

DOMINICAN CENTER at MARYWOOD
SPIRITUAL DIRECTION PRACTICUM
YEAR 1, MODULE 1,
NOVEMBER, SESSION 2

Conversion/Transformation process of life: A Reflection

Consider a Conversion/transformation moment in your life – maybe one you have not thought about in quite a while.

1. What was the context of the experience?

2. Consider the wound – what metaphor would you use to describe it?

3. Did it involve both affective and cognitive awakening?

4. Did it carry with it new self-knowledge – and new knowledge of God?

5. Were you invited to hold opposites – moving to a place of holding the tension of both/and until you could live into knowing their reconciliation?

6. Did or have those opposites come together for you?

7. Are you aware of living at a deeper level as a result of embracing the transformation process?

8. How did suffering play a role in this personal conversion/transformation?