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# Soul Song Journeys

## on Ancient Pathways

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*a 31 week retreat in daily life*

### Ancient Paths

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*Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your soul. (Jer 6:16)*

### Structure of the Journey

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The retreat the structure combines the treasures of the Ignatian Spiritual Exercises and its dynamic of Purification, Illumination, Suffering and Union in a new and different way.

The journey is made up of five Song Cycles of prayer exercises which incorporate praying with scripture, music, art and the basic elements of creation - earth, with/air, water and fire.

### The Doors

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The traveller enters each Song Cycle through a different coloured door, each of which is associated with one of the elements. The journey begins with the White Door, followed by the Red Door, Green Door, Blue Door and Yellow Door.



## About the Retreat

This retreat is for people who desire a new and deeper interior journey of the heart. It is for those who stand at the crossroads of their spiritual life looking and listening deeply to the voice of the Spirit whisper *“ask for the ancient paths, ask where the good way is, and walk in it...”* It would suit those who have completed the Spiritual Exercises of St Ignatius, but it is not exclusively for those people.

On this journey you, will travel the ancient pathways of the mysteries of the Rosary, the Vices and Virtues, and journey for a short while with the great heroes of our faith who left behind the old and set out on new pathways following the call of God. More practical details of the retreat can be found over the page.





## Retreat Director

Dale Keenan BEd, MASD, Grad  
Cert in Supervision, Arrupe Grad

## Your Commitment

- one hour personal prayer daily for 31 weeks
- Weekly individual spiritual direction

## Prayer Materials

All prayer materials are available on line from the Soul Song Journeys Website

## More Information

If you are interested in finding out more information about this retreat, go to the Soul Song Journeys website.

## Expression of Interest

If you are interested in undertaking the journey please contact Dale by phone or email.

## Cost

- Cost is negotiable
- suggested donation is \$50 per 1 hour spiritual direction session for 31 weeks.

## Contact Details

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E: [dukeenan@bigpond.net.au](mailto:dukeenan@bigpond.net.au)

W:

[www.soulsongjourneys.com.au](http://www.soulsongjourneys.com.au)

# Ancient Pathways

## White Door

A time of preparation for the journey. Praying with the element of spirit. - 4 weeks.

## Red Door

A time of Purification. Praying with the element of Fire and the Vices and Virtues. 7 weeks

## Green Door

A time of Illumination on the life of Yeshua. Praying with the element of Water and the Joyful and Luminous Mysteries of the Rosary. 10 weeks.

## Blue Door

A time of contemplating the Passion of Yeshua by praying with the element of air/wind and the Sorrowful Mysteries of the Rosary. 5 weeks

## Yellow Door

A time of rejoicing. Praying with the element of earth and the Glorious Mysteries of the Rosary. 5 weeks.

