

# VISIO DIVINA

Visio Divina, sacred seeing, is an ancient form of prayer that continues to be a powerful method of meditation. Art becomes the sacrament that opens our hearts to the indwelling Spirit of God. The visible makes the invisible present in a palpable way.

Any piece of art can be the subject of reflection. It is not necessary for it to be religious art; however, reflecting on icons has been practiced since ancient times.

*Visio Divina sets our interior stage for a soulful connection with our Maker where intimate communion is possible.*

How to do Visio Divina:

## Step 1

Identify the art that will be the subject of your reflection. Then pick a comfortable place where you will not be disturbed or distracted. Relax. Closing your eyes and focusing on your breath can be a helpful way to center yourself in the divine.

## Step 2

Gaze at the entire picture. Notice the shapes, the colors, and the lighting. Notice the detail of both the foreground and background. Once you have visually canvassed the artwork, note what has drawn your attention. Just like in Lectio Divina, it is God that is luring you to a treasure meant just for you.

## Step 3

Meditate on the part of the picture that has drawn your attention. How is God speaking to you? Why do you think God drew your attention to this particular part? Is a message conveyed that pertains to your life today? Do you sense an invitation? Do you hear a call? Is a memory aroused? Allow these thoughts to descend to your heart. What emotion is evoked? What word describes your inner stirring as you embrace this feeling? Allow God's communication to touch you deep within where the Spirit dwells.

## Step 4

God has been speaking to you as you meditated on this artwork. It's now time for you to respond to the divine. Allow your words to be born in the recesses of your soul. What is your response? What is your prayer? Articulate any yearnings or desires that arise. Give voice to the emotion that is whirling within.

## Step 5

Words are never sufficient to express our deepest selves. Turn to silence to simply rest in communion with our Creator – the One who kissed your soul before placing it in your body – the One who loves you beyond measure. Savor the stillness. Be soothed by Love.

## CONCLUSION

Visio Divina sets our interior stage for a soulful connection with our Maker where intimate communion is possible. I have discovered that Visio Divina encourages the practice of viewing all of life through a sacred lens uncovering the messages hidden within creation. All of life then becomes hallowed ground.