



COURSE: CONTEMPLATION and LEADERSHIP

by Dr. Stephan Rothlin S.J.

The course aims to open a space of inner silence and emptying one's mind from negative thoughts, and to offer the key focus of the Spiritual Exercises by Ignatius Loyola on finding its own personal vocation and passion. The course highlights how Contemplation inspires the key attitudes of Christian Social Teaching of solidarity, subsidiarity and the concern for the disadvantaged.

Based on key elements of the Spiritual Exercises as developed by Ignatius Loyola (1491-1556) Contemplation is done with biblical texts, images and symbols as well as with mantras. The course explains how Contemplation has been developed in the Christian tradition of the Jesus Prayer and allows to deepen the understanding of one's own spiritual tradition. However, Contemplation also opens a gate to other wisdom traditions such as Buddhism, Islam, Daoism and Confucianism which lead the soul to true silence. The method focuses on the awareness of one's breathing and the body as well as on a mantra. Contemplation can be practiced by everyone. The inputs by the instructor aim to encourage the participants to realize the rich impact of Contemplation and inspire one to a serious daily practice. Contemplation may become a decisive factor which prevents people who are going through the crisis of cancer and other serious physical challenges from falling into the trap of despair and frustration.

Key elements of a successful practice on Contemplation are:

- a) Experiencing and keeping inner silence;
- b) Commitment to a daily practice of Contemplation;
- c) Support by a group of likeminded practitioners;
- d) Learning from Spiritual Masters such as Teresa of Avila, Ignatius of Loyola, Teresa of the Child Jesus, Dietrich Bonhoeffer, Alfred Delp;
- e) Learning from wisdom texts: poems; bible; psalms;
- f) Writing a spiritual Journal and self-management;



- g) Practicing Tibetan Exercises;
- h) Getting an introduction to fasting;
- i) Experience meditative dance.

The course includes:

1) Retreat: VISUALIZED AND KENOTIC CONTEMPLATION

Date and Time: Friday, 16th March, 2018 8:00pm – Saturday, 17th March, 2018 3:00pm

Place: Xavier House, 27 Peak Road, Cheung Chau

2) Workshop

Date and Time: Sunday, 22nd April, 2018 1:00pm – 6:00pm

Place: Magis Hall, Wah Yan College Kowloon, 56 Waterloo Road, Kowloon

3) Workshop

Date and Time: Sunday, 24th June, 2018 1:00pm – 6:00pm

Place: Magis Hall, Wah Yan College Kowloon, 56 Waterloo Road, Kowloon

4) Retreat: VOCATION AND LEADERSHIP

Date and Time: Friday, 9th November, 2018 8:00pm – Sunday, 11th November, 2018 3:00pm

Place: Xavier House, 27 Peak Road, Cheung Chau

The Instructor: Dr. Stephan Rothlin S.J. is licensed Instructor of Contemplation and accomplished his formation under the guidance of the German Zen Master Fr. Willigis Jaeger O.S.B.



Medium of Instruction: English

Course Fee: HK\$3,200

Remarks: Participants are required to enroll in the whole series which include two retreats and two workshops, and participants need to be committed for a daily practice of Contemplation.