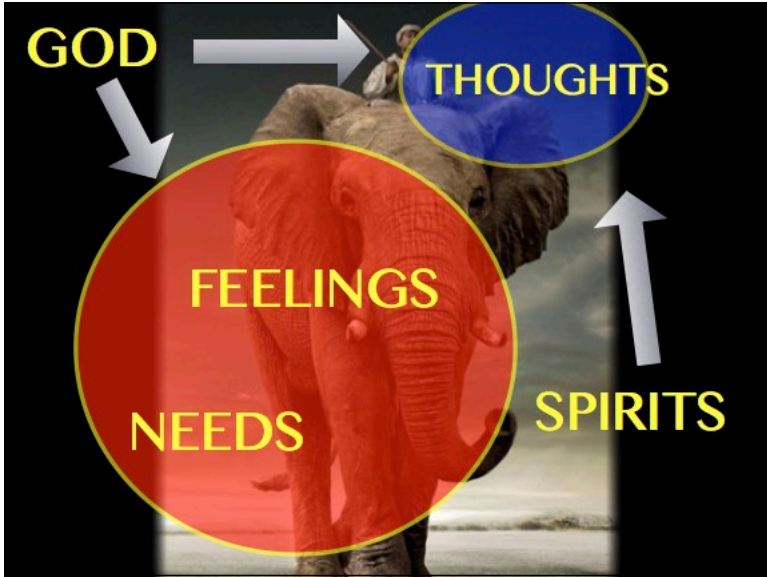
Complexity of the Outside World



Complexity of Our Inner World  
Feelings + Thoughts  
+ Action Urges

**SELF-AWARENESS**

**DISCERNMENT**

The image shows a person sitting on the ground against a dark, textured wall. The person has their hands pressed against their forehead, suggesting a state of stress, confusion, or despair. The lighting is dramatic, with the person's face and hands highlighted against the dark background.



THE DEVIL'S TEMPTATIONS	THE PROMISED BENEFITS	OUR LORD'S RESPONSES
 <p>#1: TO TURN STONE INTO BREAD</p>	 <p>TO EASE HIS HUNGER</p>	<p>"MAN SHALL NOT LIVE BY BREAD ALONE, BUT BY EVERY WORD THAT COMES FROM THE MOUTH OF GOD."</p>

THE DEVIL'S TEMPTATIONS	THE PROMISED BENEFITS	OUR LORD'S RESPONSES
 <p>#2: TO JUMP FROM THE TEMPLE TOP TO BE RESCUED BY ANGELS</p>	 <p>TO LET PEOPLE WITNESS THE MIRACLE AND BELIEVE IN HIM</p>	<p>"YOU SHALL NOT TEMPT THE LORD YOUR GOD."</p>

THE DEVIL'S TEMPTATIONS	THE PROMISED BENEFITS	OUR LORD'S RESPONSES
 <p>#3: TO WORSHIP THE DEVIL</p>	 <p>TO INHERIT ALL WORLDLY KINGDOMS AND POWERS</p>	<p>"BEGONE, SATAN! YOU SHALL WORSHIP ONLY THE LORD YOUR GOD."</p>



TEMPTATION 1	TEMPTATION 2	TEMPTATION 3
		
security + comfort	support + affirmation	control over my life
<b>THREE BASIC HUMAN HUNGERS</b>		

TEMPTATION 01		
security + comfort		riches + pleasure
TEMPTATION 02		
support + affirmation		social approval + honor
TEMPTATION 03		
control over my life		power + coercion over others
<b>from HEALTHY NEEDS to HARMFUL ADDICTIONS</b>		

security + comfort		riches + pleasure
support + affirmation		social approval + honor
control over my life		power + coercion over others
intimacy		love + infatuation



Which of the 4  
is my strongest need?

Which temptation  
would be the most powerful?

What unfreedoms do they  
lead to?

			
riches + pleasure	social approval + honor	power + coercion over others	love + infatuation

