

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

STRUCTURE OF CONSOLATION AND DESOLATION

<u>Essential Elements</u>	<u>Illustrations of Consolation</u>	<u>Illustrations of Desolation</u>
Feelings/Mood (Consolation or Desolation) properly speaking	1. Delight, joy, exultation, sweet sorrow 2. Warmth, tenderness, contentment, sense of security, cheerfulness	1. Frustration, desperation, anger dejection 2. Loneliness, sadness, sense of worthlessness
<u>Grounds of Feelings</u>	<u>Extrinsic Grounds</u>	<u>Extrinsic Grounds</u>
Extrinsic: Objects of cognitive and affect- tive acts	1. Music 2. Presence of a loved one with signs of a return of love by the loved one	1. Unjust situation: oppression, joblessness, being homeless, a victim of prejudice (racial, religious, sexual, class) 2. Separation from loved one by death, rejection, divorce, distance
<u>Intrinsic: cognitive and affective acts with these objects</u>	<u>Intrinsic Grounds:</u> 1. Listening to the music with appreciation 2. Loving attention to loved one's presence and signs of love, with belief in that love	<u>Intrinsic Grounds:</u> 1. Experience of the injustice or sensitive awareness of it in others' lives 2. Experience of such separation
<u>Consequences of feelings:</u> thoughts, affective acts, choices, behavior	1. Humming, foot tapping, tingling in spine remembering with tears a person or event associated with the music 2. Gratitude, desire to give to or serve the loved one, actual deeds of giving or serving	1. Rebellion, violence, social and political action to achieve justice 2. Apathy, inability to concentrate, anger, tears

METHOD FOR STUDYING CASES FOR DISCERNMENT

1. Serious study of Ignatius' Rules of Discernment of Spirits. The questions for reflection accompanying each case are intended to call attention to some element of Ignatius' teaching.
2. Read attentively the statement of the case history to be studied.
3. Think through and write out your response to each question for reflection posed after the statement of the particular case be studied. If there are any questions you cannot answer, leave them for step #4. While discernment of spirits is essential to spiritual direction, it does not encompass all that is essential to it. There might be other questions that the director might wish to take up with the person.
4. The pages refer to the commentary and notes. They serve to give some leads to the main teachings of Ignatius.
5. Reflect on the suggestions about the cases found in this book.
6. Process your insights with a group or another person who has also completed the above process.