



Spiritual Practice | Visio Divina | 15-30 Minutes

Images have been an important part of God's way of communicating. Visio Divina invites us to see at a more contemplative pace. It invites us to see deeply, beyond first and second impressions, below initial ideas, judgments, or understandings. It invites us to be seen, addressed, surprised, and transformed by God who is never limited or tied to any image, but speaks through them.

***Visio Divina is not limited to 1D imagery. You may use a photo, painting, icon, sculpture / form, object, videos - anything you can view visually.**

Step 1. Prepare. Close your eyes, breathe, clear your mind, and ask God to enter into this time of prayer with you. Ask God to speak to you through this image/ art.

Step 2 . Read the image. Take the time to gaze at an image and allow it to speak to you. Let the feelings and thoughts come to you as you take in forms, figures, colors, lines, textures, and shapes.

Step 3. Meditate. When you are ready, allow those sights and thoughts to pass by, making space for the inner eye of the heart to open and interact with the image. You may be drawn to one section of the image. Focus on that space. Study it and interact with it.

Step 4. Pray. See beyond seeing and allow the image to speak its truth to you. What does it seem to be saying? Ask it any questions that may come to you.

Step 5. Contemplation. Journal your reflections and impressions.
How does this image inform or illumine my relationship God?
What is God speaking to me today through this image?
How does it speak to me on where I am on my spiritual journey now?
How does this experience support my willingness to be opened, to be healed?

[1] John O'Donohue, *Beauty: The Invisible Embrace* (HarperCollins: 2004), 147-148.
Gail Fitzpatrick-Hopler, "The Practice of Visio Divina: Seeing with the Eye of the Heart," *Contemplative Outreach News*, vol. 31, no. 2 (2015), 2-3, <https://www.contemplativeoutreach.org/sites/default/files/newsletter-pdf/2015-june-newsletter.pdf>. Richard Rohr and Friends, *Contemplation in Action* (The Crossroad Publishing Company: 2006)