

## **GUIDED MEDITATION ON THE 'DYING BOY'**

### **Meditation:**

Relaxation exercises ... invitation to use your imagination ...

*You are now traveling back in time ... you find yourself in a small village in southern France ... even though everybody is speaking the local French dialect you understand every word they are saying ... you slowly come to realise that you are priest in this village and that you have been asked to visit a very sick boy in the parish ... it is in the depth of winter when you leave the presbytery to begin the 10 kilometre walk that will take you to the home of this boy ... feel the wind blowing upon your face as you the leave the warmth of the house ... the walk isn't easy... there are many hills and valleys to cross ... after some hours you reach the house of the boy ... you pause and then knock on the door before being taken to the boy by his tearful mother ... you look around and take a deep breath ... everything inside is very simple and a little dark ... you sit by the boy's bed and begin to have a conversation with him ... after some time you realise that he has no knowledge of God ... you tell him something of the story and anoint him before returning home your village ... The next day you receive a message that the boy died not long after you left him. You pray for him. You now begin the journey back to the present ... when you have arrived open your eyes and become attentive to your surroundings.*