

Australian Network for Spiritual Direction Inc.

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for people engaged in Godly listening

This Edition

Thanks to the Queensland Region for contributing to this edition of the ANSD Newsletter.



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National Office Bearers

President: John Stuart
Unit 2/16 Sycamore St.
Frankston, VIC 3199
P: 03 9781 1683
E: jgpstuart@hotmail.com

**Acting President (2013):
John Stewart**
john.stewart@thelivingwellcentre.org

Secretary: Heather Northwood
Unit 5/41 Barrington St.
Bentleigh East, VIC 3165
P: 03 9570 5320
E: hnorthwood@hotmail.com

Treasurer: Elizabeth Palmer
288 William Street
Bathurst, NSW 2795
P: 02 6331 3550
E: palmerea@fastmail.fm

Regional Representatives

Public Officer: Adrian Jones
13 Aanensen Court
Montmorency, VIC 3094
P: 03 9439 1545
E: amjones7@bigpond.com

Queensland: Denise Brosnan
Denise Brosnan
P: 0439 675 571
E: ansdqld@hotmail.com

Canberra Region: Vicki Cullen
142 Drake Brockman Drive
Holt, ACT 2615
P: 02 6255 3191
E: vicky.cullen@bigpond.com

Sydney: Mary Hagan
PO Box 288
Quakers Hill, NSW 2763
P: 02 9626 2899
E: mhbethany@bigpond.com.au

**South Australia / N.T.
Caroline Pearce**
5 Stour Street
Gilberton, SA 5081
P: 08 8344 4357
E: chpearce@adam.com.au

Victoria: Marg Brown
Marg Brown
121 Fenton Drive
Harcourt North
VIC 3453
P: 03 54639 6475
E: margbrown2012@gmail.com

W.A.: TBC

Editorial Information

Newsletter Editor:
Denise Stephenson
3 Drew Street
East Devonport, TAS 7310
E: svpilgrim2@gmail.com

Items for inclusion in the newsletter can be sent to the Editor at the above address (email is preferred).

Your contributions are very welcome.

If you've become aware
 that every fibre of your being craves to cling
 to that with which you've grown familiar –
 so much so
 that fear's fog prevents you
 from seeing what's in front of you ...

yet you sense a still, small voice that resounds
 like a familiar footfall's echo in your heart,
 and it holds and heals the ache
 that had sprung from the dread of separate-
 ness ...

***then you're embodying
 Mary Magdalene at the tomb*** (John 20:11-18)

If ever your wounds of hurt,
 rejection and disappointment
 have locked you into endless rounds
 of ambiguity and anxiety,
 and culminate in an internal vow by you
 to never risk again, start again or trust again ...

and then you gingerly accept an invitation
 to touch and be touched
 by the wounds of another ...

these wounds can begin
 to melt the frozen feelings;
 they can soften the solidified soul and
 unbolt shut-tight eyes to the presence
 of faithfulness, Mystery and mercy.

If you've experienced this thawing,

***then you're embodying Thomas
 after the resurrection*** (John 20:24-29)

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 that every fibre of your being craves to cling
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 after the resurrection*** (John 20:24-29)

Fingerprints of resurrected life (cont.)

If fear has ever plucked you up
and dropped you into the wilderness of failure,
the wasteland of folly
and the quicksand of self-loathing,
and all you can hear in your ear
are the saw-toothed shrieks
of criticism and condemnation –

but then in a moment of transparency
you hear a truer song of your soul that tells
you
not only what you really desire,
but also that *you're desired*;
not only what you really wish to choose,
but also that you're *being chosen*; and
not only that there's one
to whom you really wish to give your heart,
but also that this one
has *already given their heart to you* ...

If this makes you ready to meet any twist of
fate
because you know you're *truly loved* ...

***then you're embodying Peter
after the resurrection*** (John 21:15-19)

If you've ever been privileged
to have been held by another's listening
heart,
you may suddenly sense your soul aflame –

because what you previously regarded as
random
and formerly discarded as dross
actually is woven together with a cord
which caresses your splintered spirit,
and which connects you with the larger story
of broken and blessed humanity.

If this has been a part of your pilgrimage,

then you're embodying the Emmaus journey
(Luke 24:13-35)

If you've ever let the veils fall
and you've realized
that even though the old ways of meeting life
have served you well,

almost without recognizing it
something has taken you
past the need to cling

*to accustomed habits
to favoured rituals
to people you thought you couldn't live
without
to situations you thought you couldn't do
without
to perceptions you surely couldn't function
without
to what you were sure you couldn't possibly
surrender
to the fear of letting go, so you could learn
that real presence
can be experienced through absence*

If you find you've ascended in these ways –
not through your own cleverness
but through a grace-ful surrender
to a higher intensity of seeing –

Embodied Awakening is a term Andrea Isaacs coined to name the connection she has made between movement, Enneagram Wisdom Frameworks, emotional intelligence, and the possible modification of neural pathways. Andrea gives seminars, workshops, and coaching sessions in several countries sharing how the connections between these universal human everyday possibilities of experience can impact on our living positively and in tune with the holistic nature of our physical, mental, psychological, and spiritual realities.¹

An “embodied awakening” strategy

This strategy is a combination of my own 30 minute Enneamotion² aspect of integration that I include in my third session of presenting Enneagram Wisdom Frameworks and Andrea’s strategy that she has named “SNOW”. Keying into two dictionary meanings of “fabulous” as “incredible” and “wonderful”, I have named my hybrid strategy as “Fabulous Experiences”.

The “Fabulous Experience” strategy can be applied when we are experiencing either a **feeling** that we would **like to have more of** or a **feeling** that **we don’t like** or want to go away.

- F** **“feel”** the feeling with everything else as distraction

- A** **allow** your body to express the feeling powerfully using direction, space, time, energy to the maximum

(for a feeling that we would like to have more of)
- B** **bring** your awareness to a body **pose** that expresses the essence of the powerful body expression for you.

(for a feeling that we don’t like or want to go away)
bring your awareness at a static point of the powerful expression to every sensory experience of discomfort; then **bring** every experience of discomfort to comfort.
- S** **soak** in how **fabulous** it feels to let your emotional intelligence impact on your life and living through your sensory experience.

A story of a “fabulous experience” impacting on inner journeying.

This woman had had six months or so of deep trauma dealing with a situation where management was covertly attempting to squeeze her out of a particular work position. After six months of trying unsuccessfully to ensure justice for herself, she was physically, emotionally, and mentally exhausted. In a companioning session, she told of a feeling she had that it was right to give up attempting to achieve a just outcome. As the person walking the inner journey with her, I sensed that this feeling did not come from a deep energy source. I mentioned some aspects of possible distortion of true inner invitation – sheer tiredness, contrary energies at work, John of the Cross’ exhortation to “beware of spiritual gluttony” – and suggested she not act on the feeling just yet and just leave the feeling on hold while waiting to see how inner and outer happenings unfolded.

In this same companioning session, she was present to another issue in her life. She had done Enneamotion with me previously, and had a **pose** that was, for her, a summary of when she is in her most balanced state interiorly. She had been allowing this **pose** to return to memory as a balancing factor in appropriate situations. When dealing with this second issue, she was able to actually allow her body³ to go into this **pose** as a part of being present to the current issue. Immediately she was in the **pose** she said, “This is true energy: the other is false.” Her face and other non-verbals were a glowing indication of the truth of this revelation for her of the way forward in her inner and outer journeying.

My personal note about this story is how powerfully, swiftly, and truly **emotional intelligence** impacted on this woman’s inner journeying. Embodied Awakening indeed!

Lucy Tierney, rsj
Co-ordinator: *Virginia Waters Self-Care*
An Inner Wisdom Consultancy

¹More information at www.EnneaMotion.com

²A process connecting movement to Enneagram Wisdom Framework characteristic groupings.

³When it is inappropriate to go into a **pose** physically, doing it in imagination works just as well.

awakening 1

i am the shining stars being birthed in space and time
and the dying that births anew

i am the rippling stream and roaring waters
i am the quiet of the cave
and depth of forest.

i am sunlight
i am shadow
i am frost and rain and snow
the desert wind and ebbing tide
the solid rock, the shifting sand.

i am all things and all things in me.
Kate Luxford-Morgan



September 13-15, 2013

The Ibis Styles Hotel—Narrabundah, ACT

“Spiritual Direction: The Time is NOW”

Lucy Abbott Tucker and Sue Dunbar are the joint speakers. They will situate the ministry of spiritual direction within the context of the new cosmology and reflect on the implications for ourselves and our work as spiritual directors. There will be opportunities for discussion and personal reflection with several options for creative processing being offered on Saturday afternoon. This promises to be a challenging and thought provoking conference.

Presenters:

Lucy Abbott Tucker

Lucy is a popular and gifted workshop presenter in the USA, where she has been part of the Institute for Spiritual Leadership in Chicago since 1984. She is often a presenter at Spiritual Directors International conferences as well as offering retreats and workshops in the USA, Canada & Europe.



Sue Dunbar

Director of Barnabas Ministries Inc, an ecumenical agency offering spiritual care and nourishment for those on the journey of faith. Sue is director of two training programs in spiritual direction and is an experienced spiritual director, supervisor, and workshop presenter. Sue is a past President of ANSD.



Cost:

Live in - full conference Single \$590.00 (\$560 early bird)
Twin Share \$470.00 (\$440 early bird)
Live out – full conference \$225.00 (\$195 early bird)
Live out – conference only \$180.00 (\$150 early bird)

For more information or to receive a registration form contact:

Local ANSD Rep: Rev Vicky Cullen
P: (02) 6255 3191
E: vicky.cullen@bigpond.com

for people engaged in Godly listening



The Australian Network for Spiritual Direction, an ecumenical endeavour, is committed to fostering spiritual direction and to the training of spiritual directors in the Christian Community.

We believe spiritual direction to be a vital ministry in the continuing transformation of all people. It is one of many ministries by which people are set free to take their share in God's ongoing work. It is a ministry of guidance taking many forms, and is exercised by women and men, lay and ordained.

The challenges and benefits of spiritual direction are both personal and corporate in nature. This historical ministry is an effective tool for helping people address the complex issues of our time.

The Network is committed to:

- encouraging spiritual directors in their work
- offering opportunities for care and nurture through regular gatherings and communications
- supporting national, regional and local training programs

We welcome to membership and involvement in the Australian Network for Spiritual Direction all who desire to support this work.

*This Statement was adopted by the original committee
in Canberra in 1989*