

The Dynamics of The Spiritual Exercises of St. Ignatius of Loyola

Diploma thesis

Gabriela Junasová

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Abstract

This Diploma thesis “The Dynamics of The Spiritual Exercises of St. Ignatius of Loyola” is trying to unveil on one side the dynamics that is behind the text of *The Spiritual Exercises*, on the other side the dynamics of the process of the spiritual exercises itself. It is trying to demonstrate that a text written in the 16th century is adaptable and flexible in its usage thanks to its layout: in form of annotations, rules and division of the exercises in four parts. This thesis took into account this adaptability of the text when an important part of the spiritual exercises: annotations and rules by which to perceive and understand to some extent the various movement produce in the soul, put together into one chapter even though they are not in the text itself. Also this thesis is trying to show the importance of the spiritual direction in interpretation and adaptability of the spiritual exercises on an individual. Furthermore this thesis is trying to show one of possible ways interpretation of the four weeks.