

Visio Divina: Seeing with Eyes of the Heart

Settling and Shimmering

Breathe deeply. Move your awareness down to your heart center. Settle into this moment.

Gaze on the image with a soft focus. Release any thoughts or expectations.

Explore all of the details, colors, movements, and shapes. Notice what shimmers for you.

Let your eye rest somewhere on the image.

Savoring and Stirring

Staying with what shimmers, close your eyes and allow it to unfold in your heart, savoring your experience.

Make space within for images, feelings, and memories to stir. How does your body respond?

Summoning and Serving

Slowly shift your awareness to a sense of invitation or summoning which rises up from your meditation.

How does the prayer stirring in you meet you in this particular moment of your life?

How might you be called into a new awareness or kind of service through this experience?

Slowing and Stilling

Release all of the words and images and slow down even more deeply.

Allow yourself some time for silence and stillness. Breathe gratitude in and out.

At the end of your prayer you might gaze one more time on the image just to see if you see anything new there.