



An Awareness Examen

Based on the work of George Aschenbrenner, SJ and John Veltri, SJ

The Examen is a prayerful look at your day which allows you to raise your consciousness about your relationship with the Lord. It consists of several steps:

Settle Into Prayer With An Attitude Of Gratitude

I begin by placing myself in the presence of God, who is father and mother to us and so much more than we can imagine. I try to become aware of God beholding me....I thank God for accompanying me on my journey whether I recognize God's constant presence or not.

Ask For What You Seek And Desire

I ask for the guidance of the Spirit to help me get in touch with what has been happening in me and around me today. I ask for the ability to recognize how the Spirit is leading me through these happenings.

Reflect On Your Experiences Of The Day

1. I remember various moments of the day. On what one event or experience do I want to focus? For example, enjoying, or being repulsed by, or being attracted by some person, event or thing?
2. a) What did I feel as the incident happened? There may have been a mixture of feelings or a noticeable lack of feelings. Was I aware of my feelings as it happened or did I become aware of them later?
b) How did I respond to these feelings? Suppress them? Laugh? Cry? Take them out on others? etc.
c) What are the aspects of the event that help me understand what went on within me and outside me?
3. How is the Spirit of God present for me in this? Are there any signs of the Spirit that I recognize in that experience? Are there any indications that some parts of the experience were not in harmony with God's Spirit? What does this indicate? For example, my own needs? the needs of others? questions? awareness of fears? awareness of gifts? etc.

Respond To God

I dialogue with God who is with me and loves me profoundly in the midst of this reality. I talk over with God how I am being called now.

(Sometimes you may want to read a passage of scripture to let the Word shed light on your experience.)

For a fuller explanation see [The Examen of Consciousness.](#)