

Attending to the Body in Spiritual Direction

Introduction and Orientation

Silent prayer and reflection

Sharing in pairs

Trauma prayer and spiritual direction

Quilt, 'Medicine Bag' created by Sue Spiegel



*It is not knowing
much, but
realizing and
relishing things
interiorly, that
contents and
satisfies the soul.*



‘Let the same mind be in you that you have in Christ Jesus’

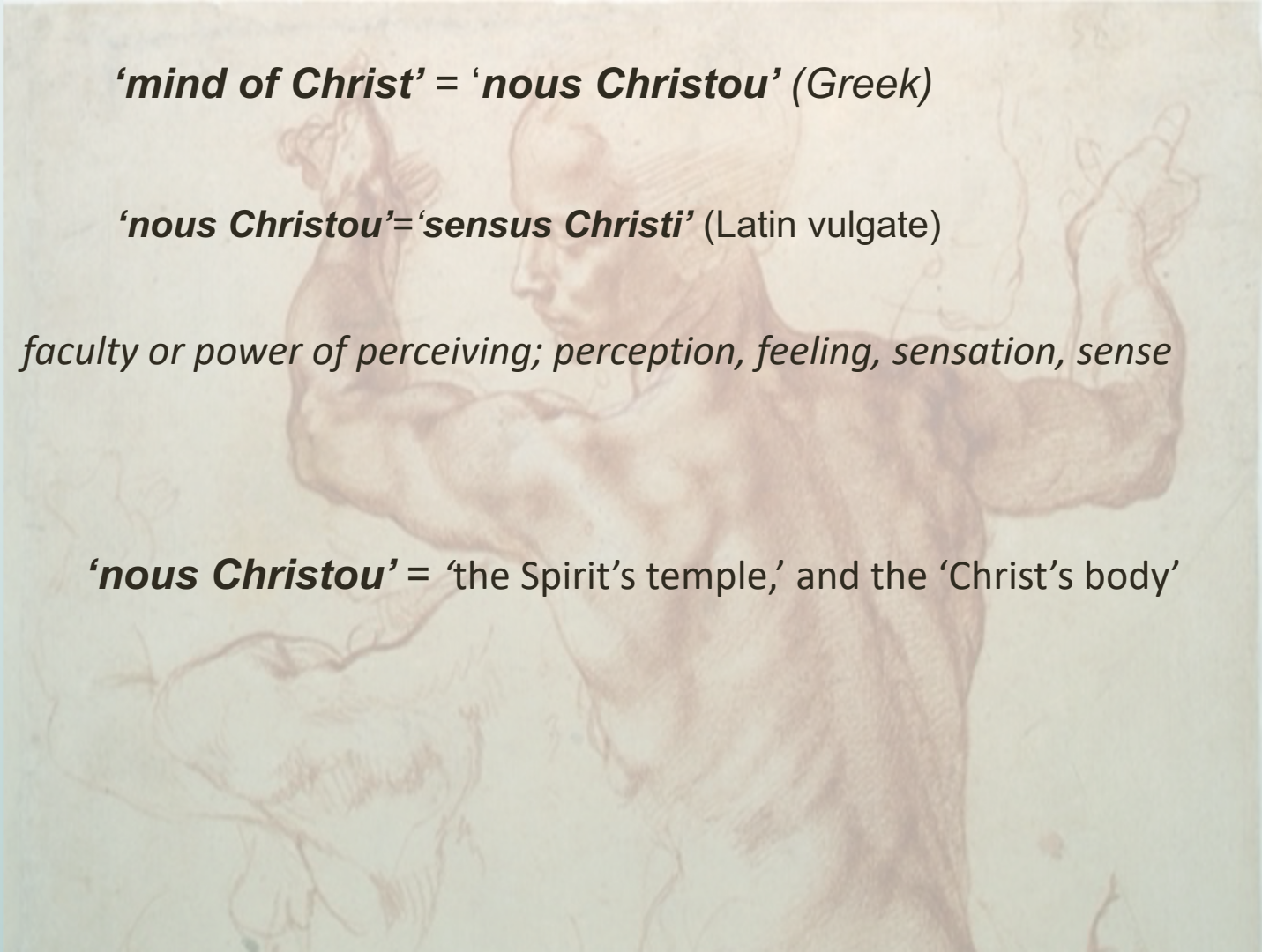
‘But you have the mind of Christ’

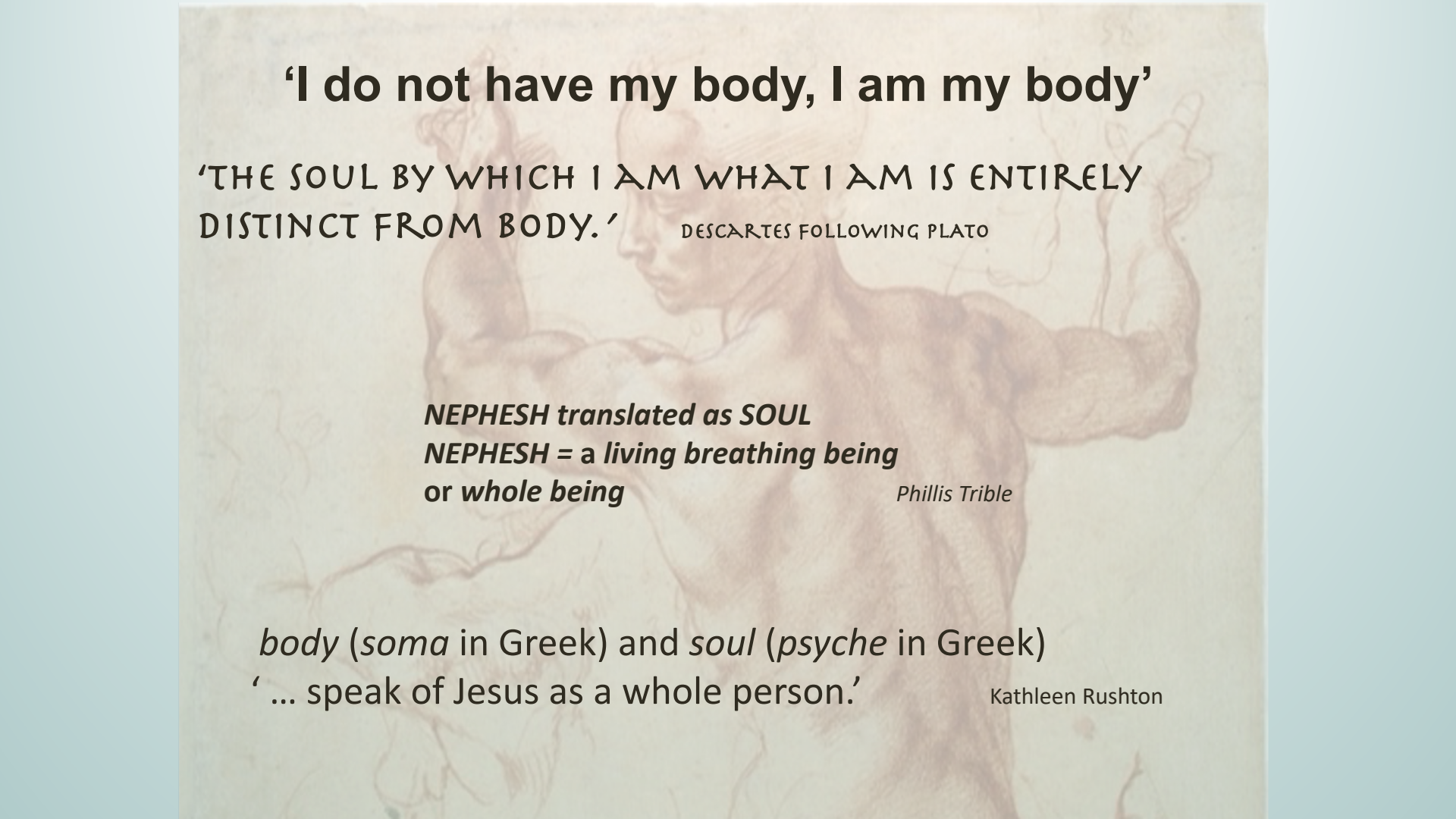
'mind of Christ' = 'nous Christou' (Greek)

'nous Christou' = 'sensus Christi' (Latin vulgate)

faculty or power of perceiving; perception, feeling, sensation, sense

'nous Christou' = 'the Spirit's temple,' and the 'Christ's body'





‘I do not have my body, I am my body’

‘THE SOUL BY WHICH I AM WHAT I AM IS ENTIRELY
DISTINCT FROM BODY.’ DESCARTES FOLLOWING PLATO

NEPHEESH translated as SOUL
NEPHEESH = a living breathing being
or whole being

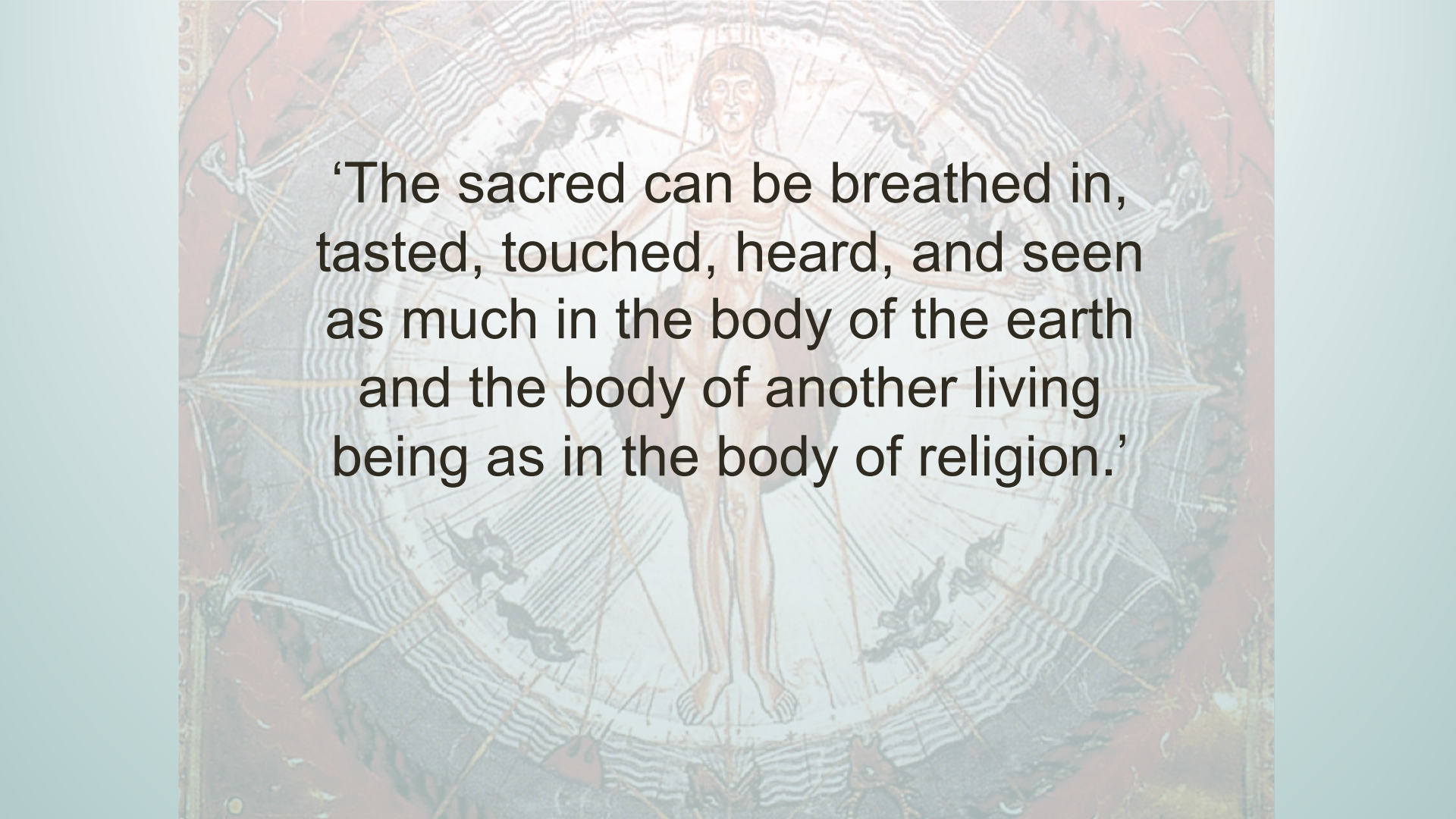
Phillis Tribble

body (soma in Greek) and soul (psyche in Greek)

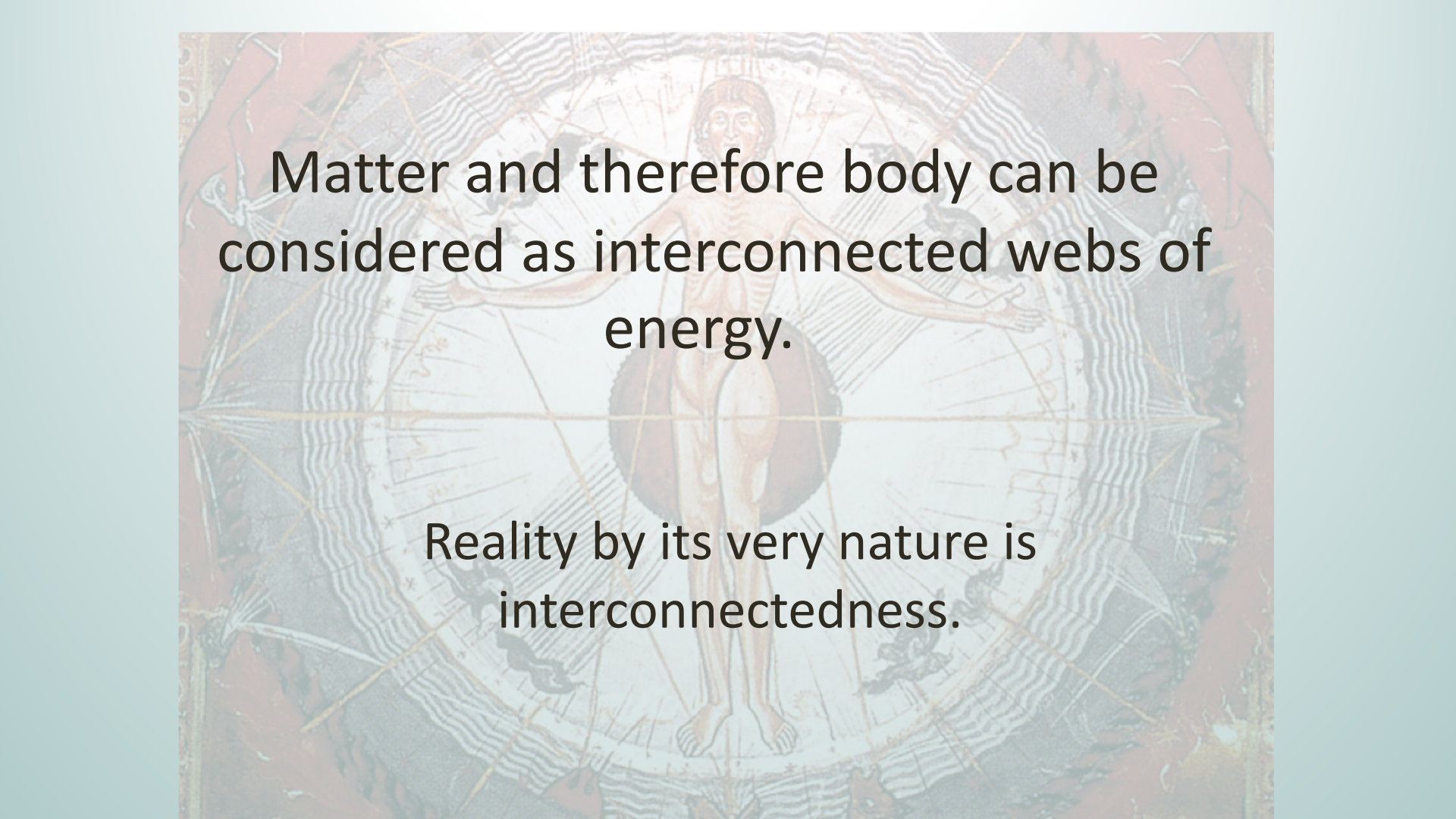
‘ ... speak of Jesus as a whole person.’

Kathleen Rushton



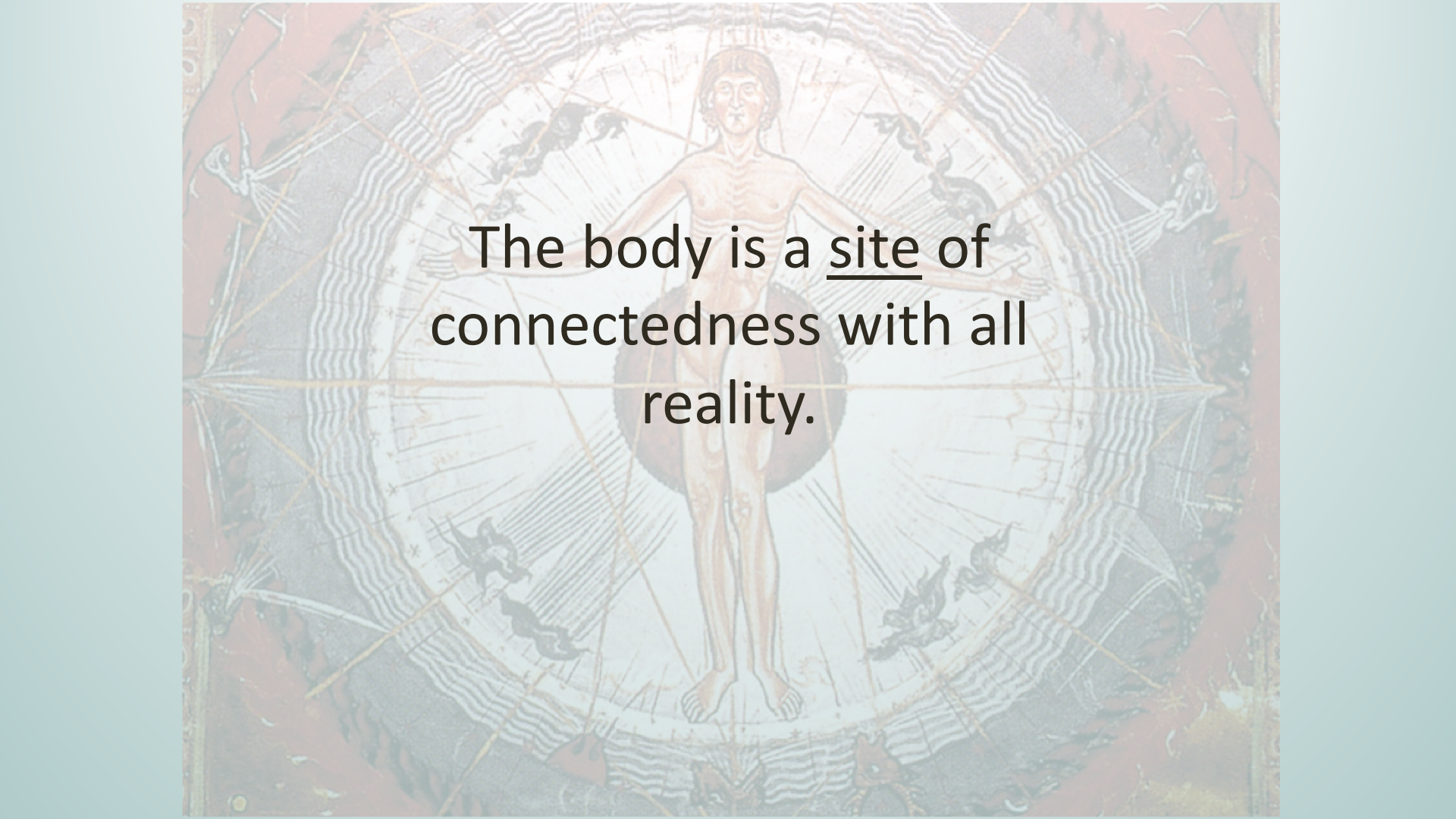


‘The sacred can be breathed in,
tasted, touched, heard, and seen
as much in the body of the earth
and the body of another living
being as in the body of religion.’

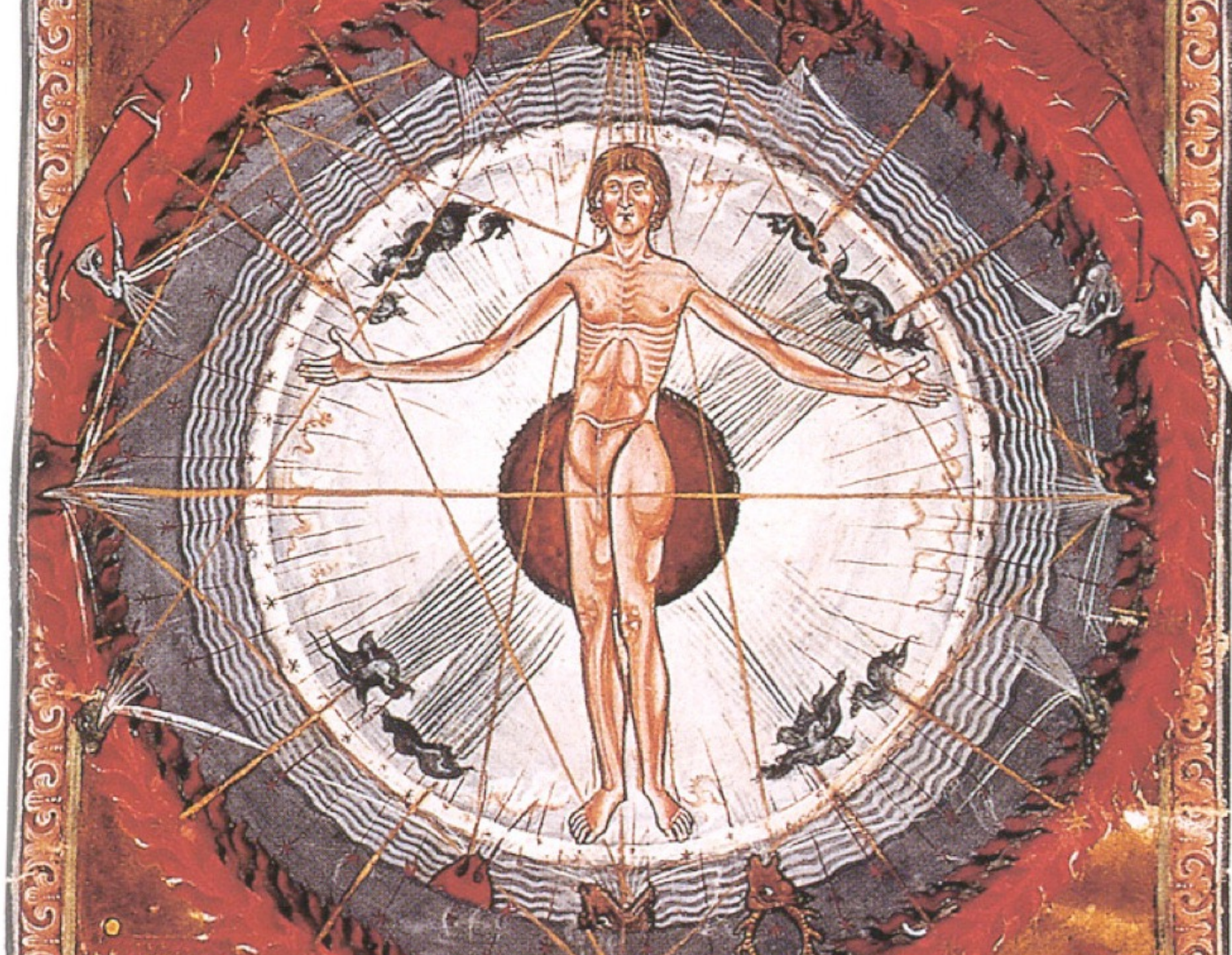
The background of the slide is a complex geometric diagram. At the center is a human figure with arms and legs extended, standing on a circular base. This figure is surrounded by a series of concentric circles and lines that form a web-like structure. The diagram is overlaid with a grid of golden lines and small symbols, possibly representing a celestial or energetic map. The overall color palette is muted, with earthy tones and a light blue background for the text.

Matter and therefore body can be considered as interconnected webs of energy.

Reality by its very nature is interconnectedness.

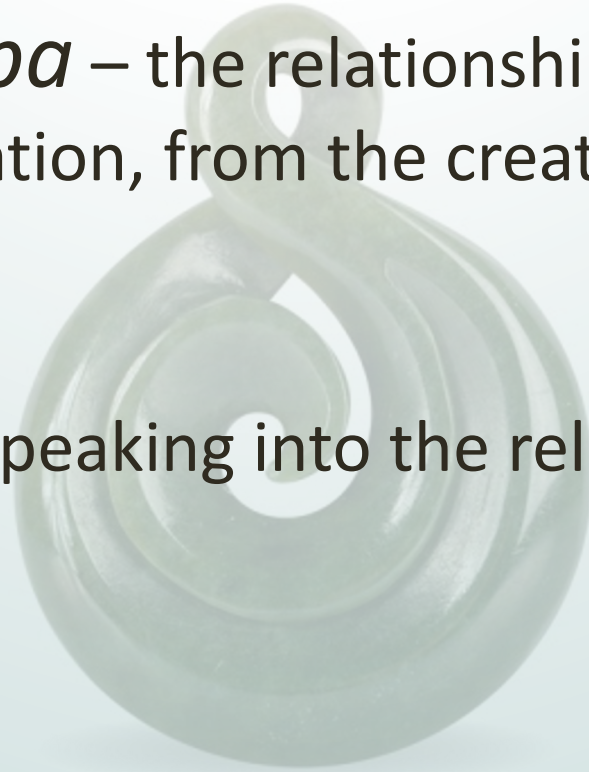
The image shows Leonardo da Vinci's 'Vitruvian Man' drawing. The figure of the man is centered within a circular frame, with his arms and legs extended to touch the inner edges of the circle. The background of the drawing is a complex grid of lines and patterns, including a circular pattern of stars and a grid of lines. The drawing is overlaid with a semi-transparent text box containing the text: "The body is a site of connectedness with all reality." The text is in a black, sans-serif font, with the word "site" underlined. The background of the entire image is a light blue gradient.

The body is a site of connectedness with all reality.



Whakapapa – the relationship of all things in creation, from the creator

Karakia – speaking into the relationship



The body is a Site of connectedness with all reality.

The Body is the Site of Encounter with God

Templum = Temple [Tempus = Time]

Templum = *open space* of sky or earth sectioned off to read the signs

Temple is the *open space* to look at *the inside of things*.

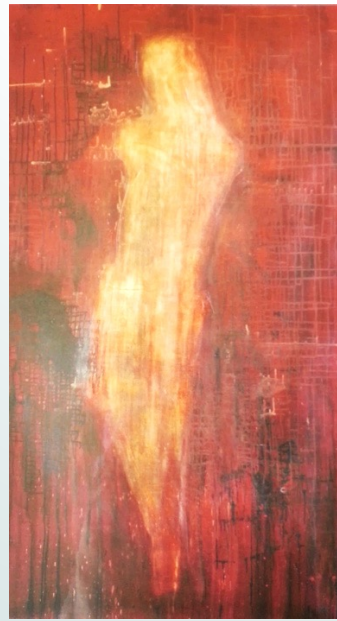
*'...So He dwells in me and gives me being, life, sensation, intelligence; and **makes a temple of me**, since I am created in the likeness and image of the Divine Majesty.'*

*' ... to smell the infinite
fragrance and taste
the infinite sweetness
of the divinity'*





PURGATION



ILLUMINATION



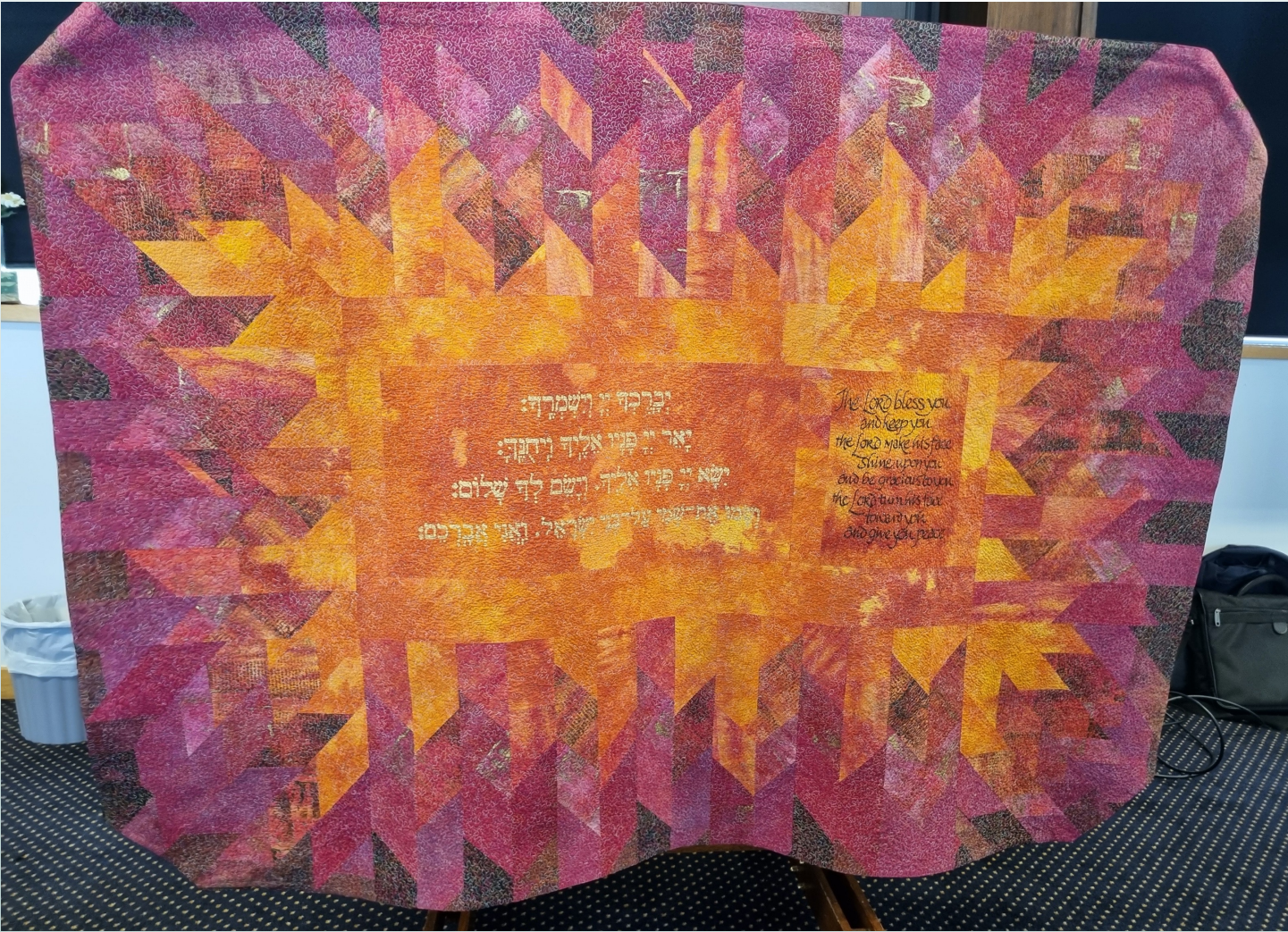
- - UNION - -

The movement of the body from wounded in the First Week, to intimacy in the Second Week, to being emptied in the Third Week, to a growing recognition of the body as prayer for the world Fourth week.

Christ's Body



We awaken in Christ's body
as Christ awakens our bodies,
and my poor hand is Christ, He enters
my foot, and is infinitely me.
I move my hand, and wonderfully
my hand becomes Christ, becomes all of Him
(for God is indivisibly
whole, seamless in His Godhood).
I move my foot, and at once
He appears like a flash of lightning.
Do my words seem blasphemous? — Then
open your heart to Him
and let yourself receive the one
who is opening to you so deeply.
For if we genuinely love Him,
we wake up inside Christ's body
where all our body, all over,
every most hidden part of it,
is realized in joy as Him,
and He makes us, utterly, real,
and everything that is hurt, everything
that seemed to us dark, harsh, shameful,
maimed, ugly, irreparably
damaged, is in Him transformed
and recognized as whole, as lovely,
and radiant in His light
he awakens as the Beloved
in every last part of our body.



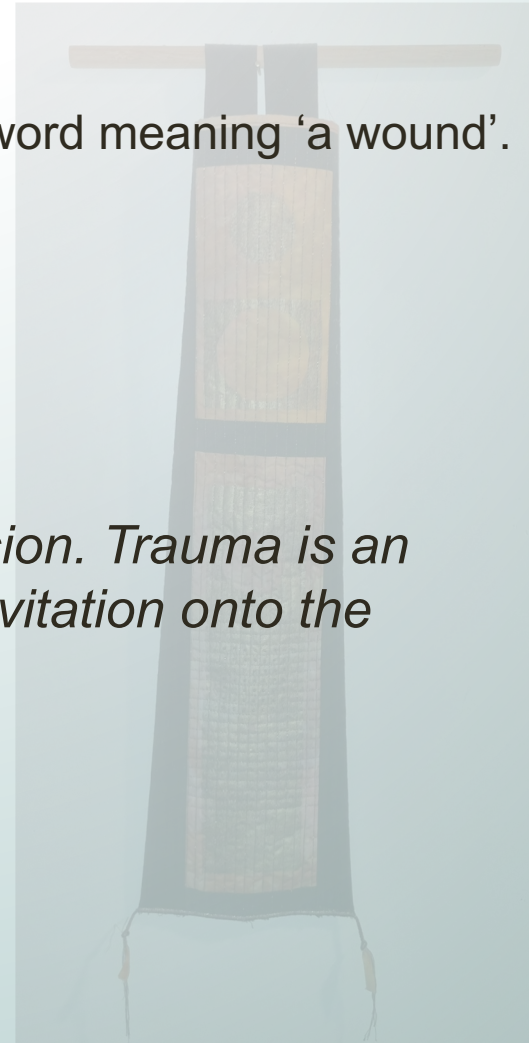


Sue Spiegel being rescued Feb 22nd 2011 ChCh Cathedral. Christchurch Press

“trauma” comes from an ancient Greek word meaning ‘a wound’.

“...Trauma demands a change of vision. Trauma is an invitation to change. Trauma is an invitation onto the spiritual path”

Robert Grant Ph.D The Way of The Wound P.9



Prayer, spiritual practices, and spiritual direction can facilitate healing of traumatic experiences during the various stages of recovery from early to late recovery. Our experience of the loving compassionate God, foster's healing of the whole person – body, mind, heart, spirit, relationships.

Maureen Conroy, Course notes , (2012 p3)

'It is my belief that the primary task of spiritual directors is to encourage within themselves this moment-by-moment attention towards God as frequently as possible during spiritual direction sessions.

May Gerald G., Care of the mind Care of the Spirit (Harper Collins 1992) 116

*The Lord bless you and keep you
the Lord make his face shine upon you
and be gracious to you
the Lord turn his face toward you
and give you peace.*

