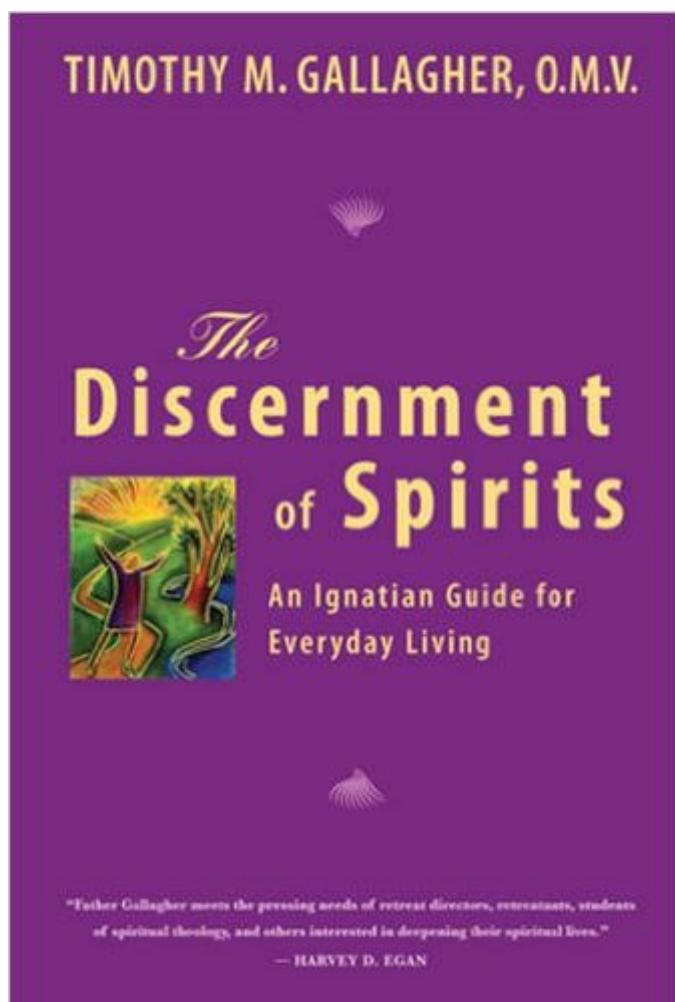


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# The Discernment Of Spirits: An Ignatian Guide For Everyday Living



## **Synopsis**

St. Ignatius Loyola, founder of the Jesuits, is one of the most influential spiritual leaders of all time, yet many readers find his Rules for Discernment hard to understand. What can Ignatius teach us about the discernment of spirits that lies at the very heart of Christian life? In *The Discernment of Spirits*, Fr. Timothy Gallagher, a talented teacher, retreat leader, and scholar, helps us understand the Rules and how their insights are essential for our spiritual growth today. By integrating the Rules and the experience of contemporary people, Gallagher shows the precision, clarity, and insight of Ignatius's Rules, as well as the relevance of his thought for spiritual life today. When we learn to read Ignatius correctly, we discover in his remarkable words our own struggles, joys, and triumphs. This book is for all who desire greater awareness of God's action in their daily spiritual lives, and is essential reading for retreat directors, spiritual directors, priests, and counselors.

## **Book Information**

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## **Customer Reviews**

The name of the book "The Discernment of Spirits" is also the name of a seminar given by Father Timothy M. Gallagher, O.M.V. throughout the country. I attended one of these in Boston. I helped organize one in New York after also reading this book. In both, Father Gallagher described how Saint Ignatius of Loyola was able to judge his experiences and tell apart those which he believed originating from "the enemy" and those from the "good spirit." Becoming "aware" of differing experiences, "worldly" and "sacred," both causing delight, both taking a strong "hold on his heart," he came to recognize, little by little, whether these things that moved him were from the "bad spirit" or from "God." So absorbed was he in his thinking, that it took a special moment of grace, where

"his eyes were opened a little" and he was able to see and marvel at the difference, where the one experience would leave him "sad" and the other "happy." From his "awareness," he was able to come to an "understanding" of what was happening. From this, he was able learn to "take action," accepting the "sacred" as from God and the "worldly" as from "the enemy." Saint Ignatius was later able to describe the actions of the "bad spirit" as ones that "bite, sadden, and place obstacles, disquieting with false reasons, so that the person may not go forward." On the contrary, he was able to see the movement of God as giving "courage and strength, consolations, tears, inspirations and quiet, easing and taking away all obstacles, so that the person may go forward in doing good." Father Gallagher gives these seminars, and no doubt wrote this book, as "a help" from the teachings of Saint Ignatius, "for everyday living." He said this "applied to persons of every walk of life and vocation.

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