

Living Life as Sacred Story 2014: FORTY WEEKS

Weeks 14: Advice and Suggestions

Week 14 shifts our focus into Part 2 of our *Forty Weeks* journey. Just as we began Week 1 with Ignatius' experience, we return to his example here as we "wake up" to discover that there are only two plotlines in our lives. The two play out in the realm of our hopes and desires – our fantasies and daydreams. We may initially find this exercise unusual and possibly uncomfortable. The point of the exercise is to help us become aware of our (often subconscious) longings in light of the two plotlines in our story. The more we practice this sort of "mindfulness," the more we will become aware of our desires, not judging them or trying to fix them in the moment, but simply observing their trajectories to gain more information about what is really going on inside of us. This is important work, especially at this moment after our experience of the Whole-Life Confession, because we have a special clarity at this point – the Spirit will use it powerfully for our healing and the healing of those we meet. The big challenge for us is to remain engaged and not assume that our work is over. It never is!

The [Week 14 E&W](#) encourages us with a poem of great beauty by Symeon the New Theologian – it is a powerful song of gratitude and joy, a perfect way to conclude our Whole-Life Confession experience and begin our transition into Part 2!