The Hidden Singer

BY WENDELL BERRY

The gods are less for their love of praise.
Above and below them all is a spirit that needs nothing but its own wholeness, its health and ours.
It has made all things by dividing itself.
It will be whole again.
To its joy we come together --
the seer and the seen, the eater and the eaten,
the lover and the loved.
In our joining it knows itself. It is with us then, not as the gods whose names crest in unearthly fire,
but as a little bird hidden in the leaves who sings quietly and waits, and sings.

LECTIO DIVINA | COLLAGE

Lectio Divina / Blackout Collage Instructions

1. Select scripture or other sacred text/ poem.
2. Spend a few moments centering / slowing down. Focus on breathing. Focus on being grounded. Become aware of your feet on floor or being supported by your chair.
3. Without judgement or analysis, read the piece and notice which words or phrases draw more attention. Circle or underline them.
4. Blackout the surrounding text.
5. Allow yourself time to connect with the words and phrases.
6. Notice an intention, longing, or prayer that arises. Let this come from an open and relaxed state, resist making this an analytical or intellectual intention.
7. Make note of the prayer or intention in white ink or pencil, writing on the blacked out areas.
8. Add magazine clippings or photos. Use imagery that helps support the words, phrases and the prayer or longings.
9. Explore how this prayer will enhance compassionate understanding of yourself and others.
10. Return to it often as a quick reminder of your intention.

wholeness takes practice