

**Visio Divina Practice**  
**Adapted by Frances Katrishen**  
**from Paintner and Boyer**

**Invitation to Practice: Visio Divina**

1) I invite you into this Visio Divina practice with the words of St. Augustine.

On Entering into myself I saw, as if it were with the eyes of my soul, what was beyond the eyes of the soul, beyond my spirit: Your immutable light.

**Setting and Shimmering**

2) Close your eyes and prepare yourself for prayer by connecting your body and breath, gently deepening the rhythm of your breath, bringing your awareness to your heart center. As you breathe, imagine receiving the gift of vision, the ability to see deeply below the surface of things. Allow a few moments to rest into this nourishing rhythm of preparing your eyes to behold what is before you.

3) Gently open your eyes and gaze upon the picture softly with “the eyes of the heart.” This is a gentle, receptive gaze, not a hard penetrating stare. Move your eyes over the image, taking in all of its colors, shapes and symbols. Bring a sense of curiosity to this image, exploring it with reverence, noticing all of its textures and features that come with seeing it more closely.

As your eyes wander around the image in a brief visual pilgrimage, notice if there is a particular area or feature of the

picture that draws your attention, that stirs energy for you. Allow your eyes to rest gently there.

## **Savoring the Image**

4) Be present to this place on the image that is calling for more attention. This can be a different place than you picked earlier.<sup>1</sup>

5) How do you feel looking at the image?

6) If you had to describe the image in a sentence or two what would you say?

7) If you were in the image, where would you place yourself and why?

8) Do you get a glimpse of the sacred from this image?

9) Is God speaking to you in this image?

10) Close your eyes now and release the image.

11) In silence, sit with what you have received.

12) If you choose, share aloud a word or phrase to express your experience of the image.<sup>2</sup>

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<sup>1</sup> Sections 1-4 were adapted from Christine Valters Paintner, Ph. D. *Lectio Divina: The Sacred Art*. 14-150.

<sup>2</sup> Sections 5-12 were adapted from Lindsay Boyer, *Centering Prayer for Everyone* p. 30.