

From The Spiritual Exercises Reclaimed:

Uncovering Liberating Possibilities for Women, 2<sup>nd</sup> Edition

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### **Touchstones for Spirituality and Discernment**

1. Reason and Science – to understand reality we are willing to use the tools of both reason and science, as well as philosophy, psychology, and the social sciences, to enrich both our reason and our affectivity;
2. Personal Transformation – we are willing to open to new things, to form new understandings of the world and one's place in it;
3. Experience and Praxis – we are willing to enter new worlds, look at things from points of view different from our own and then act on what we see; that is, we participate in the life we are discovering, allowing that participation to deepen our understanding about our decisions; we engage in the rhythm of contemplation and action;
4. Love and Discipleship – we open ourselves to the value of all life, adopting love as the supreme norm for action;
5. Discerning Interior Movements – set within this wide context, we welcome new images that arise from consolations as well as noticing the direction of our feelings;
6. Conscientization – we awaken to social reality, both to its cruelty, but also to its promise, allowing ourselves to see injustices, their causes, and logic and how we ourselves are embedded in unjust systems;
7. Utopian Imagination – we allow our imaginations to roam freely in the wide freedom of God's possibilities such as expressed in Isaiah and Jesus;
8. Community – research with others rather than in isolation, within the moral community rather than a laissez-faire swamp;
9. Tradition – we cherish the deep wisdom, yet we are also aware that traditions carry prejudice as well as truth;
10. (Appropriate) Authority – we are willing to move in alignment with authority toward truth, toward what is right and good.