

## **Abstract**

Examen: The Examination of Conscience (Consciousness) according to Saint Ignatius of Loyola

This thesis deals with the Examen prayer, or the Examination of Conscience, in the context of Ignatian spirituality. It follows the development of the prayer from the Spiritual Exercises of saint Ignatius of Loyola to the Alphonso Rodriguez's commentary to contemporary authors. The Consciousness Examen article by George Aschenbrenner and its historical context is analyzed. Finally this thesis looks for an appropriate contemporary form of the Examen prayer, it deals with its many difficulties and challenges and puts forward some proposals to enrich regular practice of this prayer.