

IGNATIAN REFLECTION - POST-IMMERSION

St. Ignatius knew that for most of us, we need time to really understand, feel and integrate the experiences of our lives. Ignatius himself spent much time meditating and reflecting on his experiences of "the real" and "the possible" in life and this brought great understanding to his ministry. He believed in the pervasiveness of God and in the presence of a God who meets us in all things, experiences, people and challenges and to know/understand this, one had to spend time in reflection. To engage more deeply in our immersion experiences, Ignatius suggests that we pause, discern, feel, think, and examine the ways in which our encounters in life can move, teach and transform our hearts and minds.

DISCERNMENT: SO NOW WHAT??

1. What have I done for my service to the world?
2. What have I seen, felt, touched, tasted and heard at my immersion site?
3. What have I learned through my immersion experience?
4. What does this mean for me? For the world?
5. What is my responsibility to now change my own behavior or to take action? What are the next steps?

CONSOLATIONS AND DESOLATIONS

1. Where did I feel and sense the presence of God in my immersion experience?
2. Where did I feel energized, alive, impassioned and hopeful regarding my immersion experience?
3. What did I see, feel, hear, touch, taste or experience that led to a sense of peace or joy during my time of immersion?
4. Where did I feel anxious or agitated regarding my immersion experience?
5. Did I sense despair related to my immersion experience? When? Where? With whom?
6. Was I able to see or sense the presence and face of God in the service work, the people I met, or the immersion experience in general?
7. How do I feel right now as I reflect on my immersion experience?

COMING TO "KNOW ..."

1. *Orientation*: Who am I? What is important to me? Where am I coming from?
2. *Observation*: What did I see, hear, touch, taste and smell during the immersion experience? What issues did I see?
3. *Feelings*: How do I feel about what I saw and heard during my immersion experience? How do my core values contribute to my feelings?
4. *Interpretation*: How do my values and perceptions shape what/how I saw and heard during my immersion experience? What barriers may prevent me from seeing different perspectives?
5. *Personal Analysis*: How am I contributing to the problems encountered by my service site? What gifts can I offer? How can I learn? Where do I feel hope? How does my faith inform my experience?
6. *Social Analysis*: What are the social and political roots of the problems encountered during my immersion experience? How does power affect this situation? What are the possible solutions? What agencies or institutions hold the most hope for change?

EXAMEN

1. Think of the process you used to choose this immersion experience. What gave you energy and drew you to this experience? Was there anything that made you anxious?
2. As you prepared to go on the immersion trip, what were the longings and desires of your heart? What were you hoping for? Was there anything that you were afraid of as you prepared for this trip?
3. Think of your immersion experience. Bring to mind the sights, smells, sounds of your immersion experience. How do you feel as you think about your immersion experience? What did you experience that brought you peace, joy and hope? What did you observe or experience that brought you struggle, concern or challenge? What moved you most? Are there any images or experiences will you carry with you? How were you able to utilize your gifts and talents? What surprised you?
4. Is there anything/anyone from your immersion experience that you need to forgive or let go of?
5. How do you feel called to respond in your life as a result of your immersion experience? What does this now mean to your vocation, your future choices of career or volunteerism?

WHAT I HAVE LEARNED SO FAR

Meditation is old and honorable, so why should I not sit, every morning of my life, on the hillside, looking into the shining world? Because, properly attended to, delight, as well as havoc, is suggestion.

Can one be passionate about the just, the ideal, the sublime, and the holy, and yet commit to no labor in its cause? I don't think so.

All summations have a beginning, all effect has a story, all kindness begins with the sown seed.

Thought buds toward radiance. The gospel of light is the crossroads of -- indolence, or action.

Be ignited, or be gone.

—Mary Oliver