

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

<b>Religion/Sect</b>	<b>Problem</b>	<b>Remedy</b>	<b>Means</b>	<b>Spiritual Growth</b>
<b>Mahayana Buddhism (1<sup>st</sup> CE)</b>	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
<b>TheraVada Buddhism (4<sup>th</sup> CE) more conservative</b>	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
<b>Christianity (3<sup>rd</sup> CE)</b>	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
<b>Islam (5-6<sup>th</sup> CE)</b>	Injustice=suffering	"Ummah" – a just society is worldly heaven	Pray with body in submission to God to cultivate humility and Kindness	Forgiveness, Haj, submission.
<b>LDS (19<sup>th</sup> CE)</b>	Confusion- who is right?	Restored Gospel	Revelation via book of Mormon and continued revelation via prophets	Grow in faith formation to avoid confusion