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|  | **The Examen****Anima mea in manibus mei semper**My spirit is always in my handsPsalm 118:1091 **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) |