

THE ‘PRINCIPLE AND FOUNDATION’

Note:

- ✓ *At the very start of the retreat Ignatius proposes a SHORT AND CONCISED REFLECTION AND MEDITATION which he calls THE PRINCIPLE AND FOUNDATION’*
- ✓ *This exercise is the portal and corner stone on which His Spiritual the Exercises are built up.*
- ✓ *In his introductory exercise, succinctly he enjoins us to reflect, on the WHY, on the WHAT FOR and on the HOW of our existence and of the existence of all created things.*
- ✓ *In these pages below we first present the Principle and Foundation as Ignatius worded it in his book of the Spiritual Exercises*
- ✓ *Soon after that we present it again in a sketchy and logical form for your reflection and meditation.*

English rendering of Ignatius words

(No. 23 of the text of the Spiritual Exercises)

“Man is created

- *to praise God our Lord,*
- *to reverence Him,*
- *serve Him*
- *and by this means to save himself. (To attain eternal salvation)*

All the other things on the face of the earth are created for man
to help him to accomplish the end for which he is created

From this it follows that man

- *has to use all created things only in as much as they help him on to that a end*
- *and that he ought to get rid of them, in so far as they hinder him to accomplish it.*

For this it is necessary

- *to make ourselves indifferent to all created things in all that is allowed to the choice of our free will and is not prohibited to us.*
- *so that, on our part, we do not want health rather than sickness, riches rather than poverty, honor rather than dishonor, long rather than short life,*
- *The same holds good for all other created things.*

Therefore, our only desire and choice should be what is more conducive to the end for which we are created

