



Reflection Questions for Gertrude of Helfta's Approach to Love Mysticism

- 1- How does Gertrude's life and writings support you in your own experience of love mysticism or in your work with directees?**
- 2- How is Gertrude's devotion to the Sacred Heart similar to or different from your own experience of this tradition? Does anything fresh open up for you from our reflections today?**
- 3- In what ways has your mystical experience affirmed you in your ministry as a spiritual director? Have any of your own imaged prayer experiences contributed to your sense of call to this ministry?**
- 4- What experience might you have had in your prayer or with others of ecstatic mystical experience?**
- 5- How did you relate to Gertrude's "spiritual exercise" of Union with God? Do the titles of her other spiritual exercises suggest other creative options of appropriate spiritual exercises you might want to engage in personally or suggest to directees?**