

SPIRITUAL PRACTICE

The 12 Days of Memories

The Prayer of Examen is a way of becoming aware of the sacred in our daily life. In reviewing the events, thoughts, actions, feelings, and dreams of the past twenty-four hours, We are invited to notice occasions and patterns of mercy, even in times of transition and heartache. The Prayer of Examen is attributed to the founder of the Jesuits, Ignatius of Loyola.

Over the course of 12 days, look back through your day as if playing a movie in reverse. You can start at any time. Give thanks for the events of the day. Answer these questions and write them down for reflection later. You may want to keep them in a journal or on your phone.

For what are you most grateful?

What do you wish was different?

Look forward to the day to come. What do you most need in the coming day?

Reflect on your experience of the Prayer of Examen.

Then, spend a few minutes recalling your most treasured memories of your loved one who has died. Think about these things and then write one memory down each of the 12 days. You can continue to use this practice as long as you want.

*I don't know exactly what a prayer is. I do know how to pay attention.
Mary Oliver, "The Summer Day"*

