

in which he could become a great man, a great saint, and a great

(1.5). Well, now he went off and he lived in a cave somewhere and he studied and he meditated and he began to have all kinds of queer visions like the Mystics of the Middle Ages. And as he had these visions, this practical-minded man did something that the Mystics had never done before so far as we know. Instead of working himself up into a frenzy where he'd get a vision and whatever it was think, "It's wonderful - this is what leads me" - he constantly had control over himself and as a vision would begin he would determine whether it was <sup>one</sup> ~~what~~ he wanted or not. And so he received or rejected the visions which his fancy brought him as God-sent truth or as devilish temptation according as they seemed to him good or bad. Thus he rejected some and he accepted others. And he studied how they came - he studied the posture he was in when he had a vision, he studied the kind of food he had eaten just before, he studied how (2.5) begins in a certain situation, perhaps whether he was in a lighted room or a dark room or an intermediate room, he studied all these things and he studied how to get <sup>this</sup> ~~the~~ sort of spiritual experience. And then he worked up a system of spiritual exercises and these spiritual exercises are taken by every Jesuit since and the Jesuits give them to others sometimes and I was told by one of the boys from over across the street here that at the end of their course a Jesuit comes and gives them these spiritual exercises of St. Ignatius Loyola. Now the spiritual exercises which Ignatius worked out are like the manual arms in the military training of a soldier. They are an attempt to reduce the spiritual discipline of the soul to a system and he's worked out exactly what the condition would be - the man is alone for 4 weeks except for 1 advisor who sees him at certain times during the 4 weeks and this advisor corrects him and advises him as to ~~how~~ what he is to do during the time and he takes the first week and he thinks about sin and about Hell. And he is directed to think of the flames of Hell and