**DESCRIPTION OF THE NINE CATEGORIES -Jim Campbell September 21 2015**

**Meditation** is quite simply the interior community of people, things and images that speak to us and with which we often dialogue; the exercise of meditation takes place when we self-consciously stand present to this community.

**Prayer** happens when human beings acknowledge some reality, outside of themselves, to which they attach significance and which gives meaning and direction to their life; the act of prayer is that which focuses our energy, our mind, our total being in one direction and for one reason.

**Contemplation** has to do with our relation to, understanding of, and journey into the mysteryof existence and being; it is the act of thinking about and focusing our attention on the reality of mystery in our lives.

**Poverty** is about detachment but it is not, simply not being engaged, not caring, not loving something or somebody, or not being rich rather it has to do with our relation to the meaning and significance we attach to everything in our lives; the exercise of poverty is a corporate exercise that is practiced in the life of a commun**ity.**

**Obedience** is about the transformation of the everyday doing of our lives when we live in obedience to the ultimate, eternal reality in our lives; the exercise of obedience is the embodiment of our being as a human being in everything we do.

**Chastity** is willing one thing, with all your heart, with all your mind, with all your soul and with all your strength; the exercise of chastity is the practice of investing our whole being in every moment of our lives.

**Knowing** is our profound self-consciousness about our own being, our world, the Christ Word and finally the Mystery of our existence; the exercise of this self-consciousness is about daring, with profound lucidity, to look in the depths of our life.

**Doing** is about giving our being into history for the sake of recreating the deed of Christ in every moment, in every situation; the exercise of doing requires us to surrender our self to the Will of God.

**Being** is the surrendering of our being into the hands of the mystery and there experiencing divine sustenance; the exercise of being is when we know ourselves to be profoundly sustained by the Mystery of our existence.