

# EXAMEN - RESOURCES

## GENERAL RESOURCES

Title	Author	Publisher	Year	Link
Consciousness Examen	George Aschenbrenner SJ	Somos Católicos Series	1972	<a href="#">Link</a>
The Daily Examen		Ignatian Spirituality website	2008	<a href="#">Link</a>
Into the Examen Video	Ignatian Spirituality.com	Loyola Press		<a href="#">Link</a>
Evening Examen	God in All Things	Website	-	<a href="#">Link</a>
The daily examen in six steps	Busted Halo			<a href="#">Link</a>
The Awareness Prayer	Barbara Lee	Ignatian Spirituality website		<a href="#">Link</a>
Practical Spirituality: The Spiritual Basis of Nonviolent Communication	Marshall Rosenberg	Puddle Dancer Press	2005	<a href="#">Link</a>
Beginning to Dig for the Treasure - Extract from God of Surprises. (pp.77-79)	Gerald W. Hughes	Eerdmans	2008	<a href="#">Link</a>
Human Frailty, Divine Redemption: The Theology and Practice of the Examen	Marko Rupnik SJ	Pauline Books & Media	2012	<a href="#">Link</a>
The Personal Vocation, Transformation in Depth through the Spiritual Exercises	Herbert Alfonso SJ	Gregorian & Biblical Press	1990	<a href="#">Link</a>

You might find useful an application developed by Loyola Press that guides you through the Examen - Reimagining the Examen ([Link](#))

## QUOTES

- *“The glory of God is the human person fully alive” - St Irenee*
- *“You made us for you and our hearts are restless till they find rest in you” - St. Augustine*
- *“The greatest sin is the lack of thankfulness” - St Ignatius*
- *“Moralizing judgments are awkward expressions of unfulfilled needs” - M. Rosenberg*