



Journey to Ultimate Happiness

Featured Text - Five Pillars of the Spiritual Life

Journey to Ultimate Happiness is the sequel program to the Four Levels of Happiness, exclusively focusing on Happiness Level Four – union with God.

The program consists of 13 units and 4.5 hours of video presentation by Fr. Spitzer. These are viewed in a 1.5 day retreat-like format conducted by a trained facilitator. It includes a participant guide and companion text, Five Pillars of the Spiritual Life.

Milestone

- 1 A Noble Culture through Grace and Prayer
- 2 Happiness Level 4 - The Transcendentals and St. Augustine's Journey

PILLAR ONE: SPONTANEOUS PRAYER

- 3 Help in Suffering and Prayers for Forgiveness Chapter 2, p. 26-32
- 4 Prayers offering Forgiveness and "Thy Will Be Done" Chapter 2, p. 33-38

PILLAR TWO: THE BEATITUDES

- 5 From Humble-heartedness to Zeal for Souls Chapter 3, p. 42-51
- 6 From Mercy to Peacemaking Chapter 3, p. 52-61
- 7 The Examen Prayer Chapter 8, p. 152-58

PILLAR THREE: PARTNERSHIP WITH THE HOLY SPIRIT

- 8 Peace, Inspiration and Guidance Chapter 4, 66-82
- 9 Consolation and Desolation, Spiritual Discernment Chapter 4, 83-99

PILLAR FOUR: CONTEMPLATION

- 10 Retreats and Ignatian Contemplation Chapter 8, p. 147-152
- 11 Contemplation and Praise Chapter 6, p. 125-132

PILLAR FIVE: THE EUCHARIST

- 12 Jesus' Plan - The Sacrificial, Unconditional Love of God Chapter 1, p. 15-25
- 13 The Grace of the Eucharist Chapter 1, p. 15-25