

Spiritual Directors International Conference 2018
Rev. John Mabry on Interfaith Spiritual Direction

Religion/Sect	Problem	Remedy	Means	Spiritual Growth
Mahayana Buddhism (1 st CE)	Suffering and ignorance of true nature	Break through illusion of dualism	Devotion to Buddha (savior) Chant	Discerning illusion of dualism. Devotion increases, nirvana for everyone
TheraVada Buddhism (4 th CE) more conservative	Suffering due to cravings because we think there is a self	Break thru ego illusion	8 fold noble path Meditation Self effort	Ego-observation, overcome struggles to attachments. Nirvana for men only
Christianity (3 rd CE)	Subject of oppression (tyranny, sin, death)	Liberation through resurrection	Baptism to be made one with Christ. Sacraments.	Freedom from sin/death. Sacramental spirit, intimacy with Jesus and community
Islam (5-6 th CE)	Injustice=suffering	"Ummah" – a just society is worldly heaven	Pray with body in submission to God to cultivate humility and Kindness	Forgiveness, Haj, submission.
LDS (19 th CE)	Confusion- who is right?	Restored Gospel	Revelation via book of Mormon and continued revelation via prophets	Grow in faith formation to avoid confusion