

Download The Spiritual Exercises Of St Ignatius

The Spiritual Exercises are a compilation of meditations, prayers, and contemplative practices developed by St. Ignatius Loyola to help people deepen their relationship with God. St Ignatius gave the exercises to his first companion St Pierre Favre SJ. Together they developed this method of prayer by reflecting on their own experiences of God and by talking about them with others. St Pierre Favre gave the exercises to many hundreds of people of all walks of life. They in turn passed on the practice of sharing the exercise with others with the help of St Ignatius' little book which has been re-printed and translated through many millions of copies over 460 years. Welcome. This is a digitally enhanced experience of The Spiritual Exercises of Ignatius Loyola intended for spiritual directors, practitioners, extenders, and promoters of Ignatian spirituality. The Spiritual Exercises of St. Ignatius of Loyola TRANSLATED FROM THE AUTOGRAPH BY FATHER ELDER MULLAN, S.J. I.H.S. NEW YORK P.J. KENEDY & SONS PRINTERS TO THE HOLY APOSTOLIC SEE