

Psychological Energy in Ministry

How can one capture, in mere words, a moment of illumination or a significant human experience?

John Doherty's workshop on Managing Psychological Energy in Ministry was practical, insightful, creative and, in this moment, a challenge to re-present!

This engaging workshop offered the opportunity to take responsibility for the wise use of our psychic/spiritual energy as reflective practitioners in the delivery of emotional and spiritual care in our ministry. As the old adage states; you cannot give what you have not got!

Through the theoretical model of the Egoic Energy Loop/Spiritual Energy Loop, John immersed us in the recognition of the interface between these energies.

In an embodied approach, we journeyed backwards through the complexity of the persona, observer, critic, authentic self and soul self to the threshold of Divine Energy. Through explor-

ing the capacity of double attention, John invited us into the

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objective/subjective energy flow and the heart space that helps us to be aware of the vital energy of the divine being no matter what comes our way.

Even in the midst of pain or pleasure a practiced attentiveness to our inner critic and our authentic self can keep us both grounded and other-

The new Executive



Back row (l-r): Fr Pierce Cormac (South), Mary Quinlan (South), Fr Patrick Burke (West), Rev Daniel Nuzum (South), Ray Gately (West), Jim Owens (DNE). Front row (l-r): Sr Marie Gribbon (DNE), Phil O'Neill (DML), Margo McKay (DML), Sr Mary Kelly (West), Sr Margaret Mulcaire (DML), Margaret Sleator (DNE)



Theresa Kilmurray CSB and John Doherty

focused.

Key to John's presentation was the importance of a healthy sense of self that can be held by the authentic/soul self in the Divine holding.

It is worth pondering that no inner knots disentangle without

love and "the tender gravity of kindness" (Naoimi Shihab Nye) Harvesting psychic/spiritual energy is foundational not only to keep us going but also to inspire us in our going!

ANAMCHARADAS

Presents

*'Living Faith in the
21st Century'*

with

Michael Paul Gallagher
S.J. and John Feehan

18 September 2010
9.30am – 5.30 p.m.

in

Gonzaga College,
Sandford Road, Ranelagh,
Dublin 6

Bookings

by 15 September

Enquiries:

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