

VISIO DIVINA

- a. Preparation:
 - i. Take a few moments to get ready.
 - ii. Find a comfortable position where you can gaze at the photo/painting.
 - iii. Settle into God's presence by connecting with your breath.
 - iv. Move your awareness from your head into your heart.
 - v. Know that God can be known through many different forms and images.
 - vi. Be present.
 - vii. Be open.
- b. Eyes to See: READ
 - i. Allow your eyes to gaze gently on your image.
 - ii. Let them sweep the whole of the picture.
 - iii. Notice the shapes and the colors.
 - iv. Notice the lines and the details.
 - v. Look for symbols.
 - vi. Notice if there is a place on the image where your eye is invited to linger.
 - vii. Are you called back again and again to a certain detail or color?
 - viii. Try not to think about it too much.
 - ix. Simply notice where your energy is drawn.
 - x. Notice where your eye is avoiding or passing over.
 - xi. What part inspires you?
 - xii. Where do you experience resistance?
 - xiii. Slowly become aware of the place on the image that is just for you today.
 - xiv. It might be a color, a shape, or a tiny detail.
 - xv. Linger here.
 - xvi. Be open and present to this.
- c. Open Heart: RECEIVE
 - i. Take a second longer look.
 - ii. Open your imagination.
 - iii. As you reflect on your place on the image, what feelings or longings are evoked?
 - iv. What memories or hopes are stirred?
 - v. Make room within your heart for whatever wants to emerge.
 - vi. Be here.
 - vii. Be present.
 - viii. Let go of judging or critiquing.
 - ix. Simply be, lingering here, opening your heart to whatever wants to rise.
- d. Respond: RESPOND
 - i. Slowly begin to notice what being revealed in your seeing and through what you are feeling.
 - ii. What is the invitation in this moment of your life?
 - iii. In the day-to-day life you are living what is God calling you to do or be?

- iv. What insights have you gained?
- v. What invitation is growing in you? What work would you like to do today?
- e. Enjoy: REST
 - i. Let go.
 - ii. Rest.
 - iii. Linger in this place of deep connection.
 - iv. You are being filled and refreshed for your continuing journey.
 - v. Take your image with you.
 - vi. Enjoy a few moments of stillness in this space.
 - vii. You may want to spend time reflecting on your experience or in your journal