

Te Wairua Mahi

Forming Spiritual Directors in the Ignatian Tradition

Arrupe New Zealand offers *Te Wairua Mahi*, a course of **Formation in the Ministry of Spiritual Direction** in the Ignatian Tradition and **Formation for Givers of the Spiritual Exercises** of St Ignatius of Loyola.

The course follows an Ignatian way of learning and a method of teaching taken from the Spiritual Exercises:

Students are introduced to and prepared for an experience, are led in the experience, then provided with the 'held space and the tools' to unpack their experience, alone initially, then in a small group process. Teaching theory follows and a group examen concludes the sequence.

The foundational experience of *Te Wairua Mahi* is each student's personal experience of the Spiritual Exercises. Led prayer experiences used throughout the course are drawn from the Spiritual Exercises to enhance and re-enliven in the present, the student's experience of the Spiritual Exercises.

A prerequisite of *Te Wairua Mahi* is the making of the Spiritual Exercises of St Ignatius of Loyola either in daily life (Nineteenth Annotation Retreat), or in the long retreat known as a residential 30 day retreat (Twentieth Annotation Retreat). *Te Wairua Mahi* is thoroughly grounded in New Zealand – its land; its people; its spirituality. The course material offered is drawn from all that is available in the rich tradition of Ignatian Spirituality.

The Course consists of five compulsory units, each unit comprising five days, over two years.

These units will include *experience, theory and practice* of the Spiritual Exercises.

General Schedule for each five day unit of Te Wairua Mahi.

- ***Introduction to an aspect of 'Maori Spirituality.'*** Beginning with the name *Te Wairua Mahi*. Aspects of Maori Spirituality also offered in context of topics taught throughout the course.
- ***Input and practical guidance for a led experience***
- ***Led experience or 'remembering'***
- ***Time to reflect/journal experience***
- ***Time to share experience in small group settings***
- ***Theory***
- ***Review/Examen***

(The daily timetable prioritises contemplative spaciousness)

YEAR ONE

(The focus of this year is to provide a thorough contemporary understanding of the dynamics and theoretical frameworks in the Spiritual Exercises.)

UNIT 1. 'Remembering'

- This experiential week in a retreat environment facilitates personal reflection of each student's lived experience of his, or her own Spiritual Exercises' retreat.

UNIT 2. 'Understanding the Spiritual Exercises'

Topics include:

- The Dynamic of the Spiritual Exercises; The Text; The Annotations; The Weeks of the Exercises; Key Meditations of the Second Week.
- Basic elements of Ignatian Spirituality, e.g., *'Todo'; Finding God in all things; Examen; Living with the church; Ways of prayer.*
- Autobiography of St Ignatius and our autobiography.
- Call and Charism, e.g., *God's call; Theory of call; My call as a spiritual director.*
- Images of God; Images of self, e.g., *My awareness of the mystery of the impact of God.*

UNIT 3. 'The inner journey and the Spiritual Exercises'

Topics include:

- Everyday Mysticism.
- Inner dynamics – The Rules of Discernment of Spirits.
- Psycho-Spiritual development.
- Feelings; emotions; Understanding 'negative' emotions.
- Models of human development

YEAR TWO

(The focus this year is the practice of spiritual direction in the Ignatian tradition and becoming a Giver of the Spiritual Exercises)

UNIT 4. 'Spiritual direction in the Ignatian tradition and Giving the Spiritual Exercises'

Topics include:

- Theology of God's companioning and my becoming a companion.
- What is a spiritual director in the Ignatian tradition.
- Ethics in the ministry of spiritual direction.

- Being a spiritual director in your context, e.g., *geographical; cultural; church/faith tradition*.
- Spiritual direction and creative expressions, e.g., art; drama; poetry; music; literature; movies.

• **UNIT 5. 'Spiritual Direction in the 21st Century'**

Topics include:

- Wider dimensions and apostolic implications of spiritual direction practice, e.g., *Cosmology; Ecology; Feminism; Social Justice; Gender and Sexuality*.
- Fine tuning the practice of spiritual direction, e.g., *Attending to unconscious resistance; projection; transference; countertransference; projective identification etc.*

During the second year of *Te Wairua Mahi* students are required to offer a presentation to the whole class on some aspect of spiritual direction practice, either from course topics, or experience in this ministry.

Second year students are also required to participate in supervised practice of spiritual direction in the Ignatian tradition in a one to one setting, and supervised giving shorter retreats.

Mutually discerned agreement with Arrupe New Zealand will determine when the student is ready to offer the Spiritual Exercises in Daily life (Nineteenth Annotation), or in the long retreat (Twentieth Annotation).

Graduation is achieved in the following categories:

- Graduate of **Te Wairua Mahi**: (*Having completed Te Wairua Mahi formation as a Spiritual Director in the Ignatian Tradition and Giver of adaptations of the Spiritual Exercises under supervision in the Eighteenth Annotation*).
- Graduate of **Te Wairua Mahi** and a **Giver of the Spiritual Exercises**: (*Having completed Te Wairua Mahi formation as a Spiritual Director in the Ignatian tradition. Additionally, students are required to accompany two persons in the Spiritual Exercises in daily life, or in the long retreat, both under supervision, to graduate as Givers of the Nineteenth or Twentieth Annotation*).

The Arrupe New Zealand Team