



Ejercicios espirituales (Spanish Edition)

San Ignacio de Loyola

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"(...) por este nombre, ejercicios espirituales, se entiende todo modo de examinar la consciencia, de meditar, de contemplar, de orar vocal y mental, y de otras espirituales operaciones, según que adelante se dirá. Porque así como el pasear, caminar y correr son ejercicios corporales; por la misma manera, todo modo de preparar y disponer el ánimo para quitar de sí todas las afecciones desordenadas y, después de quitadas, para buscar y hallar la voluntad divina en la disposición de su vida para la salud del ánimo, se llaman ejercicios espirituales." (San Ignacio de Loyola)

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