


The Examen

is a daily exercise from the *Spiritual Exercises* of St Ignatius Loyola which begins with **gratitude**, and, in God's  light,

is **curious** and **attentive** to that which leads to **consolation** / **DESOLATION**,

using the 'test' of **faith**, **hope** and **love**,

so I can **discern** better and **intentional** choices to make, resulting in **more generous action**.

That's the "magis"

