



The Examen

Leadership By Discernment

Chiangmai 2018

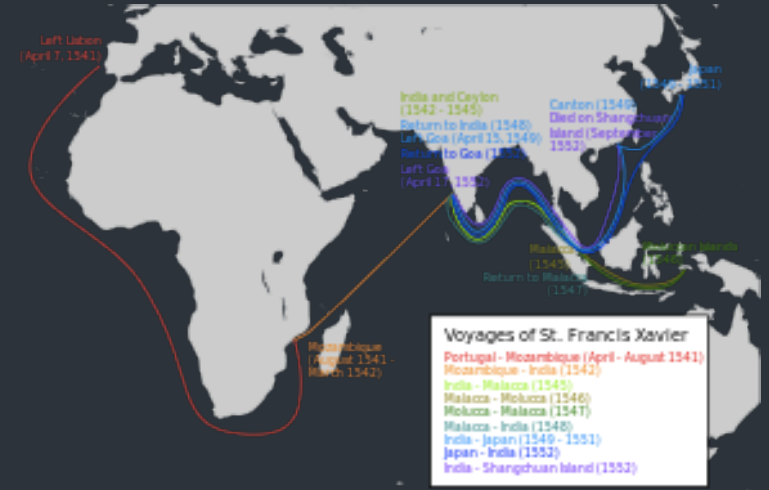
WISL



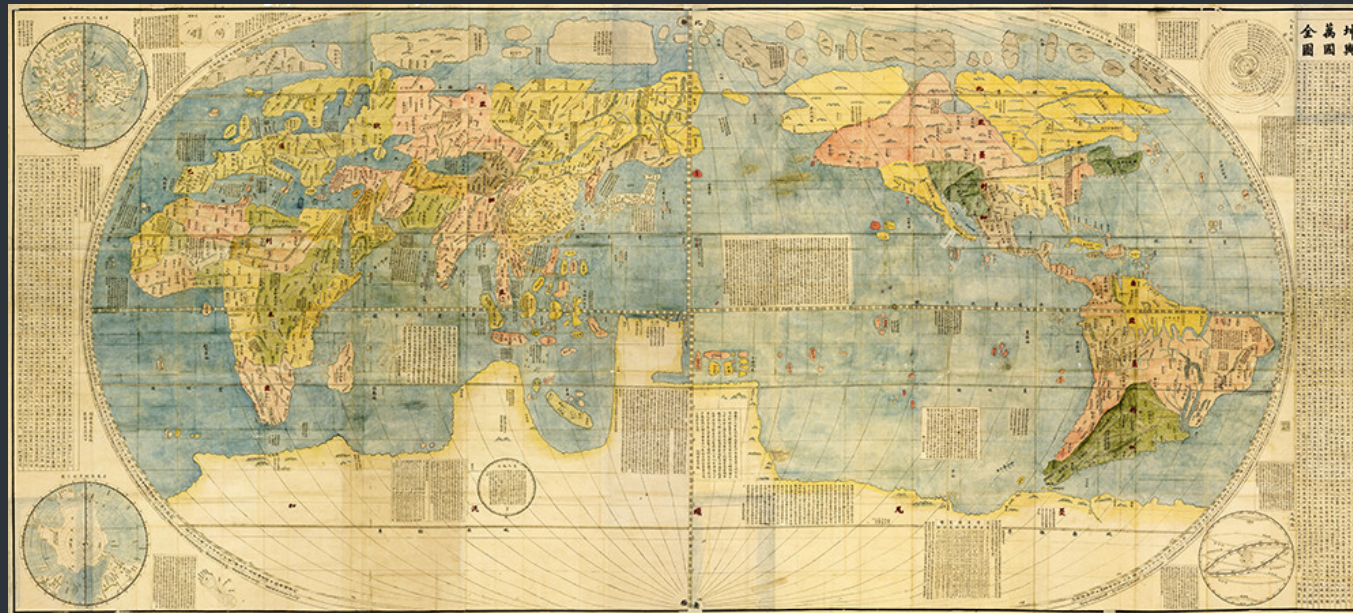
Ignatian Spirituality is about Finding God in all things.

God can be found outside – monks find it in the chapel choir stalls, Jesuits find God 'in action' in their engagement with the world as well as in the Church.

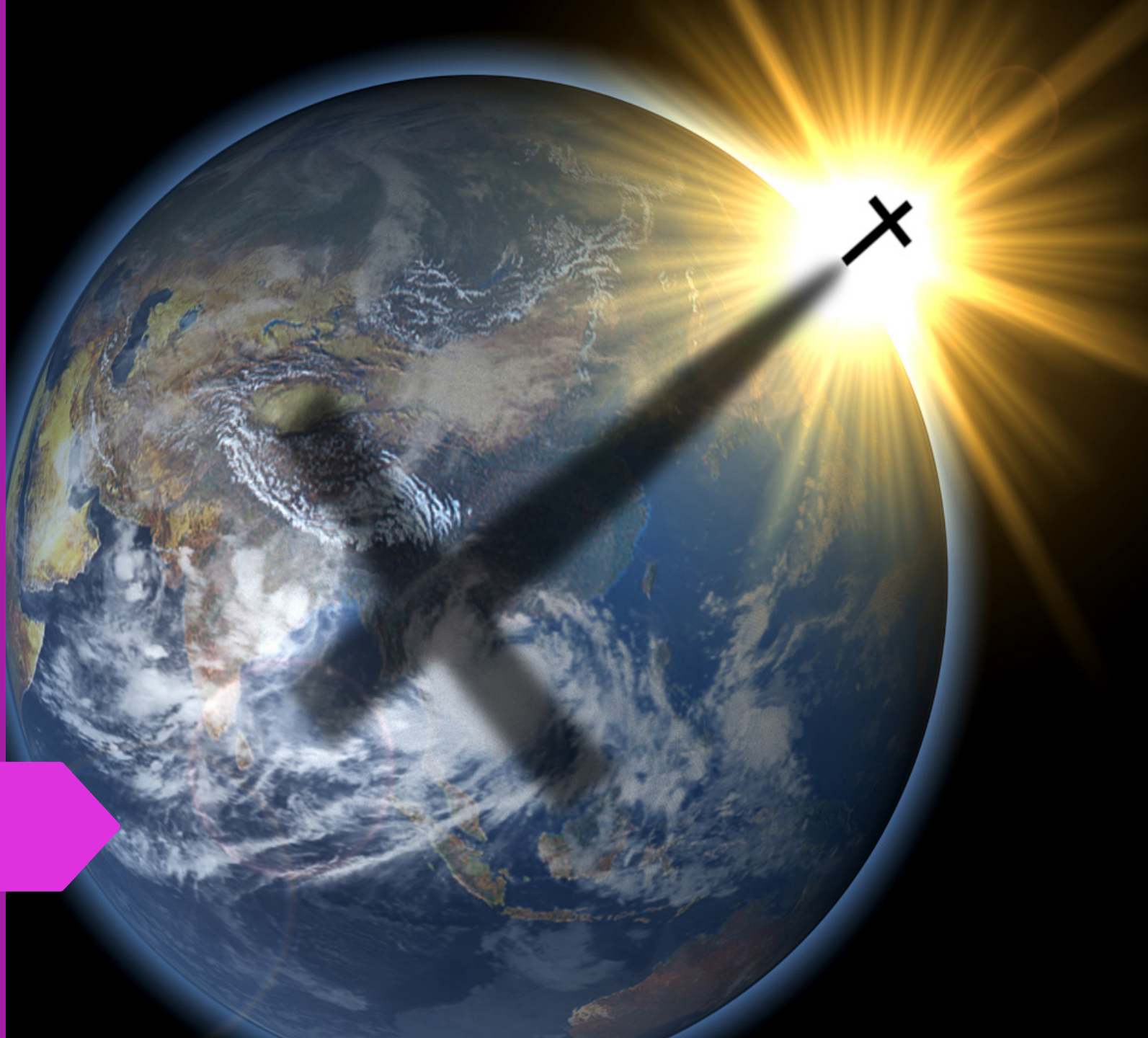
Jesuits were to be free to be of service to the Church and not tied to monastic communities



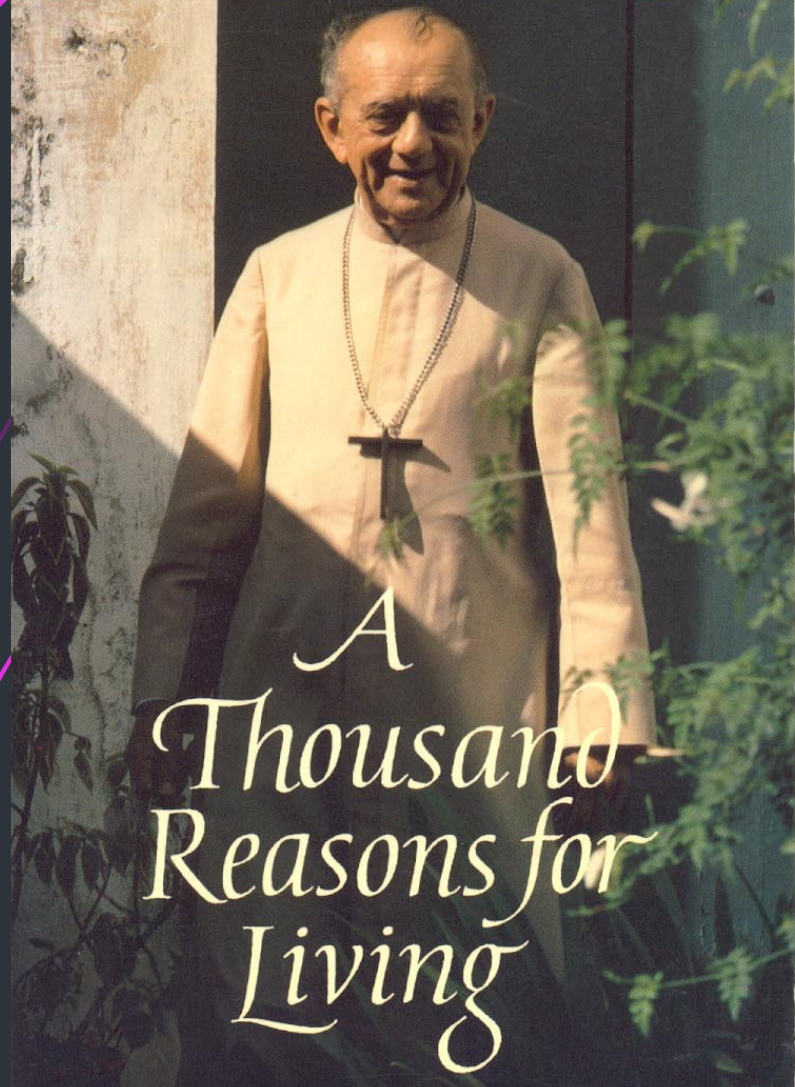
The World is Our Home



Incarnational Theology



Dom Helder Camara



*A
Thousand
Reasons for
Living*

“Action alone
without reflection
is being busy
pointlessly.”

Dom Helder Camara, Brazil


The Desert is Fertile

A pair of hands, heavily coated in dark brown soil, are shown holding a small, green seedling with a few leaves. The background is a blurred garden scene with various plants and soil. The overall tone is earthy and nurturing.

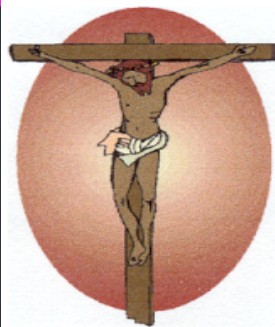
Soul Gardeners

If God is to be found in the gift of the world, we need to cultivate our souls to find where it is that God is speaking to us. We need to learn to feel and play with the yet not touched soil of the mind and soul and sow seeds of love, compassion, consciousness, gratitude and resilience, see our own seeds blossom to become complete beings and spread fragrance and joy to the world.

THE AWARENESS EXAMEN



Examine the day with Gratitude



**Tuning in before
turning in =
rewinding the day**

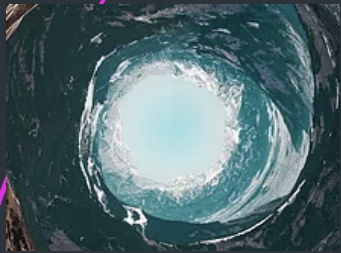
***Q. Where have I
been in spirit
today?***

Awareness, Consciousness Examen

- Where did I meet God?
- How attuned am I to God speaking?
- What is leading me away from God?
- How do I block God?



5 PARTS to AWARENESS EXAMEN



• **Thanksgiving**

• **Asking for Insight**

• **Looking at my Day paying particular attention to my feelings without judging**

• **Choosing one feature of the day and talking with God about it**

• **Looking to Tomorrow**



**SPENDING TIME WITH GOD:
THE PRAYER OF EXAMEN**

The *Examen* Handbook

A Guide for Leading Others
through the Prayer of the *Examen*

