



Awakening Charism Retreat

A three-day transformational journey through
Open Mind and Open Heart towards Open Will



*“There is a wick within you that is waiting to become the light of your soul.
When this inner flame burns brightly you will feel a magnificent awakening in your life”*

Bradford Keeney

Re-activate your rich source of charism to discover a greater meaning and enhanced sense of purpose in the contemporary experience of Religious Life

Awaken charism - remember who you are

These are difficult and challenging times for Religious. Times in which many feel drained and disheartened. Such disillusionment often comes from a life that has become estranged from its source.

This retreat offers you an opportunity to re-discover who you are as a Religious in today's world and re-awaken the powerful inner resource of charism.

The emerging future is realised not by repeating the experiences of the past but rather through a transformational journey of emersion in the depths of charism that facilitates a gradual opening of the Mind, Heart and Will.

Through meditation and scriptural reflections on three of Jesus' conversations you are invited to:

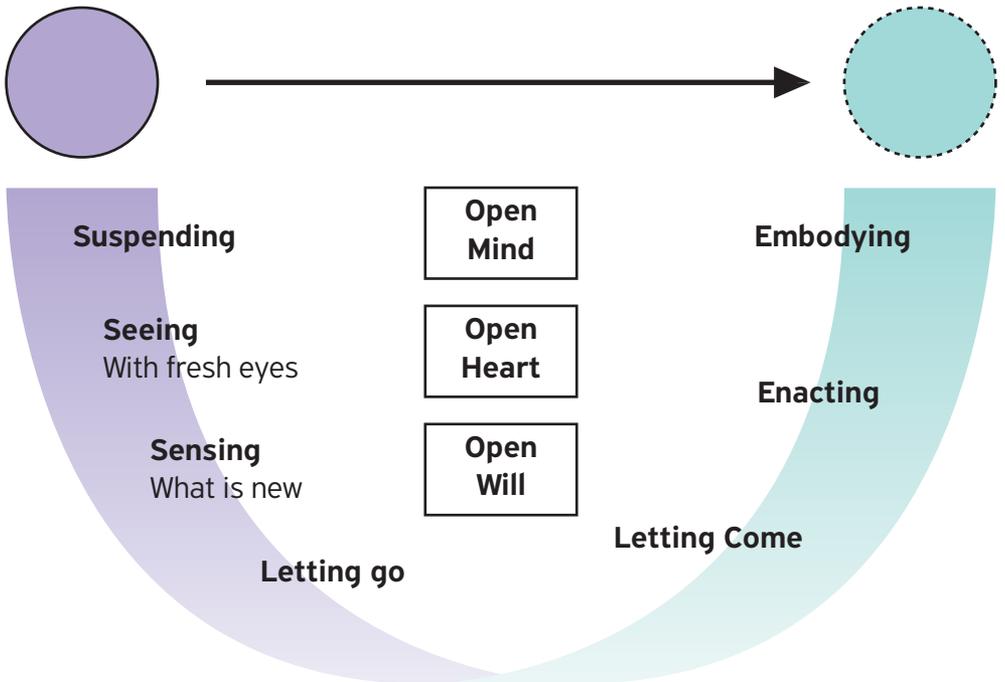
- Notice how while your Mind gradually closes through internal voices of judgement it can be opened through suspending these and replacing them with internal voices of compassion and understanding.
- Identify how your Heart becomes hardened by internal voices of cynicism and experience how it can be opened through voices of compassion that allow you to see with fresh eyes.
- Be aware of how your Will becomes paralysed by internal voices of fear and how these can be calmed by attending to impulses of love inspired by charism that recognises the call of today.

***'Even purposeful
giving must have some source
that refills it'.***

Anne Morrow Lindbergh

This retreat offers a framework for accessing charism and a series of tools for transformation towards openness of Mind, Heart and Will

Repeating what we learned from the past



Graphic: Otto Scharmer

The retreat will provide you with new skills, including:

- A new way of thinking about charism and its role in your daily life
- A deeper awareness of the attitudes, ways of thinking and habits that estrange you from charism
- A new way of engaging your companions in generative conversations with empathic listening that can transform your shared experience of charism
- Specific daily habits that form 'tools for transformation' that will help you to stay connected with this deepest sense of who you really are

Overview of Retreat

Each day of the retreat is framed by meditation experiences that invite you to increasingly deeper levels of encounter with your inner source of charism. Morning and evening presentations explore the three steps to gradual awakening and accessing of charism.

Orientation on first evening (from 6.00 p.m.)

We begin with a presentation introducing the transformative journey of Open Mind, Open Heart and Open Will.

DAY ONE – Open Mind

Recognising the destructive potential of inner voices of judgement we move towards understanding and compassion through generative conversations. We consider how Zacchaeus' meeting with Jesus offers Zacchaeus, the crowd and each of us an opportunity for change. We reflect on the vows in Religious Life as a stance of purposeful opening of the Mind.

DAY TWO – Open Heart

An Open Heart allows us to move from the internal voice of cynicism towards one of acceptance. We consider the contrast between Peter's conversations with Jesus before and after the resurrection as a movement from shame to acceptance. We recognise the transformative power of community that allows us to see ourselves in others and experience acceptance.

DAY THREE (until 6.00 p.m.) Open Will

Open Will allows us to move from fearful separation to loving engagement with others. We consider the emerging future in the call of charism for today. We reflect on the transition of the early faith community from fear to love (to Emmaus and back again) in the context of the apostolic imperative of charism – it is always charism-for.



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