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HEART WISDOM PROGRAM

Integrated formation for spiritual directors in the Ignatian tradition

Please note that the 2025/26 Heart Wisdom Program will be delivered as an online course.

Kardia Heart Wisdom is a two-year program for formation in the art of spiritual direction and giving the Ignatian Spiritual Exercises. 'Heart Wisdom' is an ever-changing Christian formation program promoting the integration of wisdom from life experiences. This wisdom converges at the *kardia*.¹

All programs offered at Kardia Formation use a pedagogy which respects various epistemologies. Individually and in groups, members of the Heart Wisdom Program begin by honouring the wisdom gleaned from their life experiences. They are encouraged to expand their knowing by engagement with existing research, and exploration of their own areas of interests. It is the intention of the Program that members will be formed to think independently and communally towards the integration of meaningful and lasting change.

Kardia Formation seeks to explore and develop new ways of spiritual direction in response to the demands of the 21st century, not the least being the Covid-19 pandemic. Kardia's belief is that spiritual direction has the capacity to grow awareness of the power of Mystery to strengthen spirit and release potential for every human person to take up their responsible place in the world.

Aspects Integral to the Heart Wisdom Program

Members of the Heart Wisdom Program are invited to expand their knowing by engagement with existing research and exploration of their own areas of interest. It is the intention of this Program that the spiritual direction formation process will be contemplative at its heart and will assist members to be formed to think independently and communally towards the integration of meaningful and lasting change.

Responsibilities

The methodology for learning in the Program is dependent upon members taking responsibility for their own capacity to be formed as spiritual directors and givers of the Spiritual Exercises. Members have a right to expect Kardia will provide a supportive and nourishing environment in which *kardia* formation

¹ Although *kardia* (καρδία Greek, feminine noun) is literally translated as 'heart', in the scriptures, *kardia* does not refer to the heart as the organ which animates the blood supply to the body. Rather it speaks poetically of the centre and seat of life in a person. So, *kardia* finds both origin and meaning in the Kardia-life which continually awakens the desire to be who we really are in the Presence of the One who knows and loves who we really are.

will take place. Members can also expect that staff will be well-qualified and experienced in the spiritual formation process. The outcomes for the members of the Program will necessarily vary.

Members who wish to become accredited givers of the full Spiritual Exercises will have prayed the full Spiritual Exercises as a 30-day live-in Retreat, as a 30-week Retreat in Daily Life, or a 90-day Retreat in Daily Life.²

Pathway to becoming a Spiritual Director

Formation in the Heart Wisdom Program is cyclic rather than linear, with different aspects articulated within the segments integrated into each formative phase. Members attend eight four-day intensives as proposed for 2025-26 as well as engage ongoing individual reading, reflection and practice that include individual and group supervision outside the intensives, as well as small groups whose members decide on their specific purpose and focus. (The eight x four-day intensives replace the four x eight-day intensives we offered before the Heart Wisdom Program went to online delivery). Each member will have the opportunity to participate in a discernment interview at the conclusion of a pair of four-day intensives, that is, four interviews as needed. The interview is an opportunity for each member to meet with formators to discuss how their sense of call is evolving and what aspects of their formation require further development. Individual's gifts, previous training and life history will be integrated in the discernment process, enabling the development of a formation program that allows the uniqueness of each member to be discerned, developed and encouraged. Figure 1 below details the pathway to becoming a spiritual director and giver of the Spiritual Exercises within the Heart Wisdom Program. Please note that the schema is applicable to pre online delivery, although the content is equivalent. Detailed outlines for each intensive block are attached as Appendix One.

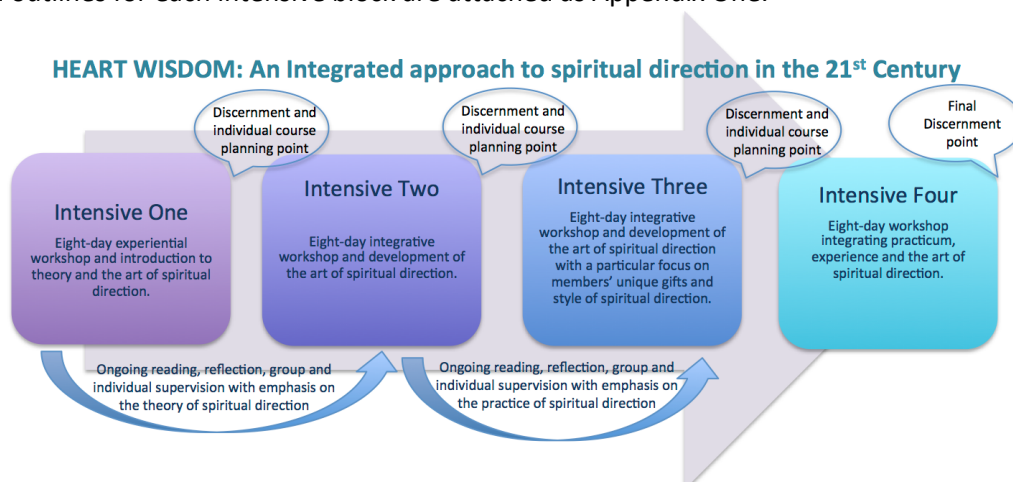


Figure 1 Pathway to becoming a spiritual director and giver of the Spiritual Exercises in the Heart Wisdom Program

² The 90-day full Spiritual Exercises retreat was developed by Kardia Formation P/L to meet the needs of retreatants confined due to Covid-19 restrictions.

Who am I to be?

Marlene Marburg

I know what I am called to do
but who am I to be?

I am an arguing Pharisee.
I am a witness to the multiplication of tiny resources.
I have eaten bread in the desert,
and at times forgotten.

This day, I do not recognise myself.
I am congested with thoughts.
I am seen and not heard.

It is no small thing that You ask of me
but You give me a companion
to help when I become mute.

You touch my lips. They feel refugee-stitched.
Your skin is warm and rough. Your touch is gentle.

It would not matter what you said to me.
The sound of your voice
in the seeping darkness,
is sudden fullness to my soul.
Light and tranquil.

I am who you say I am.

Critical to the Formation Program

The following eight aspects are critical to Kardina's integrated spiritual direction formation program. They form the core curriculum of the Heart Wisdom Program:

Graces of the spiritual journey - Who Do You Say That I Am?

By reflecting on the global community and discerning various responses made to world events and challenges, members will deepen their awareness of God's universal call to graced relationship. Members will discuss and discern the particularity of their identity and call through examining their narratives of the past and present, and imagining creative future directions revealed in life events, relationships and desires.

Choices and Faith Stages

In the light of pedagogical insights into various frameworks of thinking about faith, members will explore their own experience of faith and how different faith frameworks and stages interact with a person's freedom to make healthy and unhealthy decisions.

Theology and pedagogy of Kardina

Members will:

- compare and contrast the cultural narrative, theological and pedagogical views at the time and place of Ignatius Loyola with those in our contemporary world. How can Ignatian insight challenge, support or enhance our understanding of pedagogy, theology, soteriology, theodicy and resurrection?
- examine the story of Ignatius. How does his story resonate with your faith story?
- discuss if 'God' is definable? What images of God are most prevalent? Who does 'God' say that you are?
- explore how theology and spirituality depend on the poetic to refer to what cannot be encapsulated in literal language. The role of the poetic will be explored as the language of encountering Mystery.

The graces of encounter

Members will

- engage prayerfully with the Weeks (Seasons) of the Spiritual Exercises
- examine the theological idea of grace, and the graces of the Weeks of the Exercises
- identify and deepen their awareness of the Ignatian graces received before, during and after their experience of the full Spiritual Exercises
- explore the graces of their own journey in relation to the graces of the Spiritual Exercises journey in their lives, and desires that are emerging in their lives.

Releasing potential – spiritual direction as a dynamic instrument

Members will

- engage with Ignatian texts prayerfully and encounter gospel characters in imaginative contemplation
- familiarise themselves with the focus and intention of the various gospel writers with a view to understanding diverse images of Jesus
- become acquainted with the language and practice of the Spiritual Exercises especially in terms of the discernment of spirits, consolation and desolation, and imaginative contemplation. Contemporary language to name and explain the tools of the Exercises will be presented and discussed. Along with Week two Ignatian meditations, the Two Standards will be a key meditation explored in this section of the course

Architecture of Listening and Spiritual Direction

Many frameworks are available to assist effective depth listening and awareness.³ Members of the group will be encouraged to research and explore some of these tools in order to show how they might be helpful/unhelpful to the giving of the Spiritual Exercises and spiritual direction in the Ignatian tradition.

The Art of Being Director, Becoming Director, and Relationships in Spiritual Direction

Members will explore:

- the practice of spiritual direction including:
 - ways of being a spiritual director
 - what is listening?
 - listening to self and others
 - contemplative listening
 - generative listening and imagination
 - different pathways and ways of praying including the general terms:
 - apophatic
 - kataphatic
- is spiritual direction always appropriate?
 - clinical issues
 - strengths and problems with imagination
 - the role of desire and intention
- introduction to the psychodynamics of the spiritual director:
 - awareness of the somatic responses to stress, joy, anger and other emotions
 - mirroring, defences, collusion, interior awareness and freedom
 - the role of supervision will be introduced and modelled

Kardia Direction

Members will reflect on:

- their personal experience of spiritual direction exploring the qualities of their personal spiritual director and giver of the Spiritual Exercises. They will explore the characteristics, dispositions and consciousness of the director they are and want to be
- issues such as life history, desire and identification of God's call in a person's unique life
- modalities helpful to spiritual direction will be modelled and explored.

Figure 2 below demonstrates the cyclic nature in which these critical aspects are integrated within the formation process of the Heart Wisdom Program.

³ Examples of these are: the graces of the Weeks of the Exercises; Discernment and the interior movement of various spirits; Myers-Briggs typology Indicator (how nature endows us with particular dispositions); Enneagram (how gifts and graces can be nurtured); Fowler's Faith Stages; Neuro-linguistic Programming; Somatic Experiencing; Various therapies which assist interior awareness and transformation include Poetry and Art Therapy, Guided Imagery and Music, and Process Work.

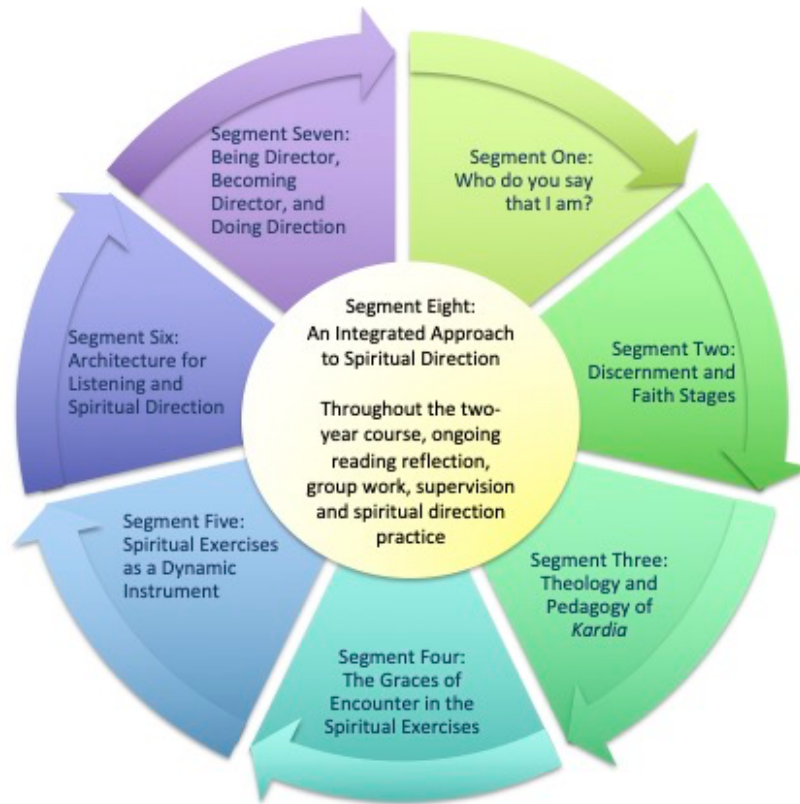


Figure 2: Critical aspects of the Heart Wisdom Program cycle

Spiritual Direction Practice

Members of the Heart Wisdom Program will be required to participate in a variety of supervised practice experiences during the Program. These may include giving silent directed retreats, retreat days, reflection days, spirituality workshops, giving Spiritual Exercises, retreats in daily life and spiritual direction. Members will discern with their supervisors and Program directors the appropriate practicum experiences to assist their personal formation.

Members wishing to be formed as spiritual directors will be required to undertake 60 hours of supervised practice prior to being accredited (this does not include practice hours during the intensive work).

Members who wish to be formed both as spiritual directors and givers of the Spiritual Exercises will complete a minimum of 26 hours of supervised practice prior to discernment as to their readiness and suitability to give the full Spiritual Exercises. Members will then give the full Spiritual Exercises to two people under supervision. Supervised practice hours in this case will amount to a minimum of 80 hours (this does not include practice hours during the intensive work).

Units:

1. Graces of the spiritual journey
2. Discernment and stages of faith
3. Theology and pedagogy of Kardia
4. The graces of encounter
5. Releasing potential – spiritual direction as a dynamic instrument
6. The architecture for listening and spiritual direction
7. Being director, becoming director, and doing direction
8. Kardia Direction

Course dates for 2025 – 2026 (As said previously, the mode of delivery will be via eight-four-day intensives)

Intensive Dates: 9.45am – 4.15pm online – Friday to Monday (inclusive)

2025

7 - 10 March 2025	Segment One – <i>Graces of the spiritual journey</i>
20 – 23 June 2025	Segment Two – <i>Discernment and stages of faith</i>
19 - 22 September 2025	Segment Three – <i>Theology and pedagogy of Kardia</i>
21 - 24 November 2025	Segment Four – <i>The graces of encounter</i>

2026

20 – 23 March 2026	Segment Five – <i>Releasing Potential – Spiritual Direction as a Dynamic Instrument</i>
17 – 20 June 2026	Segment Six – <i>The architecture for listening and spiritual direction</i>
18 - 21 September 2026	Segment Seven – <i>Being director, becoming director, and doing direction</i>
20 – 23 November 2026	Segment Eight – <i>Kardia Direction</i>

Monthly Online Meeting Dates: Fridays 10am – 12pm

11 April 2025	(1500-word paper due 4 April)
13 June 2025	(1500-word paper due 6 June)
18 July 2025	(1500-word paper due 11 July)
15 August 2025	(1500-word paper due 8 July)
12 September 2025	(1500 word paper due 5 September)
17 October 2025	(1500-word paper due 10 October)

Practicum Requirements:

Members of the formation program will discern with their supervisors as to the appropriate time and type of practical experience each member undertakes.⁴ This may be done during the two-year program or as a third year of formation. Cost for supervision of practical work outside of the above scheduled classwork will be additional to the fees prescribed. These fees are generally \$85 per supervision session.

Program Fees: \$3,500⁵ (AUD) per semester (four semesters)
Additional - Supervision by course facilitators at \$110 per session (approx. 16 sessions)

⁴ In addition to the above attendance, members of the Heart Wisdom formation program will be required to complete experience in the ministry of spiritual direction and retreat giving as follows:

For those wishing to graduate as a spiritual director in the Ignatian tradition which includes giving the full Spiritual Exercises – the giving of the Spiritual Exercises to two individuals either under 19th or 20th Annotation, 60 hours of spiritual direction practice are required. This includes a minimum of 15 hours of individual supervision.

For those wishing to graduate as a spiritual director (but not necessarily a giver of the Exercises) 60 hours of spiritual direction practice is required. This includes a minimum of 15 hours of individual supervision.

⁵ Please note that Kardia is currently absorbing GST but this may change in the future.

How to apply:

Please complete this application form, including a spiritual biography and send it by email to enquiries@kardia.com.au. Upon receipt of your application, you will be contacted to attend an interview with the course directors via Zoom (downloadable zoom.us) Applications must be received by 30th November 2024 for the 2025-2026 intake.

Successful applications to the Heart Wisdom Program will:

- express a sense of call to the ministry of spiritual direction/giving the Spiritual Exercises
- demonstrate a capacity to listen empathetically and sensitively
- have enough life experience to enable them to respond with wisdom to people from diverse lifestyles and with different levels of experience
- show an openness to learning from lived experience
- show willingness to share one's experience of prayer
- evidence a maturing spirituality and openness to worldviews other than their own
- demonstrate a commitment to prayer and reflection
- show evidence of having the disposition of the spiritual director

Contemplative Learning Outcomes

Members will demonstrate an active contemplative stance in all roles in the learning process. By this is meant that as participants (director and directee) in the spiritual direction space, they will be aware of the presence of divine Mystery enhanced by their communion. They will demonstrate awareness of the meaning of various levels of communication and interaction, and they will respond respectfully to the divine Presence always with a view to deepening relationship and desire for God as Mystery. Evidence of contemplative learning outcomes will be attentiveness, presencing, accurate empathy, appropriate pace, underlining, questioning which helps the directee's exploration, and interior movement and change expressed by the directee.

Assessment Task Requirements:

First year

- six 1,500 word papers
- one 30-minute integrated presentation
- participation in experiential learning group work
- two discernment interviews

Second year

- practice journal
- one 30-minute integrated presentation
- participation in experiential learning group work
- two discernment interviews

Contemplative Learning and Teaching Methods

Self-reflection; Prayer; Seminars; Supervision; Contemplative Presencing; Lectures; Research; Experiential learning groups; Practice; Arts and Movement; Group Discussion and Exploration.

Discernment Process

At the conclusion of each of the four intensive teaching periods, each member will be required to complete a self-evaluation of their progress towards becoming a spiritual director. The Experiential Learning Group facilitator will also complete an evaluation of their observations of how the member takes up each role in the group and the entire learning process.

Using the evaluations as a basis to discernment point interviews, the program directors and individual members will co-discern future directions. Key qualities to identify capacity and call as a spiritual director are as follows:

- Members will demonstrate an active contemplative stance in all roles in the learning process. By this is meant that as participants (director and directee) in the spiritual direction space, members will grow in awareness of the presence of divine Mystery, enhanced by their communion.
- They will demonstrate awareness of the meaning of various levels of communication and interaction, and they will respond respectfully to the divine Presence always with a view to deepening relationship and desire for God as Mystery.
- Evidence of contemplative learning outcomes will be attentiveness, presencing, accurate empathy, appropriate pace, underlining, sensitivity to silence, and questioning which helps the directee's exploration, and interior movement and change expressed by the directee.
- An openness to the formation process and willingness of members to take responsibility for their own capacity to be formed as spiritual directors.

Heart Wisdom Formators

Dr Marlene Marburg CertProcessWork (PWI), DipAppSci, BTheol, MTheol, GradDipEd(Sec), PhD

Dr Bernadette Miles BTheol, MAppSci (Organisational Dynamics), PhD

Prescribed texts

Members of the Heart Wisdom Program are strongly advised, over the course of the Program, to become familiar with the following books, articles and weblinks.

Alphonso, Herbert. *The Personal Vocation: Transformation in Depth through the Spiritual Exercises*. Gujarat India: Gujarat Sahitya Prakash, 1997.

Dyckman, Katherine, Mary Garvin and Elizabeth Liebert. *The Spiritual Exercises Reclaimed: Uncovering Liberating Possibilities for Women*. New York/Mahwah, N.J.: Paulist Press, 2001

Fleming, David L. *Draw Me into Your Friendship: The Spiritual Exercises, a Literal Translation and a Contemporary Reading*. Saint Louis, Missouri: The Institute of Jesuit Sources, 1996.

Gallagher, Timothy M. *Discerning the Will of God : An Ignatian Guide to Christian Decision Making*. New York: Crossroad Pub. Co., 2009.

Lanzetta, Beverley, *Foundations in Spiritual Direction: Sharing the Sacred Across Traditions*, Blue Sapphire Books, Sebastopol CA, 2019

Marburg, Marlene. *Grace Upon Grace: Savouring the Spiritual Exercises through the Arts*, Reservoir: Morningstar Press, 2019.

Miles, Bernadette. *Strengthening Spirit—Releasing Potential: Spiritual Direction for Leadership and Organisational Development*. Eugene OR: Pickwick Publications 2020

Tylenda, Joseph N. *A Pilgrim's Journey: The Autobiography of St. Ignatius Loyola* Revised ed.: Ignatius Press, 2001.

Veltri J. Orientations 1 and 2. See http://orientations.jesuits.ca/veltri_orientations.html

Williams, Monty. *The Gift of Spiritual Intimacy: Following the Spiritual Exercises of Saint Ignatius*.

Bibliography

The following bibliography is not prescriptive. Members of the program are encouraged to seek out helpful resources and to offer balanced criticism of their content.

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