



Ejercicios espirituales (Spanish Edition)

Ignacio de Loyola

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Tal como los define el propio San Ignacio de Loyola al comienzo del libro, los ejercicios espirituales abarcan «todo modo de examinar la conciencia, de meditar, de contemplar, de orar vocal y mental, y de otras espirituales operaciones». De modo que ésta es una obra de meditación y de oración donde el fundador de la Compañía de Jesús, partiendo de su propia experiencia, se propone como guía espiritual de quien esté dispuesto a retirarse del mundo durante cuatro semanas (este periodo es solo orientativo y cada practicante puede adaptarlo a sus progresos espirituales durante el retiro). Las meditaciones, contemplaciones y repeticiones realizadas a lo largo de los días de retiro (en silencio) ayudan a observar la propia vida con mayor claridad y a orientarse hacia un progresivo perfeccionamiento moral. Y, puesto que los Ejercicios espirituales que San Ignacio de Loyola propone en esta obra están inspirados en obras como La vida de Cristo del cartujo Ludolfo de Sajonia, que contribuyó a su conversión, y La imitación de Cristo de Kempis, lectura explícitamente recomendada, no es extraño que deban ser «practicados» más que «leídos».

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