

**AWARENESS EXAMEN**  
**of Saint Ignatius Loyola**  
**(with a focus on respecting Earth and life in all its diversity)**

**PURPOSE**

This short prayer exercise helps us increase our sensitivity to the Trinity working in creation and provides a means for responding to the Trinity's presence. The exercise deepens our awareness of the Holy Spirit, the "Power that prompts creation onward" in our lives, the lives of other animate beings and in matter itself. The awareness examen helps us share our spiritual life with others. In this way friendships are strengthened and we can work together for the "restoration of the peace of creation".

**THANKSGIVING**

I begin by placing myself in the presence of the three persons of the Trinity. I look over my day/week and see where I need to be thankful. How has the Earth and all the Universe gifted me this day/week? How have I shown my gratitude for all that has been given to me? I let the Holy Spirit show me how I have been sustained. I thank God for this gift.

**ASK FOR LIGHT**

I pray for enlightenment from God, not from my own analysis of the past week. I ask the Holy Spirit to show me what I need to see.

**FINDING GOD IN ALL THINGS**

I take time to recall the use of God's creation by me, my family, and my community in the past week. I remember how all is connected through the whole web of life. I recall what I have read or seen in the media about the use and abuse of Earth and its diversity. As I examine these experiences I recall my interior moods, feelings, and urges. Where have I experienced consolation, that is, an increase in peace, a feeling of being close to God, a turning outward towards harmony with creation? Where have I experienced desolation, that is, a feeling of isolation, being far away from God, a turning inward, away from Earth's community of life? With the help of the Holy Spirit, I ask:

- How is God calling me to respect, love and protect Earth's community of life?
- How have I responded?
- Is the Holy Spirit inviting me to conversion?
- Do I need to take action?

**THE GIFTS OF SORROW, FORGIVENESS, AND GRATITUDE**

With my new awareness I speak to God, seeking forgiveness for the times when I did not respond to the prompting of the Holy Spirit. I seek the gift of sorrow for times when I contributed to the devastation of Earth's community. I thank God for those moments when I was aware that I owe my life to the daily gift of creation. I thank God for those moments when I have been at one with Earth.

**GUIDANCE FOR TOMORROW**

I humbly ask God for Earth's gifts in the coming week. I ask God to provide for Earth's humanity and life. I ask for insight and energy to do what I can to preserve and honor Earth's community. I close with a prayer.