



Prayer, Presentation, and Dialogue on Albert Haase OFM's
Becoming an Ordinary Mystic: Spirituality for the Rest of Us.

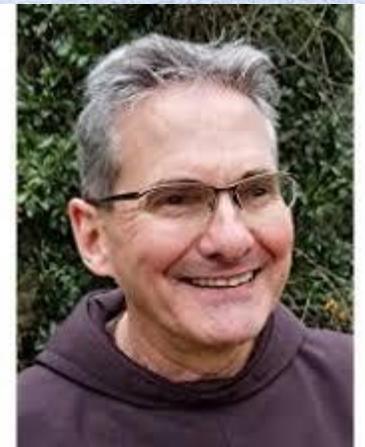
Examen

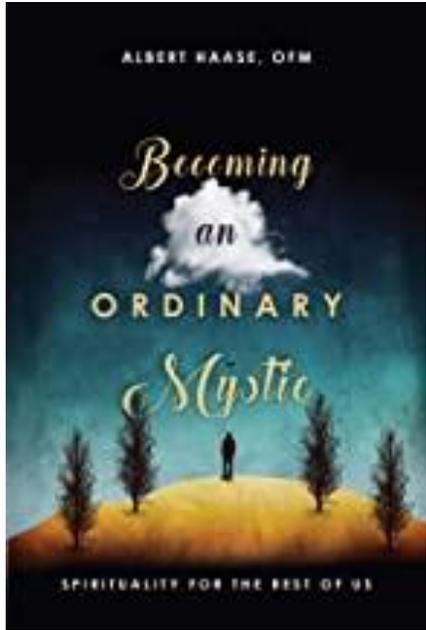
Presentation on 1 & 2

Dialogue Questions

1 Right Here, Right Now – Mindfulness Breeds Mysticism

2 What's Missing? Self-Awareness Sabotages Sin



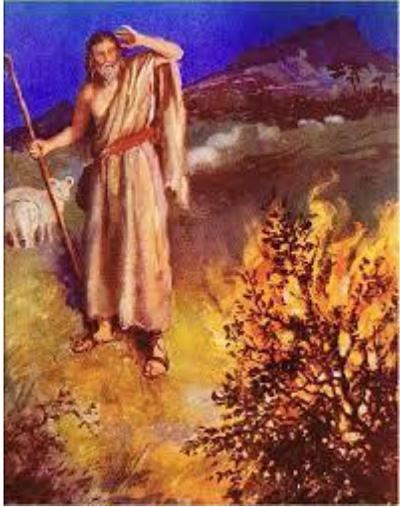


Welcome
You are special
You are unique
You are loved
You are forgiven

Use your imagination
“America”Talent”
God has Talent... You!



WHAT IS A MYSTIC?



What's Missing Self-awareness Sabotages Sin

Many people don't practice an examination of conscience...they live on autopilot with no self-reflection

Same sins... "Why?"

Mindfulness gives birth to contrition, repentance, and conversion



Childhood and Upbringing

Ponder your childhood and upbringing



The Effects of Tragedy

At age 13 Albert's father died of suicide; "cracks in the soul"

overly sensitive to abandonment, not being invited or included; crave love but hesitate to get close to people





Ego Obsessions

Self-concern: Melanie

Self-image: Clarence

Self-gratification:

Self-preservation: Dennis



Life Support for the Seven Deadly Sins

Pride loves to preen before the mirror of self-image

Anger is preoccupied with self-concern or self-image

Envy fixates on self-concern

Lust is passionate about self-gratification

Gluttony has an appetite for self-gratification and self-preservation

Greed is anxious over self-preservation

Acedia is infatuated with self gratification.



An Examination of Conscience

Many people live on autopilot

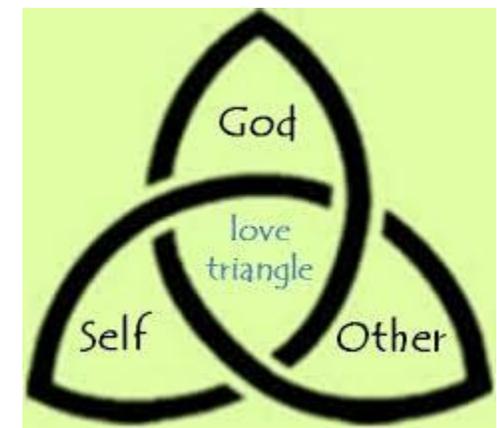
Examples

Reflect on the 10 Commandments

Reflect on the Beatitudes Mt 5:3-12

7 deadly sins & 3 essential relationships (God, others, & oneself)

The Unrelenting “Why”



An Examination of Conscience

Relationship with God

PRIDE: When have I taken personal credit for my God-given gifts and talents? How have I refused to acknowledge my absolute dependence on God? Why?

ANGER: When have I refused to express my disappointment or despair to God? How have I hidden uncomfortable emotions from God? Why do I think some feelings are inappropriate to bring before God?

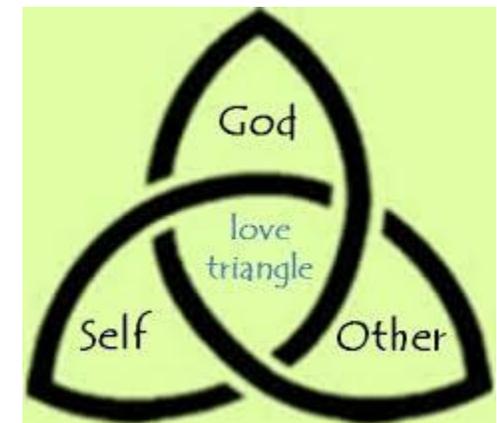
ENVY: When have I given more importance to what others have—be it power, prestige, or possessions—and not acknowledge in gratitude what God has given me? Why do I want more, and why am I dissatisfied with what God has given me?

LUST: How have I misused or been unaccepting of God's gift of my sexuality? Why?

GLUTTONY: How have I expected material things—food, drink, drugs, clothes, gaming—to satisfy what only God can satisfy? Why do I choose such things?

GREED: How have my attitudes and actions betrayed my fear that God would not provide for me? Why do I allow those attitudes and actions to persist?

ACEDIA: How and when have I allowed disappointment and discouragement in my spiritual life to affect my time in prayer? How often have I not taken time for God or refused to acknowledge God's invitation to a deeper relationship? Why?



An Examination of Conscience

Relationship with others

PRIDE: When have I reminded someone just how important I think I am? How often have I used my accomplishments and feelings of superiority to belittle other people? Why do I need to feel more important than others?

ANGER: When has my harsh response to others moved them to tears? How often have I felt the need to punish someone with a tongue lashing? Why do I often use anger as my response to situations?

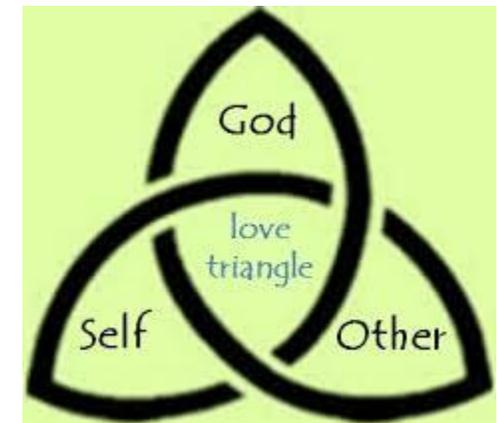
ENVY: How often have I felt envious of another's accomplishments or possessions? When have I felt jealous of another's relationships? Why do I need to compare myself to others?

LUST: When have I looked at or used others as an object of my own personal satisfaction? How have my actions supported the pornography industry? Why is the inappropriate expression of my sexual desires and issue with me?

GLUTTONY: When have I Allowed myself to be seduced by the advertising industry, television commercials, and social media advertisements? Why is it important for me to have more and more?

GREED: How often have I refused to share my time, talents, or treasures with those in need? When did I ignore the outstretched hand or unmet need of the moment? Why do I refuse to share what I have with others?

ACEDIA: When did I refuse to strengthen the relationships with my closest family and friends? How often have my actions and attitudes toward others been dismissive of those I love most dearly? Why do I hesitate to show my love and affection?



An Examination of Conscience

Relationship with Me

PRIDE: When did I show an unhealthy self-respect? How do I allow my lack or abundance of self-esteem to affect my attitudes and actions? Why are self-respect and self-esteem so important to me?

ANGER: When did I allow anger and frustration to seethe within me? How often did I inappropriately express anger? Why do I feel it is always important to conceal or express it?

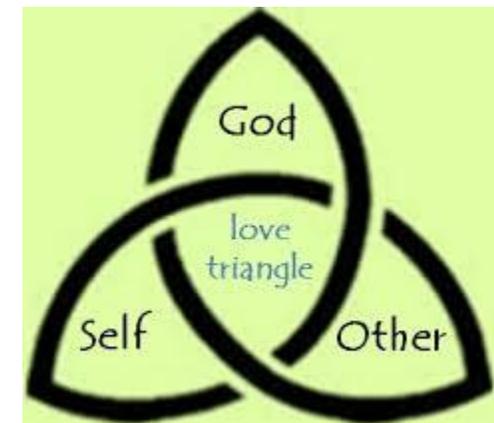
ENVY: How often did I feel I didn't have enough and wanted more? Why are material possessions so important for me?

LUST: When did I disrespect my body? How often did I allow my sexual impulses to control my attitudes and actions? Why do I give free rein to my sexual desires.

GLUTTONY: How often did I binge with food, drink, shopping, or gaming? When did I say to myself, "I went too far"? Why am I driven to overindulge?

GREED: When did I cling to something I could have shared? How often did I find myself hoarding? Why do I feel the need to hold tightly to some things?

ACEDIA: How often did I allow discouragement and disillusionment to affect my attitudes and actions? When did I give up on a commitment or promise? Why do I let despair and melancholy influence my attitudes and actions?



The Unrelenting “Why?”

To discern which of the four ego obsessions are controlling your life.



Ego Obsessions
Self-concern:
Self-image:
Self-gratification:
Self-preservation:

