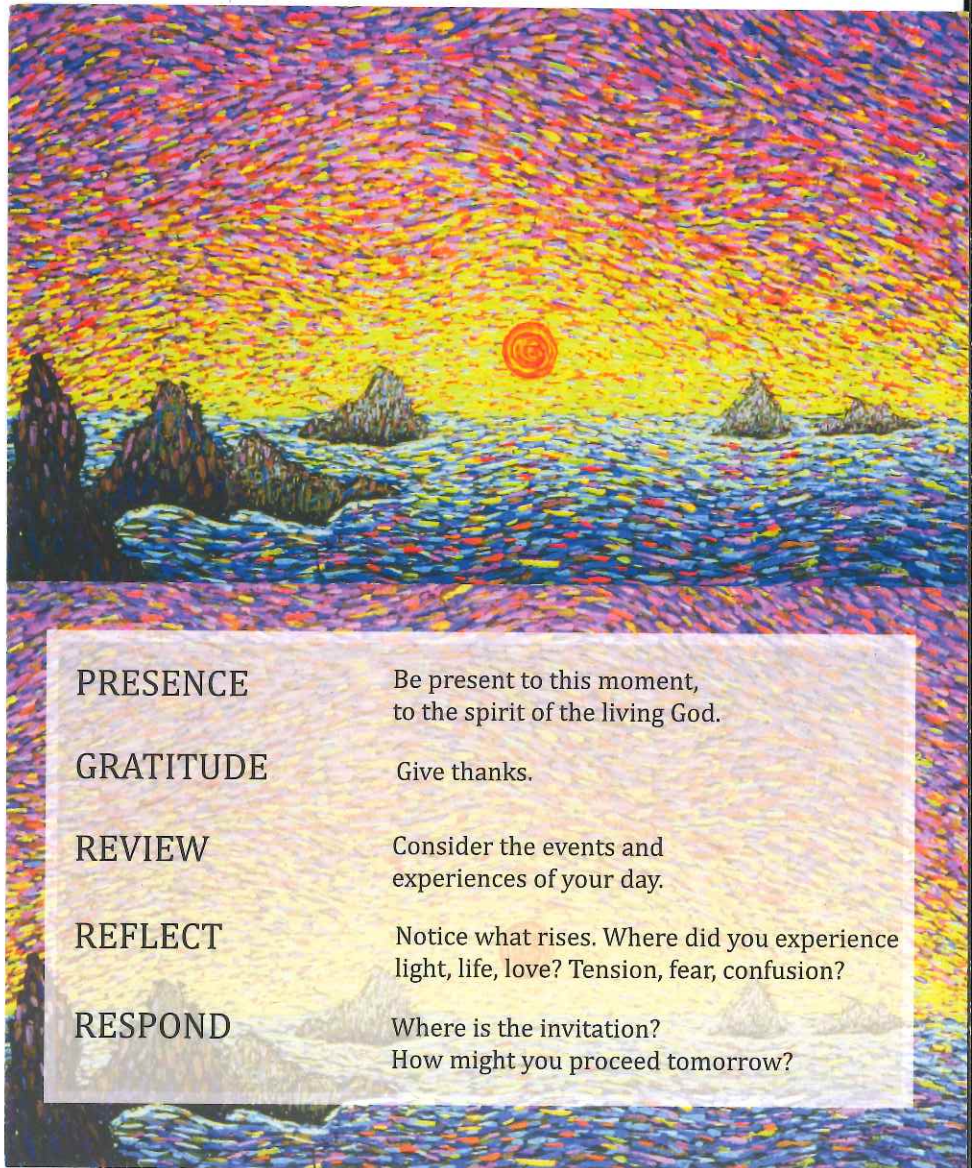


2018

# Ignatian Center Guiding Postcard

Ignatian Center for Jesuit Education



**PRESENCE**

Be present to this moment,  
to the spirit of the living God.

**GRATITUDE**

Give thanks.

**REVIEW**

Consider the events and  
experiences of your day.

**REFLECT**

Notice what rises. Where did you experience  
light, life, love? Tension, fear, confusion?

**RESPOND**

Where is the invitation?  
How might you proceed tomorrow?

A guided examen practice is offered Fridays from 12:30-12:45 p.m. Multifaith Sanctuary, St. Joseph's Hall, Santa Clara University

is a regular practice of reviewing the events and experiences of one's day and reflecting on the invitation of the spirit present there. Ignatius of Loyola, the founder of the Jesuits, urged his companions to practice the examen as a means of prayer and discernment.

## THE EXAMEN

