

Spiritual Practice

Visio/Sensio Divina



This is based on the ancient spiritual practice known as *Lectio Divina*, a prayerful way of reading scripture. This version invites us to take the practice outdoors and engage with all our senses to read the landscape as a sacred text and encounter God's presence in all places/creatures.

Other Links

Mystic Christ (Forest Church) [version](#)

Abby of the Arts [pdf version](#)

Lectio Divina steps

- **Read**, re-read, & listen for word or phrase that calls out to you or shimmers in a text
- **Reflect** and savour, allowing it to unfold and deepen within you
- **Respond** and listen for an invitation
- **Rest** in stillness and gratitude

Sensio Divina

1. **Read** - Take a few moments to take some deep breaths and ground yourself. Invite Divine presence to accompany you in this practice. As you observe (read) the landscape, allow yourself to be drawn to something (the river, the sun, a rock, the breeze...) or someone (a cardinal, a turtle, a beetle, an oak...) that seems to be calling you. Don't question or second guess. Just respond by opening your heart and your imagination and offering your full presence and attention.
2. **Reflect** - Use all your senses. Notice little things. Smell. Touch. Observe. Savor and listen with an open heart to what unfolds.
3. **Respond** - Engage in a conversation together: possibly share your dreams or despair, and ask them theirs. This is a new language for you, so words sometimes don't work. Sketch, or meditate, listening deeply, allowing images and emotions to arise. Write a poem perhaps, or hum a melody. What insight comes up from this encounter that speaks to you and invites you into a larger story or action?
4. **Rest** - Offer some acknowledgement of honor and gratitude - a prayer, a bow, a smile, a touch. Revel and rest in the experience.