

"Virtues for an Ignatian Journey"

Below is a list of eight video reflections prepared by **Don Baker** from a series entitled, "Virtues for an Ignatian Journey". You can view each video separately by clicking on the link following each title. The order and the selection of these virtues is based on some of the more important "core" themes from the Spiritual Exercises of St. Ignatius. These reflections are not intended to be about the structure or format of an Ignatian retreat. Rather, these eight videos are intended to help a retreatant prayerfully prepare for a 3-, 5-, or 8-day Ignatian journey.

1. The virtue of Magnanimity (St. Ignatius of Loyola) <https://vimeo.com/490431325>
2. The virtue of Poverty (The Spiritual Exercises) <https://vimeo.com/512657643>
3. The virtue of Reflection (Daily Examen) <https://vimeo.com/496474985>
4. The virtue of Indifference (Principle & Foundation) <https://vimeo.com/669016648>
5. The virtue of Purpose (The Two Standards) <https://vimeo.com/500266431>
6. The virtue of Discernment (Three Times) <https://vimeo.com/495581712>
7. The virtue of Constancy (Amend and Reform) <https://vimeo.com/502665379>
8. The virtue of Generosity (Take and Receive) <https://vimeo.com/679710229>