

Download A 12 Step Approach To The Spiritual Exercises Of St Ignatius

Translator's Preface Much research has been carried on with regard to the Spiritual Exercises of St. Ignatius. The volume on the Exercises in the Monumenta Historica Societatis Jesu 1 bears eloquent witness to this.8 DAY DIRECTED RETREAT THROUGH THE SPIRITUAL EXERCISES OF SAINT IGNATIUS by Dr. Jean-Marie Hyacinthe Quenum, SJ 2 8-Day Directed Retreat Through the Spiritual Exercises of Saint Ignatius The Spiritual Exercises of Saint Ignatius of Loyola are given in four spiritual weeks in the framework of 30 calendar days. Christian contemplation, from contemplatio (Latin; Greek ??????, Theoria), refers to several Christian practices which aim at "looking at", "gazing at", "being aware of" God or the Divine. Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing their mind on a particular object, thought or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.