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Family Behavior — Domains of Good

R023-bL-

Agenda

Our Agenda is sequential. We will let the Holy Spirit guide us in sequence and end on time.

1. **About Loquate**
2. **Retreat Abstract**
3. **How the Holy Spirit Resolves Family Discord Thru Abundance**
4. **Family members and all group together to identify your parent’s good domains.**
5. **Begin audio and pause audio at 4:58**
6. **Domain Theory from Loquate**
7. **Domain Theory applied. Resume Podcast at 4:58. Halt Podcast at 10:21**
8. **At 10:21 break into small groups. No two family members in the same group. A volunteer will role play with another volunteer simulating a trigger to bad family behavior and its resolution.**
9. **After small groups, restart Podcast at 10:21; and end this part of the workshop at end of Podcast about 7 minutes later.**
10. **Testimony about participating in a Work Meets Faith small group.**
11. **Conclude: repeat proposition. Repeat God does the healing.**

12. Get feedback before you leave.

Start Retreat Here

1. About Loquate

Loquate builds an interdependence that is based on the Spirit. We need to be open to the Spirit to recognize the Spirit. The Spirit is a caring presence outside of ourselves that can be invited to reside within ourselves. The Spirit is connected to relatedness with all people.

Loquate is a charitable center for peace that uses Smart® groups for intentional community building. Its core competence is community building around functional domains of good. Loquate’s Smart® technology defines primary values that satisfy innate needs. Its process uniquely relies only on changing oneself, and can be replicated elsewhere to build community. Major charitable support comes from those who believe in its work in “unity for all.”

A Work Meets Faith small group is a Smart® group because it brings happiness or joy to its members, and sense of community to every group of which they are a part. Designated as a family resource outside of our family with no two family members recommended in the same small group, thru commitment for life and action, its members bring Spirit centered sense of community as peace on earth applied everywhere especially to our families in “unity for all.”

2. Retreat Abstract

The family unit is the most powerful socializing unit on earth. Family behavior is often mixed, good with bad. We can share with our siblings good family domains of our parents as a unifying theme. To overcome bad family behavior seek to

change only ourself and no one else. Interior healing is needed. God does the healing. The journey begins with our own awareness of our domains that may thwart innate need satisfaction when we are in authority.

3. How the Holy Spirit Resolves Family Discord Thru Abundance

May we have a volunteer to read this?

Proverbs 6:16-21 (Good News Translation)

There are six or seven kinds of people the LORD doesn't like:

Those who are too proud or tell lies or murder,

those who make evil plans or are quick to do wrong,

Those who tell lies in court or stir up trouble in a family.

Son, do what your father tells you and never forget what your mother taught you.

Keep their words with you always, locked in your heart.

(What kinds of teachings?)

Their teaching will lead you when you travel, protect you at night, and advise you during the day.

May we have a volunteer to read this?

(Wise teachings from the domains of your parents. Your domain is your family. For example, your sister's domain is her family. Your shared domains with your sister /

brother are the good domains of your parents.)

The Proposition

(Just being with your sister is enough. Your example is your life. Journey with her. Her example is her life. Seek to learn from her. Focus on the shared good domains of your parents to bring unity so as not to stir up trouble in the family.)

(Asking a sibling what do they think were the good domains of your parents, can be a healing experience. Work Meets Faith small group offers two 3 hour segments Saturday 11-14-20 on gifts of the Holy Spirit, and family healing, as a virtual retreat at no charge open to all.)

4. **Volunteers by family share your Mom's and Dad's Domains of Good we have a facilitator(s)?**
5. **Begin audio and pause audio at 4:41.**
6. **May we have a volunteer to explain Domain Theory (from Loquate)?**
7. **Domain Theory applied. Resume Podcast at 4:58. Halt Podcast at 10:21**
8. **At 10:21 break into small groups.**
 - a. **Please, no family members in the same small group.**
 - b. **In each small group a volunteer will role play with another volunteer simulating a trigger to bad family behavior and its resolution.**
- **May we have a volunteer facilitator to read out loud this paragraph of instructions for role playing?**
- **You will now role play. Think of anyone in your family with whom you have been triggered. Get agreement from your role play partner simulating**

the family member with whom you had the problem. The agreement is this: you both agree to speak up when being triggered. Defer further discussion until the trigger has subsided. Pray. Discern if the trigger is coming from the hazy past, or the present. Determine the specific bad behavior only in the present causing the trigger. Seek to change only yourself to eliminate the present bad behavior on your part. Reconvene. Bring up the trigger by sharing your example of putting into practice a new way of being. Hear relevant resolution stories from other group members on alternative forms of behavior. Identify what alternative or combination of alternatives sound best to you. **Do not try to change the other person.** Then conclude the role play simulating discussion of the matter at hand in which either party was first triggered.

The hazy past can be changed first by forgiveness, then by God. Use a [wallet sized card](#) from jeff@loquate.tv. Just as we are drawn to Christ in the mystery of the Sacred Heart of Jesus, so too will others in our family line be drawn to us as we suffer at their hands.

9. **After small groups, restart Podcast at 10:21; and end this part of the workshop at end of Podcast about 7 minutes later.**
10. **May we have a volunteer to give their testimony about being a Work Meets Faith small group member?**

Work Meets Faith small group

Everyone works in some sense (volunteer, retired, stay at home, or for pay).

- **Low Time** Meets 2 hours/month, but not in July, August, or December.
- **High value** Does your faith influence your work? Have you ever wondered: 'Is this the work God wants me to do?' In our Work Meets Faith small group, we believe that God speaks to us thru our interiorly preferred work. By prayer, encouragement and community learn how you can use your faith to influence your work - and to overcome the challenges and obstacles that we all face in our jobs. Not with advice, but with helpful relevant resolution stories. In discovering your interiorly preferred work, your life will become more fulfilled so, in return, you can humbly and gratefully offer it as a gift back to God. Resulting in a deep faith to ask Him to bless you with more of that work. Fulfilling God's natural law of love, you will bring peace to the world.

● **Deeply Rewarding**

11. **In Conclusion: Sharing good domains of your parents can be a healing experience: You only have power to change yourself. When one member of a family system changes, the system changes and new alternative ways of being are offered to other family members by example. God does the healing.**
12. **End Feedback- before you depart, please fill out Exhibit D.**

Exhibit D Family Healing Retreat Feedback –

name/phone/email _____

Before you leave today, please rate each of the following statements.

Low

High

Value of the retreat overall

1 2 3 4 5

What did you like? Be as specific as you can.

Would you recommend the retreat to others? Yes / No

Why/ Why not?

About

The Big Retreat is intended to be your great gift from God that keeps informing you every day of your life (and mine). Here are additional Resources.

Awareness is surrender to God alone Who does the healing. This is a decision to make and stay with a needed spiritual change of new behavior. This is a decision to move closer to God and away from Satan.

(Pope Francis: May 14, 2014 said: "Satan's greatest achievement... has been to make us believe he does not exist." "And in my personal experience," said the Pope, "I feel him every time I am tempted to do something that is not what God wants for me." Source: cnsnews.com)

(Catechism of the Catholic Church 391-395. 391 Behind the disobedient choice of our first parents lurks a seductive voice, opposed to God, which makes them fall into death out of envy. 266 Scripture and the Church's Tradition see in this being a fallen angel, called "Satan" or the "devil". 267 The Church teaches that Satan was at first a good angel, made by God: "The devil and the other demons were indeed created naturally good by God, but they became evil by their own doing." 268)

Spiritual awareness is needed. The power of Satan is vulnerable due to its misalignment with God. Every Satanic attack has the same source. Satan says this: "God is wrong." Go right at Satan. Find the vulnerability, the lie, in which Satan subtly wedges God out of the picture, and tempts us to insert our own self will or even hatred of others into the picture. It is thru this awareness that we change. The power of God is greater than the power of Satan and will be so in this case. We make a free will choice to stay changed, not revert back to old ways. In a decision to rely totally on God, total surrender, God does the healing.

Wisdom Summary from James 1 (for use when it is difficult to discern what to do)

You want wisdom. You ask for wisdom. God generously gives wisdom without rebuke.

But you have to pray for wisdom.

Now you have to believe you will get wisdom. That brings hope.

A sour face is not with God. A happy face is with God.

What is the switch in the mind? Hope. Hope changes the attitude. Expectant hope.

James 1:

2 My brothers, consider it a great joy when trials of many kinds come upon you,

3 for you well know that the testing of your faith produces perseverance, and

4 perseverance must complete its work so that you will become fully developed, complete, not deficient in any way.

5 Any of you who lacks wisdom must ask God, who gives to all generously and without scolding; it will be given.

6 But the prayer must be made with faith, and no trace of doubt, because a person who has doubts is like the waves thrown up in the sea by the buffeting of the wind.

7 That sort of person, in two minds,

8 inconsistent in every activity, must not expect to receive anything from the Lord.

9 It is right that the brother in humble circumstances should glory in being lifted up,

10 and the rich in being brought low. For the rich will last no longer than the wild flower;

11 the scorching sun comes up, and the grass withers, its flower falls, its beauty is lost. It is the same with the rich: in the middle of a busy life, the rich will wither.

12 Blessed is anyone who perseveres when trials come. Such a person is of proven worth and will win the prize of life, the crown that the Lord has promised to those who love him.

13 Never, when you are being put to the test, say, 'God is tempting me'; God cannot be tempted by evil, and he does not put anybody to the test.

(family behavior- the domain of evil)

14 Everyone is put to the test by being attracted and seduced by that person's own wrong desire.

15 Then the desire conceives and gives birth to sin, and when sin reaches full growth, it gives birth to death.

(family behavior – the domain of God)

16 Make no mistake about this, my dear brothers:

17 all that is good, all that is perfect, is given us from above; it comes down from the Father of all light; with him there is no such thing as alteration, no shadow caused by change.

(thru Adam and Eve, but from God)

18 By his own choice he gave birth to us by the message of the truth so that we should be a sort of first-fruits of all his creation.

19 Remember this, my dear brothers: everyone should be quick to listen but slow to speak and slow to human anger;

20 God's saving justice is never served by human anger;

21 so do away with all impurities and remnants of evil. Humbly welcome the Word which has been planted in you and can save your souls.

(You must act.)

22 But you must do what the Word tells you and not just listen to it and deceive yourselves.

23 Anyone who listens to the Word and takes no action is like someone who looks at his own features in a mirror and,

24 once he has seen what he looks like, goes off and immediately forgets it.

25 But anyone who looks steadily at the perfect law of freedom and keeps to it -- not listening and

forgetting, but putting it into practice -- will be blessed in every undertaking.

26 Nobody who fails to keep a tight rein on the tongue can claim to be religious; this is mere self-deception; that person's religion is worthless.

(helping other families)

27 Pure, unspoilt religion, in the eyes of God our Father, is this: coming to the help of orphans and widows in their hardships, and keeping oneself uncontaminated by the world.

Our approach is a spiritual healing relying on awareness of the underlying dysfunctional family behavior that thwarts satisfaction of innate needs, alternative behaviors thru relevant resolution story telling, and, defined as surrender. God with His mighty power and all the angels and the entire heavenly host take up the battle for us in our total surrender. Time and time again we need do this whenever we are under attack. Of course, God wins every time. After our workshop, the shortcut is to say this. In the name of Jesus Christ I command you, spirit of (name the evil) to leave me and go to the foot of the cross.

You Can also do the Following at Home

Your spouse may be the ideal person with whom to role play.

Take time out at home to do this role playing exercise

1. Think of a family experience of your childhood of significant concern to you.
2. Embrace the moment.
3. Reenact the moment with another, your spouse (assuming your spouse is not the one triggering you, or a Work Meets Faith small group member with whom you feel safe).
4. Ask the other to role play with you.
5. Remember you were a child.
6. Now you are an adult.
7. As a child you were stuck.
8. Your behavior was that of a child.
9. To speak out against a parent could result in loss of status to stay at home.
10. That is way too scary for a vulnerable child.
11. Now you are an adult.

12. Speak as an adult to the other who role plays first as a good parent, encouraging you to speak, letting you change the other in role play for the better.
13. See how this feels.
14. Now have the other act as a bad parent with no change for the better.
15. You role play what you would say anyway.
16. Each person finds their own way to heaven.
17. We differentiate.
18. You are yourself.
19. You speak out against the injustice.
20. You say
21. I care
22. I feel
23. I will
24. I won't
25. Are you unstuck?
26. By role playing you open up blocks that arose from family behavior when you were a child.
27. These pathways need to get clear thru differentiation.
28. Your parents may have given off a domain that thwarted your satisfaction of innate needs at the time.
29. Rather than following their behavior giving off a domain like theirs thwarting innate need satisfaction of others beneath is possible.
30. When your domain giving self heals itself by permitting yet this day and every day going forward new domains of authenticity permitting satisfaction of innate needs by every person over whom you are, you are fully differentiated.
31. Giving it up to God, God does the healing.
32. You are different.
33. God will use the hurt of that significant concern, every piece of that hurt, to make yourself vulnerable to others, to share your story, to hear their story, to heal them, just as you healed your self

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According to Fr. Fred Kammer, SJ, in an article 9-16-2009 entitled Spirituality: Seeing the Divine in our Midst

“Spirituality is essentially about seeing God’s presence and activity in the midst of human reality. In a way, we look through or past the apparent object and event and see its inner self, trying to discern the movements of God’s grace and the opposing forces of evil, their interplay, and our own roles in the conflict.

Hearing stories that relate to matters before us, sharing experience helps us. Our work is not without stressful moments, but belonging to a small group is our chance to stay positive and charge ahead. With the help of the caring presence outside of our self, a victorious conclusion is more likely.

The power of God is greater than the power of evil. Every evil domain has a weakness due to its misalignment with God. When we place our total trust in God, God does the healing.

The human family is the greatest socializing force on earth. Dysfunction within a family only occurs if our spouse is unable to overcome our evil domain. An evil domain that stays in place inside a family, creates and is the source of dysfunction in the family.

Every dysfunction has triggers. The triggers invoke a dance of two people. Response meets response. The dance creates dysfunction. Those are the triggers that invoke the dance.

Others without our triggers become our key to overcoming our triggers. For this reason it is recommended that both spouses not be in the same Work Meets Faith small group, nor on the same retreat. When a member in the family healing retreat shares a God concern at work, relevant resolution stories are offered, like antibodies from which to choose. The alternative or combination of alternatives chosen by the member becomes a best practice to overcome the dysfunction.

Changing yourself changes the social system of which you are a part. Satan uses anger to cascade the sore spot to prevent the relevant resolution from surfacing. Initially the spouse may be angry because the dance has changed. Still the dysfunction may be overcome behaviorally. Thru prayer the member overcomes the evil domain inside themselves, but may

become an object of intense anger. That is what Christ meant when he said those who will be persecuted on earth will rejoice in heaven.

We must seek our cross even though we feel a heavy heart. Satan employs the heavy heart to try to get us to not speak. Speak!

And pray to behave properly. Thru total trust in God, overcoming dysfunction has a victorious conclusion because God does the healing.

## God does the Healing

**Open Heart, Open Mind** – a book on contemplative prayer  
By Thomas Keating

Another form of healing may occur at the hands of God in contemplative prayer. In a book Open Heart, Open Mind, Thomas Keating describes God's healing in a chapter entitled "Unloading the Unconscious." You can purchase the book used, usually for under \$5 delivered, at [www.AbeBooks.com](http://www.AbeBooks.com).

Pages 95 thru 101

### Unloading the Unconscious

A fifth kind of thought arises from the fact that through the regular practice of centering prayer the dynamism of interior purification is set in motion. This dynamism is a kind of divine psychotherapy, organically designed for each of us, to purify our unconscious and free us from the obstacles to the free flow of grace in our minds, emotions, and bodies.

Empirical evidence seems to be growing that the consequences of traumatic emotional experiences from earliest childhood are stored in our bodies and nervous systems in the form of tension, anxiety, and various defense mechanisms. Ordinary rest and sleep do not get rid of them. But with interior silence and the profound rest that this brings to the whole organism, these emotional blocks begin to soften up, and the natural capacity of the human organism to throw off things that are harmful starts to evacuate them. The psyche as well as the body

has its way of evacuating material that is harmful to its health. The emotional residue in our unconscious emerges during prayer in the form of thoughts that have a certain urgency, energy, and emotional charge to them. You don't usually know from what particular source or sources they are coming. There is ordinarily just a jumble of thoughts and a vague or acute sense of uneasiness. Simply putting up with them and not fighting them is the best way to release them.

As the deep peace flowing from centering prayer releases our emotional blocks, insights into the dark side of our personality emerge and multiply. We blissfully imagine that we do good to our families, friends, all business or professional associates for the best of reasons, but when this dynamism begins to operate in us, our so-called good intentions look like a pile of dirty dishrags. We perceive that we are not as generous as we had believed. This happens because the divine light is shining brighter in our hearts. Divine love, by its very nature, accuses us of our innate selfishness.

Suppose we were in a dimly lit room. The place might look fairly clean. But install a hundred bulbs of a thousand watts each, and put the whole room under a magnifying glass. The place would begin to crawl with all kinds of strange and wonderful little creatures. It would be all you could do to stay there. So it is with our interior. When God turns up the voltage, our motivation begins to take on a wholly different character, and we reach out with great sincerity for the mercy of God and for His forgiveness. That is why trust in God is so important. Without trust we are likely to run away or say, "There must be some better way of getting to Heaven."

Self-knowledge in the Christian ascetical tradition is insight into our hidden motivation, into emotional needs and demands that are percolating inside of us and influencing our thinking, feeling, and activity without our being aware of them. When you withdraw from your ordinary flow of superficial thoughts on a regular daily basis, you get a sharper perspective on your motivation, and you begin to see that the value systems by which you have always lived have their roots in pre-rational attitudes that have never been honestly and fully confronted. We all have neurotic tendencies. When



you practice contemplative prayer on a regular basis, your natural resources for psychic health begin to revive and you see how the false self and its value systems are damaging your life. The emotional programs of early childhood that are buried in your unconscious begin to emerge into clear and stark awareness.

If in your psyche there are obstacles to opening yourself to God, divine love begins to show you what these are. If you let go of them, you will gradually unfold in the presence of God and enjoy His presence. The inner dynamism of contemplative prayer leads naturally to the transformation of your whole personality. Its purpose is not limited to your moral improvement. It brings about a change in your way of perceiving and responding to reality. This process involves a structural change of consciousness. As you experience the reassurance that comes from interior peace, you have more courage to face the dark side of your personality and to accept yourself as you are. Every human being has the incredible potential to become divine, but at the same time each of us has to contend with the historical evolution of our nature from primitive forms of consciousness. There is a tendency in human nature to reach out for more life, more happiness, more of God; but there are also self-destructive tendencies that want to go back to the unconscious and instinctual behavior of the beasts. Even though we know that there is no happiness in such regression, that aspect of the human condition is always lurking within us. Archbishop Fulton Sheen used to say, "Barbarism is not behind us but beneath us." In other words, violence and the other instinctual drives remain as seeds within us that can develop, if unchecked, into all kinds of evil.

We have to come to grips with these tendencies in order for the fullness of grace to flow through us. Centering prayer fosters the healing of these wounds. In psychoanalysis the patient relives traumatic experiences of the past and in doing so integrates them into a healthy pattern of life. If you are faithful to the daily practice of centering prayer, these psychic wounds will be healed without your being re-traumatized.

After you have been doing this prayer for some months, you will experience an emergence of certain forceful and emotionally charged thoughts.

They don't normally reveal some traumatic experience in early life or some unresolved problem in our present life. They simply emerge as thoughts that arise with a certain force or that put you in a depressed mood for a few hours or days. Such thoughts are of great value from the perspective of human growth even though you may feel persecuted by them during the whole time of prayer.

When the unloading of the unconscious begins in earnest, many people feel that they are going backwards, that centering prayer is just impossible for them because all they experience when they start to pray is an unending flow of distractions. Actually, there are no distractions in centering prayer unless you really want to be distracted. Hence, it doesn't matter how many thoughts you have. Their number and nature have no ill effect whatever on the genuineness of your prayer. If your prayer were on the level of thinking thoughts that were extraneous to your reflections would indeed be distracting. But centering prayer is not on the level of thinking. It is consenting with your will to God's presence in pure faith. You are acting on the spiritual level of your being.

Emotionally charged thoughts are the chief way that the unconscious has of expelling chunks of emotional junk. In this way, without your perceiving it, a great many emotional conflicts that are hidden in your unconscious and affecting your decisions more than you realize are being resolved. As a consequence, over a period of time you will feel a greater sense of well-being and inner freedom. The very thoughts that you lament while in prayer are freeing the psyche from the damage that has accumulated in your nervous system over a lifetime. In this prayer both thoughts and silence have important roles to play. To use a clumsy simile, in tenement houses where the garbage collection is unreliable, some tenants use the bathroom to store the garbage. If you want to take a bath, the first thing you have to do is empty out the junk. A similar procedure holds in this prayer. When we commit ourselves to the spiritual journey, the first thing the Spirit does is start removing the emotional junk of a lifetime that is inside of us. He wishes to fill us completely and to transform our entire body-mind organism into a flexible instrument of divine love. But as long as we have obstacles in us, some of which we are not even

aware of, He cannot fill us to full capacity. In His love and zeal He begins to clean out the tub. One means by which He does this is by passive purification initiated by the dynamic of centering prayer.

Centering prayer, insofar as it puts us at God's disposal, is a kind of request that He take our purification in hand. Courage is needed to face up to the process of self-knowledge, but it is the only way of getting in touch with our true identity and ultimately with our true Self, which is the image of God within us. When you feel bored, restless, and that anything would be better than just sitting still and being battered by disturbing thoughts, stay there anyhow. It's like being out in the rain without an umbrella and getting drenched to the skin. There is no use groaning because you didn't bring an umbrella. The best approach is to be simply willing to be doused by the torrent of your thoughts. Say "I am going to get wet" and enjoy the mental rain.

Before you reflect on whether a particular period of prayer is going well, you are having a good period of prayer. After you reflect, it is not so good. If you are drenched with thoughts and can't do anything about them, acquiesce to the fact that that's the way it is for today. The less you wiggle and scream, the sooner the work can be done. Tomorrow or a few days from now will be better. The capacity to accept what comes down the stream of consciousness is an essential part of the discipline. Cultivate a neutral attitude toward the psychological content of your prayer. Then it won't bother you whether you have thoughts or not. Offer your powerlessness to God and wait peacefully in His presence. All thoughts pass if you wait long enough.

Another point worth remembering is this. During the unloading process sometimes you may want to figure out where a particular smile, itch, pain, or strong feeling is coming from in your psyche and to identify it with some earlier period in your life. That's useless. The nature of the unloading process is that it does not focus on any particular event. It loosens up all the rubbish, so to speak, and the psychological refuse comes up as a kind of compost. It's like throwing out the garbage. You don't separate the egg shells from the orange peels. You just throw the whole thing out. Nobody is

*asking you to look through it or try to evaluate it. You just throw everything out in one big garbage bag.*

*It can also happen that external difficulties may arise in your life that have a direct connection with your spiritual growth. They are another way God uses to bring you to a deeper knowledge of yourself and to a greater compassion for your family, friends, and other people.*

### ***End of Keating Quote***

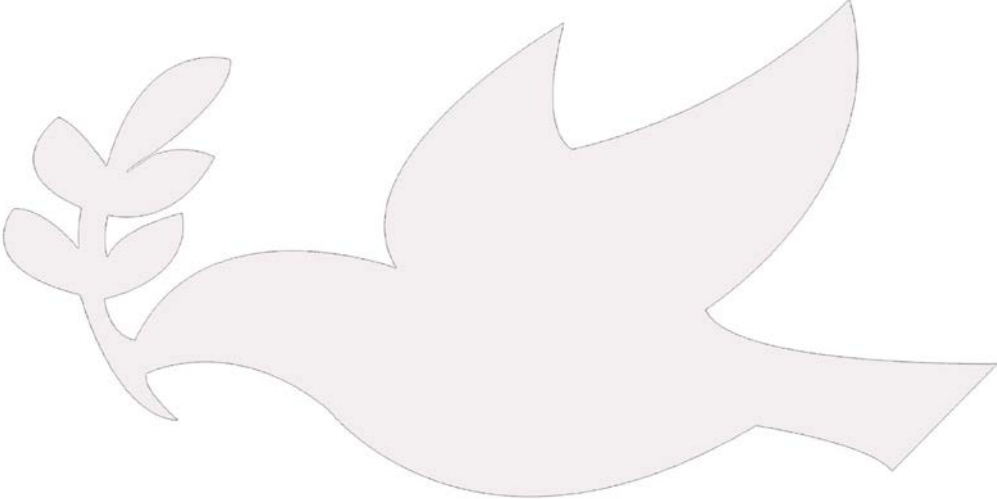
*So if one is not peaceful inside, how does one begin with contemplative prayer? One starts with Centering prayer:*

- 1. Centering prayer –*
  - a. You select a word or phrase to bring up whenever you become distracted.*
  - b. You assume a position where your body is not needy.*
  - c. You say your word or phrase interiorly,*
    - i. You permit your thoughts to come,*
    - ii. You do not engage with your thoughts and distractions,*
    - iii. You wish only to be in God's presence.*
  - d. Whenever your thoughts come, you imagine a boat going down the river, and gently place your thought on the boat,*
    - i. You repeat your word or phrase,*
    - ii. You begin again*
  - e. You become aware of your breathing,*
    - i. Your breathing becomes a natural part of your prayer,*
  - f. The idea is that by silencing your interior self you are letting God know that you wish to be in God's presence.*
  - g. That is all.*

*Once you have done Centering prayer long enough, "Unloading the Unconscious" as above may be a next step.*

# *Certificate of Encouragement*

Presented to



S038-bb

## A Note from Jeff

Prayer, just reading a short Novena (see below), can prepare you in a family behavior decision. For example, recently I had a family behavior decision to make...to choose myself, or, to make myself small and choose others. Those who know me well know that I can be like a barking Australian Sheep dog. An Australian sheep dog just nips at heels without drawing blood. I decided I am going to make myself small and avoid being triggered by family behavior. When I am triggered, I will hold up, and use the Novena. Then I will act. Yip, Yip.

The Novena saved me from going down a potentially huge wrong path. The wrong path was confrontation. By saying the Novena and a rosary I chose changing myself and no one else. Everyone in my family could see my need to change but not their need to change. I depended totally on God. I trusted God. God acted. I have peace.

Healing of past family behavior can only come from God. The family behavior problem in the present can be stopped from escalating by speaking up whenever either party is triggered. Hence awareness of being triggered, creating space, and deferring decisions is the only sane path. When one orders their life to the local meaning of suffering as Christ crucified, redemptive healing will occur thru suffering. This is an inviolable natural law learned by experience. I have peace.

## Ruo-2018-0508-Father Ruotolo - 9 day Novena

Source: <https://catholicdoors.com/prayers/novenas/p03530.htm>  
Spiritual Advisor to Padre Pio.

### Day 1

Why do you confuse yourselves by worrying?  
Leave the care of your affairs to me  
and everything will be peaceful.  
I say to you in truth that every act of true,  
blind, complete surrender to me  
produces the effect that you desire  
and resolves all difficult situations.

Repeat 10 times...

O Jesus, I surrender myself to you,  
take care of everything!

Had I chosen confrontation, a battle would have ensued. Family behavior may have flared into irreconcilable differences. I could clearly see the truth of others needing to change themselves. I could have been a martyr in non cooperation, non violence. But with family, why not let God act for me. I have peace. I was saved from making a big mistake. Changing myself is gentle and without reproof.

I am an ENTJ in the Meyers Briggs personality inventory. ENTJ (extraversion, intuition, thinking, judgment) is an abbreviation used in the publications of the Myers-Briggs Type Indicator (MBTI) to refer to one of sixteen personality types. ... ENTJs are often sought out as leaders due to an innate ability to direct groups of people.

The change I sought was to become an ENTok. "Ok" is my own acronym. I would stop judging. I would change my personality. I would invite others to speak in moments of crisis. I would try to accommodate them. I would let it go. I would be "ok." I realized how much I would be giving up. Still I chose this.

There are innumerable miracles occurring, that possibly I alone can see. It is just like the Novena says.

### Day 2

Surrender to me does not mean to fret,  
to be upset, or to lose hope,  
nor does it mean offering to me a worried prayer  
asking me to follow you  
and change your worry into prayer.  
It is against this surrender,  
deeply against it, to worry,  
to be nervous  
and to desire to think about the consequences of  
anything.  
It is like the confusion that children feel  
when they ask their mother to see to their needs,  
and then try to take care of those needs for themselves  
so that their childlike efforts get in their mother's way.  
Surrender means to placidly close the eyes of the soul,  
to turn away from thoughts of tribulation  
and to put yourself in my care,

Repeat 10 times...

O Jesus, I surrender myself to you,  
take care of everything!

Day 3

How many things I do when the soul,  
in so much spiritual and material need turns to me,  
looks at me and says to me;  
“You take care of it,”  
then close its eyes and rests.  
In pain you pray for me to act,  
but that I act in the way you want.  
You do not turn to me, instead,  
you want me to adapt to your ideas.  
You are not sick people who ask the doctor to cure you,  
but rather sick people who tell the doctor how to.  
So do not act this way,  
but pray as I taught you in the Our Father:  
“Hallowed be thy Name”,  
that is, be glorified in my need.  
“Thy kingdom come”,  
that is, let all that is in us  
and in the world be in accord with your kingdom.  
“Thy will be done on Earth as it is in Heaven”,  
that is, in our need,  
decide as you see fit for our temporal and eternal life.  
If you say to me truly:  
“Thy will be done”  
which is the same as saying:  
“You take care of it”  
I will intervene with all my omnipotence,  
and I will resolve the most difficult situations.

Repeat 10 times...

O Jesus, I surrender myself to you,  
take care of everything!

Day 4

You see evil growing instead of weakening?  
Do not worry,  
Close your eyes and say to me with faith:  
“Thy will be done, You take care of it.”  
I say to you that I will take care of it,  
and that I will intervene as does a doctor  
and I will accomplish miracles when they are needed.  
Do you see that the sick person is getting worse?  
Do not be upset,  
but close your eyes and say  
“You take care of it.”  
I say to you that I will take care of it,  
and that there is no medicine

more powerful than my loving intervention.  
By my love, I promise this to you.

Repeat 10 times...

O Jesus, I surrender myself to you,  
take care of everything!

Day 5

And when I must lead you on a path different from the  
one you see,  
I will prepare you;  
I will carry you in my arms;  
I will let you find yourself,  
like children who have fallen asleep in their mother’s  
arms,  
on the other bank of the river.  
What troubles you and hurts you immensely are your  
reason,  
your thoughts and worry,  
and your desire at all costs to deal with what afflicts you.

Repeat 10 times...

O Jesus, I surrender myself to you,  
take care of everything!

Day 6

You are sleepless;  
you want to judge everything,  
direct everything and see to everything  
and you surrender to human strength,  
or worse - to men themselves,  
trusting in their intervention,  
- this is what hinders my words and my views.  
Oh how much I wish from you this surrender,  
to help you and how I suffer when I see you so agitated!  
Satan tries to do exactly this:  
to agitate you and to remove you from my protection  
and to throw you into the jaws of human initiative.  
So, trust only in me,  
rest in me,  
surrender to me in everything.

Repeat 10 times...

O Jesus, I surrender myself to you,  
take care of everything!

Day 7

I perform miracles in proportion to your full surrender to  
me

and to your not thinking of yourselves.  
I sow treasure troves of graces  
when you are in the deepest poverty.  
No person of reason, no thinker,  
has ever performed miracles,  
not even among the saints.  
He does divine works whosoever surrenders to God.  
So don't think about it anymore,  
because your mind is acute  
and for you it is very hard to see evil  
and to trust in me  
and to not think of yourself.  
Do this for all your needs,  
do this all of you  
and you will see great continual silent miracles.  
I will take care of things,  
I promise this to you.

Repeat 10 times...

O Jesus, I surrender myself to you,  
take care of everything!

Day 8

Close your eyes and let yourself be carried away  
on the flowing current of my grace;  
close your eyes and do not think of the present,  
turning your thoughts away from the future  
just as you would from temptation.  
Repose in me, believing in my goodness,  
and I promise you by my love that if you say  
"You take care of it," I will take care of it all;  
I will console you,

**Take Home- read at home;** for more information  
contact Jeff Liautaud 773-621-0863 or  
jeff@loquate.tv

A human person is called to find the local meaning  
of suffering. When the human person finds the local  
meaning of suffering at the hands of a family  
member, a dual experience occurs. On the one  
hand, the human person feels bad about the ruler of  
the domain or the norm of the family causing the  
suffering = summarized as within the spiritual  
domain of Satan on earth.

On the other hand, the human person may  
experience joy by forming a charismatic cross  
community with the one who causes the suffering.  
The human person suffers at the hands of another  
family member and still loves the other. The human  
person's continued external actions of love of the

liberate you and guide you.

Repeat 10 times...

O Jesus, I surrender myself to you,  
take care of everything!

Day 9

Pray always in readiness to surrender,  
and you will receive from it great peace and great  
rewards,  
even when I confer on you the grace of immolation,  
of repentance and of love.  
Then what does suffering matter?  
It seems impossible to you?  
Close your eyes and say with all your soul,  
"Jesus, you take care of it."  
Do not be afraid, I will take care of things  
and you will bless my name by humbling yourself.  
A thousand prayers cannot equal one single act of  
surrender,  
remember this well.  
There is no novena more effective than this:

Repeat 10 times...

O Jesus, I surrender myself to you,  
take care of everything!

Mother, I am yours now and forever.  
Through you and with you  
I always want to belong completely to Jesus.

other makes the human person's action charismatic.  
Charismatic means the other is drawn to the  
righteousness of the suffering human person even  
though the human person speaks the truth making  
known the suffering. The human person is still  
committed to being in community with the other  
family member= summarized as within the spiritual  
domain of God on earth.

The dual experience is spiritual combat. A dual  
experience is a split into a domain of God and a  
domain of Satan. The human person's continued  
external actions of kindness maintain the spiritual  
domain of God, inviting reciprocation of kindness =  
unity. Staying until the other is kind, is how the  
human person changes the world in every group of  
which the human person is a part = summarized as  
within the spiritual domain of God on earth = unity  
= peace on earth.

That we might profit from suffering in the image of Christ. By his example Christ defined for us the righteous spiritual domain of God on earth. God is holy. God alone is righteous. God is one with Christ and one with the Holy Spirit who dwells inside the righteousness of every human person. His example shows us His continued external actions of love of the other draws the other to Him, just as we are to do. We are to be still committed to being in community with Him. That brings peace on earth.

### **Practices**

1. First comes Awareness
2. A new choice, and
- 3 Replace evil with virtue.

Some domains come from the parent because we inherit many bad habits from our parents. When the seed enters the egg the domain is established, like a latent virus.

To remove the evil domain entirely much prayer is needed.

Many trials are needed.

It is just as a book Spiritual Combat by Scupoli states.

Each time a trial occurs, you will have an opportunity to change your behavior.

Those who persevere, changing their behavior, receive the crown of victory.

### **Take Home- read at home;**

Having no route to take is embedded dysfunction.

Hence awareness of being triggered, creating space, deferring decisions is the only sane path. But actual healing comes from God, when one orders their life to the local meaning of suffering as Christ crucified. Redemptive healing will occur thru suffering. This is an inviolable law.

The goal is restoration of working well together where thru conversation of two people  $1 + 1 = 3$ , a synergistic outcome greater than seemingly possible by either one alone. This means that the experience of each is brought to bear and the best decision is made.

Overcoming bad family behavior has other

### **Mitigating factors:**

Time constraints - seemingly action must be taken now.

Illness or extreme tiredness or hunger- seemingly sickness even chronic sickness makes a good decision impossible or at least impaired with little hope of improvement until the state of deprivation is overcome.

Hereditary impairment - seeming incapacity to make a good decision or take a good course of action logical to an outsider but interiorly impossible to the insider because of a hereditary defect.

External impairment- person seems distant for some unknown reason and incapable of being in the here and now.

Triangling - person A has a bad experience with person B; person A talks negatively about person B to person C; next time person C enters a room with person B, person C punches person B in the nose, for no reason apparent to B.

Better for person A to have it out alone with person B. When your brother or sister does something wrong in the here and now confront the problem and talk between your two selves. If he or she listens to you, you have won back your brother or sister. If he or she does not listen, take one or two others along with you: the evidence of two or three witnesses is required to sustain any charge, but if he or she refuses to listen to these, report it to the community; and if he or she refuses to listen to the community, treat him or her like a pagan or a tax collector. These are Jesus' words found in the New Testament, Matthew chapter 18, verses 15 to 18.

So I must avoid acting when I am being triggered. Then I must say the RUO- prayer. Then when I am calm I will act.

Psalm 142: 7

Bring me out of prison that I may give thanks to your name.

The righteous will surround me,  
For you will deal bountifully with me.

My prayer is this: "My life's work is the way of truth. The way of truth and light. There is much good to it. There is some evil to it. I will discover

the evil as I go along. I am to unearth it like a huge rock and discard it from my field. I am to purge my life's work of all evil. I am to root it out. I am to find it to uncover it and to get rid of it. I will know it from the harm it does. There is to be no harm that comes from my life's work. Then it will be all love. Then it will be good. Then it will be pure."

**Now obtain your Certificate of Deep Functionality**, when you can check off each of the below as completed:

1. Certificate of path to deep functionality within one's own family is completed thru role playing exercise.
2. Certificate of functionality within our Work Meets Faith small group when
  - acting functional in our relationship with Christ
  - seeing Christ in each other in our small group
  - letting others see Christ in us
    - sharing our relationship with Christ,

- bringing grace to our group = encounter Christ = completed.
  - Habit of 3s protocol = formed.
3. Increase sense of community in every group of which you are a part:
    - Habit of encountering others as a functional person
    - becoming a channel for peace with others,
    - sharing incident of sense of community as a God incident with your WMF small group = completed.

Having gone down the path of overcoming a significant concern in family behavior, inspire others to do the same by your example with new alternative forms of behavior, a never ending circle of widening competence in a world of incompetence.

Take your guardian angel with you wheresoever you may go.

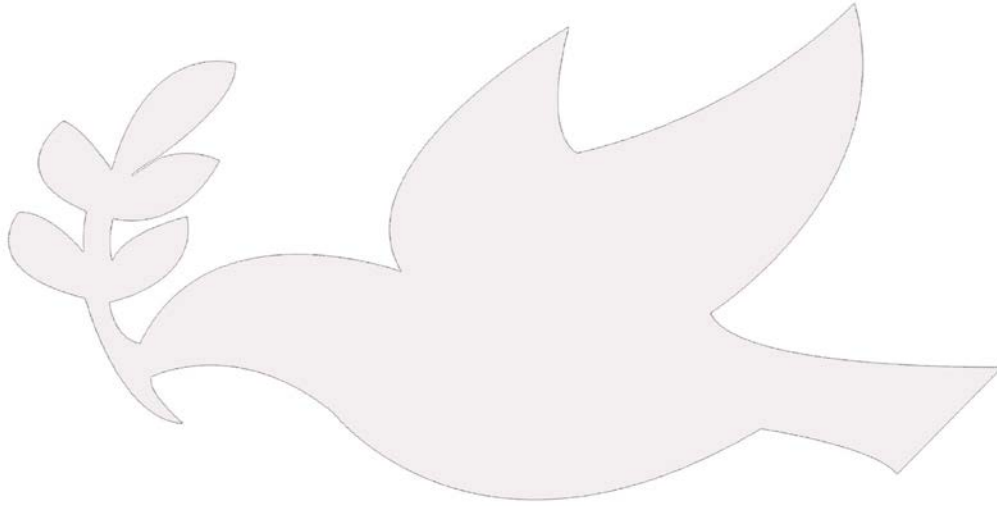
Amen

Your life becomes a walking prayer.



# *Certificate of Deep Functionality*

Presented to



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