

New Thought Examen

An end of day *Spiritual Practice*

Engage - Encourage - Empower

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The “Daily Examen”

The “Daily Examen” is an Ignatian Spiritual exercise.

Here’s what the Jesuits have to say about it: *The Daily Examen is a technique of prayerful reflection on the events of the day... (IgnatianSpirituality.com)*. The technique was developed by St. Ignatius of Loyola (1491 - 1556), founder of the present day Society of Jesus (Jesuits) religious order, and is featured in his widely acclaimed publication *Spiritual Exercises*, first published in 1548. Jesuits are known to practice the “Daily Examen” twice each day - at noon, and at the end of the day, or bedtime.

The Five Steps: Ignatian Daily Examen / (The Five Steps: New Thought Examen)

1. Become aware of God’s presence / **(Be Present to Spirit)**
2. Review the day with gratitude / **(Think about the day that’s been)**
3. Pay attention to your emotions / **(Strengths and Weaknesses)**
4. Choose one feature from the day and pray from it / **(Express Gratitude)**
5. Look toward tomorrow / **(Welcome Abundance / Release)**

New Thought Examen: a spiritual practice

As with any spiritual practice, the New Thought Examen is a daily habit, performed at the end of the day. I suggest 8pm local time or later, or when your schedule permits.

At the end of the day each of us needs to reflect on the events of our day.

Why? This **New Thought** spiritual practice is our very personal community minded gentle way of reminding our whole self of our collective commitment to “be the best for the world”.

Be the best for the world: This is a **big ask** requiring **a great deal of effort and focus**. Habits - your daily spiritual practices take time to root themselves, grow, and mature. It goes without saying the earlier in life you are given the opportunity to develop your daily spiritual practices, the better your life will be. The better life is, the more gratitude you express. The more gratitude you express, the better your life will be. See how this works?

Be the best for the world: Your life-affirming habits - your mindful spiritual practices are important for they become a part of you - they become your way of being and living. They are visible and invisible - seen and unseen - yet always shared during, through, and within every thought, word, and action / encounter. And because **you are**, your mindful life-affirming habits also become a part of Spirit, the Living Whole, Universal Truth.

New Thought Examen: The Five Steps

#awaken / #bethebestfortheworld / #spirituality

New Thought Examen: Step One

Be Present to Spirit

As it is at any other time of day when you pray, meditate, or talk to Spirit, close your eyes and quiet your mind. Let Spirit in; let Love in.

Take several deep breaths... Be present. Live in this moment - it is the only thing right now that matters.

Believe in your heart and mind that you and Spirit are one.

It is recommended that Step One take one or two minutes. Proceed to Step Two.

New Thought Examen: Step Two

Think about the day that's been

With nothing but love in your heart and mind, think about your day.

How was work? How was school? How was the gym or supermarket or doctor's visit?

Hour by hour, think about your day. Think about your encounters - with people you know - with total strangers. Think about your thoughts, words, and actions.

It is recommended that Step Two take two or three minutes. Proceed to Step Three.

New Thought Examen: Step Three

Strengths and Weaknesses

While still thinking about today's thoughts, words, and actions, apply your strengths and weaknesses against some of the key moments you've experienced today.

Were you being your super kind self? Did you catch yourself judging someone or something? Have you been generous towards others? Were you helpful in any way?

To help with this step, take some time to write in your journal all of your strengths and weaknesses. Parents, encourage your children to do the same.

It is recommended that Step Three take three or four minutes. Proceed to Step Four.

New Thought Examen: Step Four

Express Gratitude

Now that you have thought through and identified key moments from your day, it is time to express gratitude.

Thank Spirit for today's lessons - the wonderful ones as well as the not-so-wonderful ones. Remember if you feel you were not being the best for the world in some particular way, and you acknowledge and own that, it is an important lesson to be grateful for.

It is recommended that Step Four two or three minutes. Proceed to Step Five.

New Thought Examen: Step Five

Welcome Abundance / Release

You have just finished expressing gratitude, thanking Spirit for today's many wonderful lessons, and likely one or two not-so-wonderful lessons, which you release with love.

Sending expressions of gratitude out into the vastness of the universe generates wave after wave of abundant activity back into your life. You are open to and welcome more of that which you express gratitude for - including those not-so-wonderful life lessons which you learned from, and released.

Today's New Thought Examen is complete. Have a restful sleep.

11 Spiritual Practices

New thoughts. New words. New ways to... Encounter.

1. A new day - morning expressions of gratitude
2. Mindful eating
3. Mindful spending
4. Mindful and meaningful interactions / encounters
5. Midday prayer / meditation / expressions of gratitude
6. Quiet / screen free time (can combine with #5)
7. Gratitude / Welcoming / Releasing (done all day)
8. Mindful exercise / encounters with nature
9. Mindful entertainment
10. Mindful participation - spiritual things, courses etc.
11. New Thought Examen - end of day

Your life-affirming habits - your mindful spiritual practices are important for they become a part of you - they become your way of being and living. They are visible and invisible - seen and unseen - yet always shared during, through, and within every thought, word, and action / encounter. And because **you are**, your mindful life-affirming habits also become a part of Spirit, the Living Whole, Universal Truth. And so it is. Amen and blessed be.

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