

FACING THE WORLD: A REGIS EXAMEN

A guided examen

This guided Ignatian examen will invite you to explore a series of questions with short pauses for quiet reflection. It focuses on our individual experience of being part of a community. Feel free to pause this recording at any point if you need to slow down the examen process.

Begin by settling in. Set aside distractions and find a posture that allows you to feel comfortable and relaxed yet attentive.

If it helps, you can close your eyes or soften your vision and focus on a spot just in front of you.

Let your breath deepen, inhaling slowly, holding it for a moment, and then releasing...

Begin from a place of gratitude...

Gratitude for this day and the opportunity it presents.

Gratitude for your friends, family, and community.

Gratitude for our world, in all of its vibrant diversity.

As you envision our social reality, for what are you particularly grateful?

In your heart, hold as an intention a desire for clarity – for light to see your world as it really is, and a light to see yourself as you truly are.

Now consider the places and moments in which you feel most aware of our social and political reality.

It may be in particular settings.

On specific web pages or apps.

In certain conversations or relationships.

In those times of heightened awareness, what emotions rise to the surface? Locate them within your body.

Are there current events or ongoing situations that evoke the strongest feelings for you? Why might that be?

Reflect on our society or world as a whole – on how we are building a common life together.

First, for what are you most proud and grateful?

What energizes you and ignites a desire to be in deeper relations with others?

What makes you feel discouraged or causes you to withdraw?

At Regis, we believe in the goodness of creation and the sacred dignity of all individuals.

Do you believe this? If so, what does this demand of you?

Where is the sacred dignity of all individuals being upheld?

Where is it being denied?

How are those who are most marginalized and vulnerable flourishing in our society?

Where do you perceive a great need for healing and reconciliation?

At Regis, we believe that we belong to each other and that each person shares responsibility for the long, hard work of shaping an inclusive community where all can flourish.

Do you believe that we belong to each other?

Do you share responsibility for the hard work of shaping our community?

Who are your companions in this hard work?

What is the small part of this project to which you feel most deeply called?

At Regis, we believe the University serves not only itself and its students but is called to be a force for justice and peace in society.

What does it mean to be “a force...in society”?

Is this part of your self-understanding as an individual connected to Regis? In your role at Regis, have you helped to build a more just and humane world? If so, how?

As you reflect on all of these questions, what are one or two desires or feelings that emerge most strongly?

How might these be an invitation to take the next step forward?

What dispositions or practices will you cultivate in your own life? In your community?

Now, let's end with one more deep breath of gratitude and hope.