An object reflects a pattern of light on to the eye. The light enters the eye through the pupil, is gathered by the lens and thrown on the screen at the back of the eye. the retina. On the retina is a network of nerve fibers which pass the light through a system of cells to several million receptors, the cones. The cones are sensitive both to light and to color, and they respond by carrying information about light and color to the brain.
this is the Shape of the Holy Sepulchre of Our Lord Jesus Christ
It is not possible for a painting, even if it is done with the greatest perfection of outline, shadow, light and color, to appear in the same relief as the natural model, unless the natural model were looked at from a great distance and with only one eye. Leonardo da Vinci
“The better to impress the story of the Passion on your mind, and to memorize each action of it more easily, it is helpful and necessary to fix the places and the people in your mind: a city, for example, which will be the city of Jerusalem—taking for this purpose a city that is well known to you. In this city find the principle places in which all the episodes of the Passion would have taken place—for instance, a palace with the supper-room where Christ had the last supper with the disciples, and the house of Anne, and that of Caiaphas, with the place where Jesus was taken in the night, and the room where He was brought before Caiaphas and mocked and beaten. Also the residence of Pilate where he spoke with the Jews, and in it the room where Jesus was bound to the column. Also the site of Mount Calvary, where he was put on the cross; and other like places...

And then too you must shape in your mind some people, people well known to you, to represent for you the people involved in the Passion—the person of Jesus Himself, of the Virgin, Saint Peter, Saint John the Evangelist, Saint Mary Magdalen, Anne, Caiaphas, Pilate, Judas and the others, every one of whom you will fashion in your mind.

When you have done all this, putting all of your imagination into it, then go into your chamber. Alone and solitary, excluding every external thought from your mind, start thinking of the beginning of the Passion, starting with how Jesus entered Jerusalem on an ass. Moving slowly from episode to episode, meditate on each one, dwelling on each single stage and step of the story.”

from Zardino de Oration, the Garden of Prayer, written for young girls in 1454
Hail, thou art highly favored, the Lord is with thee: blessed art thou among women.
REFLECTION

She cast in her mind what manner of salutation this should be. ‘So then ‘the angel said unto her Fear not, Mary: for thou hast found favor with God. And, behold, thou shalt conceive in thy womb, and bring forth a son, and shalt call his name Jesus.'
INQUIRY

Then said Mary unto the angel, How shall this be, seeing I know not a man? ’ that is to say, ’ seeing I have the firm resolve, inspired by God and confirmed by my own will, never to know a man?
SUBMISSION

Behold the handmaid of the Lord. Be it unto me according to thy word.
Who am I, that have conceived God incarnate?
CONTURBATIO – DISQUIET
COGITATIO – REFLECTION
INTERROGATIO – INQUIRY
HUMILIATIO – SUBMISSION
MERITATIO – MERIT