



Discerning Interior Movements

Season Seven

Themes from *Dilexis Nos* as Reflection for
Spiritual Directors

Don Prisby

Why is this timely?

“Rediscover the importance of the heart” Pope Francis (para. 1)

1. 350 Year Anniversary of the apparitions to St. Mary Alacoque
2. The Eucharistic Year of Sending – North America
3. The Jubilee Year of Hope – Around the Globe
4. The Season of Lent
5. Current State

Noise

The interior of each person is frequently concealed behind a great deal of foliage (para. 6)

1. Age of superficiality (para. 1)
2. Insatiable consumers (para. 2)
3. Slaves to the mechanisms of the market (para. 1)
4. Serial consumers who live from day to day (para. 2)
5. Hectic pace and bombarded by technology (para. 2)
6. Risk losing their center, the center of their very lives (para. 9)
7. Bereft of an inner principle that can create unity and harmony in their lives and actions (para. 9)

No room is left for the heart (para. 9)

Disintegrated Anthropology

The heart has been ignored in anthropology (para. 10)

- Preferring concepts such as reason, will or freedom (para. 10)
- The deepest part of us is also that which is least known (para. 10)
- Unhealthy individualism... safer in the domain of the intelligence and will (para. 11)
- Heartlessness...lacking hospitality (para. 12)
- If the heart is not alive, man remains a stranger to himself (para. 12)

We miss out on poetry (para. 11)

Ideal State

The mind and will are put at the services of the greater good by sensing and savoring truths, rather than seeking to master them as the sciences do (para. 13)

The will desires the greater good that the heart recognizes, while the imagination and emotion are themselves guided by the beating of the heart (para. 13)

The Heart

The “heart” from the Greek, *kardia* denotes the inmost part of human beings (para. 3)

“the locus of desire and the place
where important decisions take shape” (para. 3)

The place of decision...
the place of truth...
the place of encounter...
it is the place of covenant (CCC. No. 2563)

“The heart has its reasons,
that the mind does not know.”
(Blaise Pascal, Pensees No. 277)

“the locus of sincerity” where we find
“the naked truth about ourselves” (para. 5)

Centrality of the Heart

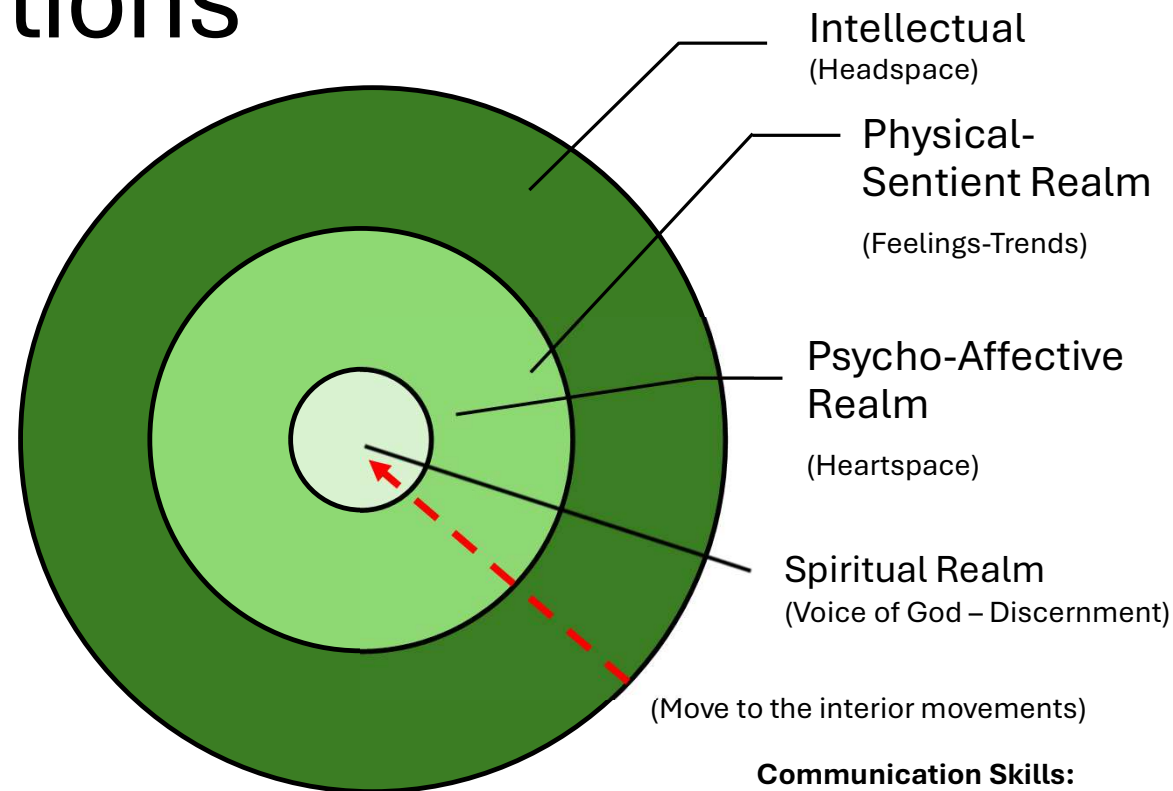
“The heart listens in a non-metaphorical way
to the silent voice of being.”

Heidegger 1889-1976 (para. 16)

Practice Implications

In discernment and contemplative listening, as we move the other from the intellectual to the spiritual, we listen for:

- Signs of consolation, desolation, or consolation leading to consolation.
- What leads toward fragmentation or to integration, unity and coherence.
- What is turning toward God and what is turning away. The Divine Voice.
- Movement to Faith, Hope, and Love.
- Spiritual Peace.
- Effects of the Holy Spirit – Seconding.
- Notice, Hold Onto, Ponder.



Communication Skills:

Reflection, Evoking,
Validating, Conjecture

Discernment Skills: Spirits,
Feelings, Trends, Scripture,
Imagination, Nature,
Metaphor

Centrality of the Heart

“The heart listens in a non-metaphorical way
to the silent voice of being.”

Heidegger 1889-1976 (para. 16)

Turning Toward God

Compunction

Consolation

Reparation

Devotion Practices

The Consoler's Three Promises

1. Be merciful
 1. Word
 2. Deed
 3. Prayer
2. Pray Daily
 1. Morning
 2. 3 pm
 3. Examen
 1. Relish
 2. Request
 3. Review
 4. Repent
 5. Resolve
3. Sacraments and Spiritual Reading

Litany of the Saints

Rosary

Chaplet of Divine Mercy

Consecration to Mary

Final Thoughts

“Return to me with your whole heart” (Joel 2:12)

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