

# VISIO DIVINA

wholeness takes practice

## *Visio Divina Basics*

### **Choose an image A**

painting, photograph, sculpture, or other artwork. Set aside some quiet time with this piece and begin with a prayer of intent to be open to the Sacred.

**Look slowly at the image, taking in every detail without critique.** Observe the colors, shapes, shadows, lines, empty spaces. Allow your unfiltered response to arise—feelings, memories, thoughts. Notice and welcome these reactions, without evaluation, whether they seem negative or pleasing.

**How do these feelings, evoked by the image, connect with your life?**

What desires are stirring in you? How are you drawn to respond?

**Take a few moments to reflect in writing, discussing,** or whatever embodiment fits your expression. Finally, simply rest in presence and acceptance for what is.

