

The Examen is a prayer for personal discernment that emphasizes recognizing the divine in daily life.

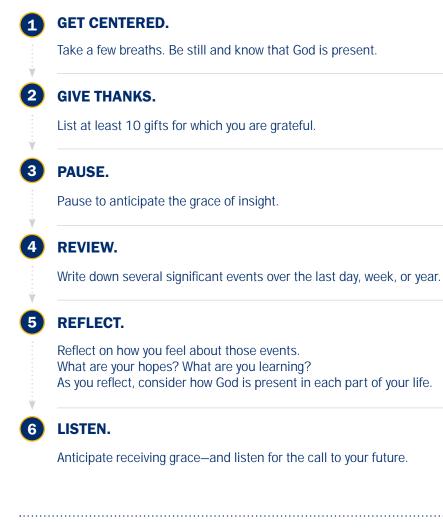
Originating with St. Ignatius of Loyola in the 16th century, this simple format for meditation is open to people of diverse spiritual journeys.

Just take a notebook and pen, the questions on this card, and find a comfortable space for peaceful reflection...



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