

# The Examen - A Prayer of Consciousness

*Prepare yourself by getting in a position that is comfortable but allows you to stay alert. Perhaps placing your feet on the ground if you are in a chair, or sitting on the ground.*

*Become aware of your body, focusing on the rhythm of your breath. If possible, wiggle your fingers, spread out your hand, relax them. Relax your shoulders, your neck, your face. Breathe.*

*Allow your lungs to expand with agreement to the Holy Spirit. Become willing. Breathe.*

## Movement One: Divine Accompany

Holy Spirit, help me attune to your presence.

*(in-breath)* I choose to welcome and become your Love.

*(exhale)* I choose to express and share your Love.

I am willing and wanting to be a conduit of your Divine Love.

I welcome the Holy Spirit to review this day with me.

To look upon what I have understood, and what I have misunderstood.

God, help me to gain clarity, to see with curiosity before judgment.

To learn and grow.

I know you are always near, closer than my own breath.

*(Breathe deep)*

## Movement Two: Gratitude

God, help me to see the gifts of today.

Help me see the blessing of a day's work.

Help me review exchanges with those I interacted with.

Show me where I was benevolent and kind.

Help me fully receive that which was given to me.

Love in a meal that was prepared for me.

The seasonal colors on display,

Words of encouragement.

Things big and small.

Thank you, God, for being in the details.

Thank you, God, for taking care of the day's needs.

*(Breathe deep)*

## Movement Three: Emotional Intelligence

God, stir my emotions. Help me recall the ups and downs of today.

—The times I felt fully alive, at peace, joyful, happy, comforted, whole, connected—my best self. Help me to see where I felt your ever-present embrace. God, show me what gave me life today.

—And, help me to recognize people, places, and things that drained me of energy. That made me frustrated, irritated, angry, sad, sorrowful, alone, isolated, unaccepted, fragmented—less than my best self. Help me see what was death-dealing. Where I lost conscious contact with you.

Let me be curious before being judgmental about my responses to life-giving and death-dealing scenarios. Help me be willing to see anything I need to deal with that I might have missed.

*(Breathe deep)*

## Movement Four: Acceptance

God, looking with honesty at death-dealing experiences in my life is uncomfortable and distressing. In fact, I often choose to disassociate from my pain using tools like denial or distraction—I have a hard time accepting what is. Although I may feel you are far away, I know that is just how I feel. You are always close, so with you and courage I am willing to face my fear and pain and accept how things truly are. God to help me with acceptance, hold together my willing heart as I let it fall open to you.

Holy Spirit, take on this hard situation with me. This one thing I am really struggling with.

Help me look at it, stay present to it, breathe *through* it.

Give me the courage to sit with pain and death.

To *see* what blocks my awareness of you.

To breathe and welcome.

To ask for help with acceptance and healing.

To make amends.

Let your love and life flow through my heart.

*(Resonate in gratitude)* Help me accept your grace to my best ability.

Thank you.

*(Breathe deep)*

## Movement Five: Hope for tomorrow

God, I look with hope for the newness of tomorrow.

Shine your Light upon tomorrow's challenges.

May I truly feel the possibilities of the day ahead, and seek connection to you throughout—in my doubts and fears, my uncertainty; in my celebrations and accomplishments, in my anticipation, my delight.

I give you my heart as my prayer.

So that you might feel all that I feel,

Lead me through the day, God.

Jesus, walk with me,

gift me wisdom and understanding,

hope.

I cannot thank you enough, I accept my life as a gift.

*(Breathe deep)*

## Closing: Jesus' prayer

Eternal God, there is nowhere your Love can't go—

nowhere your holy name isn't sacred.

May your ultimate dream be made manifest,

carried out through the hearts of those who adore you,

let all of creation become your dream come true

in the finite details of our existence here,

and throughout all the cosmos.

Source our daily needs,

whatever that is, however that looks,

and forgive us when we hurt you, ourself, and others

as we work to make things right with you, ourself, and others.

Give me courage and strength against the adversary  
bring me through the trials of my life,  
especially when evil comes against me.  
You are the great I AM, the ever present,  
the strongest force of existence.

Amen.