

# 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