



Which Way to Happiness?

**'Metanoia' and the Divine
Therapy**



The Examen

1. What comes to my mind and heart that you are grateful for today?
2. Ask the light of God's Spirit to guide you in reflecting on this day, on all that is moved within you and around you, and to see where God has been at work. Where were you most aware of God today? When did you feel most alive, most connected to God?
3. When were you least aware of God's presence? When did you feel least connected to God or lose sight of God?
4. Is there anything you regret from today? If so, bring it to God now.
5. Is there anything you would like to ask God's help or guidance with for tomorrow? Then place tomorrow in God's loving hands.

The "Happiness" Examen

Begin with settling in the body.

Then let yourself remember back through the various seasons and stages of life, where you were, what you were doing. Move through your memory of childhood, teenage and college years, your 20's, 30's 40's, 50's your family home and professional life, 60's, 70's...all the way until now. Remembering highlights, changes, powerful experiences, what was meaningful, important, high points, low points.

(This has been adapted from a practice offered by Adam Buclo and his wife Keira Jewel.)

1st Question: Placing yourself in the presence of a loving Creator, our ever-present Help, and asking for the grace to be able to look at your life and see it through the eyes of great mercy and compassion, as you look back over your life what has brought you the deepest sense of happiness?

2nd Question: Looking through the eyes of a Loving Creator, and with the grace of God, looking back over the seasons of your life where did you especially feel closest to God, where were you in the flow of the Spirit? Where was it easy to say yes to God's invitations, be guided towards God's will, naturally, or be in community with others? Where did you find yourself receptive to the love of God, giving love to others?

3rd Question: Looking through the eyes of a Loving Creator, and with the grace of God, looking back over your life where did you fail to move towards God's invitations and welcome the fulfilling presence of God into your life and heart, where did you not allow yourself to be satisfied by God's grace and gifts? Where were you fearful, skeptical, or unwilling to be guided into God's will? Where did you miss opportunities to receive what you, your family or loved ones needed, the unexpected graces of God?

...Is there anything you regret or need to release? Invite the Holy Spirit to comfort you as you are guided into truthful awareness and then invite God's forgiveness as you forgive yourself.

4th Question: When you think about the season of life ahead, is there a new direction you sense you are being invited to turn towards? What kind of grace, assistance, support do you need to do that?

Rest back now in the spaciousness of your own goodness, appreciating your practice, and the support of all that sustains you. Just let yourself be and settle.

Breakout Prompts

1. What surprised you in your Examen practice?
2. What are you being invited to say yes to?
3. Who will be supporting you in this season of your life? Who can you support?

Some suggestions for your Contemplative Break

1. Keep the silence. James Finley often invites us to "ask for the grace not to **break the thread.**"
2. Take a contemplative walk. Connecting with the body and nature are important aspects of our practice.
3. Do some gentle stretching accompanied by intentional breathing.
4. Drink some water :)

Centering Prayer



Lectio Divina

- 1) Reading (Lectio): Read a Scripture passage listening with the “ear of your heart.” What word or phrase captures your attention? Repeat it gently.
- 2) Reflecting (Meditatio): Reflect on and relish the words. Be attentive to what speaks to your heart.
- 3) Responding (Oratio): As listening deepens, allow responses to arise spontaneously — praise, thanksgiving, questions, petitions.
- 4) Resting in (Contemplatio): Simply “be with” God’s presence as you open to deeper meanings of the Word of God for you.

Mark 10: 17-22

As He was setting out on a journey, a man ran up to Him and knelt before Him, and asked Him, "Good Teacher, what shall I do so that I may inherit eternal life?" But Jesus said to him, "Why do you call Me good? No one is good except God alone. You know the commandments: 'Do not murder, Do not commit adultery, Do not steal, Do not give false testimony, Do not defraud, Honor your father and mother.'" And he said to Him, "Teacher, I have kept all these things from my youth." Looking at him, Jesus showed love to him and said to him, "One thing you lack: go and sell all you possess and give to the poor, and you will have treasure in heaven; and come, follow Me." And he was sad at that saying and went away grieved for he had great possessions.

Breakout Prompts

1. Share an experience of grief when you were sad to let go of something. — Simply be present to the person sharing, without offering to fix or console. Simply hold one another in the silence allowing for one minute of silence between each persons share.
2. What are you clinging to?