



Holiday time is or should be a specific time for body rest. It is associated with heat, physical breaks, amusements, sports, few tensions in the spiritual and certain even pious. Of course, it is always referring to the Western rhythm of our first world. Associated with families who do not go through during these specific summer periods situations of lack of work, illness, economic hardship and deaths of loved ones.

We tend, or at least tend, to generalize in others from one's own life experience. The desirable thing, for all, is to have a time of safeness for the physical and mental rest of our daily activities. This is not always the case and each year is different from the previous ones. Putting yourself in your neighbor's shoes during the holidays is no easy task.

And to get into the radicality of the gospel? A few days should be a priority for one's reflection, to the extent feasible. There are many in the year to go hiking, to practice a sport or to family playful celebrations, as well as to apostolic tasks of committed laypeople.

Do you know what spiritual exercises are? To gather a few days in the intimacy of the soul with herself to open it to God from inner silence and external gathering, through meditative reflection and contemplative prayer. I recommend a time for spiritual exercises to every reader. And in case you don't have time for it, I remind you all of them of words that I discovered in my youth. It took me about thirty years to learn them by heart, the same ones it took me to believe.

It is the summary, as soon as we begin, of the spiritual exercises to overcome oneself and order one's own life without being determined by any disorderly condition. These are the words of a man of wealthy social standing with no education touched by the grace of God. He wanted a poor pilgrimage to the Holy Land alone to then enter the Carthusian. He did the first part. But first, in an anonymous Cave (Manresa 1522-1523), he lived that experience after voluntarily dispossessing his assets. He began studying in Barcelona on his return from Holly

land.

He was called Inigo of Loyola. He called himself Pilgrim, in his autobiography. A few years later he founded the Societate Iesu, the Society of Jesus.

The Principle and Foundation read as follows: "Man is raised to praise, reverence and serve God our Lord, and thereby save his soul; and the other things on the face of the earth are created for man, and to help him in the pursuit of the end for which he is reared. From where it follows, that man must use them, how much they help him to his end, and so much must be taken away from them, so much so that they prevent him from doing so. For this reason, it is necessary to make us indifferent to all things created, in all that is granted to the freedom of our free will, and it is not forbidden to it; in such a way that we do not want on our part more health than disease, wealth than poverty, honor that dishonor, long life that cuts, and consequently in everything else; only wishing and choosing what drives us most for the purpose that we are raised".