

## 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*

