## **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, hopeful attentive of th-filled curious resulting in *more* generous action. faith-filled grateful generous eloquent 🗄 discerning That's the "magis intentional compassionate active © 2018 Jesuit Institute London