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|  | **The Examen**  **Anima mea in manibus mei semper**  My spirit is always in my hands  Psalm 118:109  1 **Gratias age** (give thanks)  2 **Pete lumen** (ask for light)  3 **Examina** (examine)  4 **Dole** (be sorry)  5 **Propone** (resolve)  St Ignatius Loyola (1491-1556)  *Spiritual Exercises* (edition Antwerp 1620) |