

Visio Divina

All Visio Divina, or 'Divine seeing' requires of us is a few minutes of quiet, while we look at an image, what the artist might say to us, even putting ourselves into the artwork, and allowing God to speak to us.

The four stages of Visio Divina, assuming we are relaxed, quiet and with a copy of the picture in front of us, are listed below the image.



Synaxis of Saint John the Baptist, 11C (Menologion of Basil II)

1. Look at the picture slowly, noting the colours, people, places, and things. Start in one corner and work your way around it. Remain with the image for one to two minutes. If you would like, jot down a few words about what you see, particularly anything you missed at first glance.
2. Take a second, deeper, look. Where is there movement? What relationships do you see? Engage your imagination. Where might you be within the picture? What do you see from that perspective? What deeper meaning emerges?
3. Respond to the image with prayer. Did the image remind you of an experience, person or issue for which you'd like to offer thanksgiving or intercession? Offer that prayer to God.
4. Be still. Breathe deeply. Relax your shoulders, arms, and legs. Rest in this quietness and let God speak.