

Sensio Divina

Literally 'Divine sensing', a contemplative meditation to connect and dialogue with Divine presence in a place, object or natural phenomenon (*Jer 23:24*) and come to a deeper understanding of God through nature (*Rom 1:20*).

Preparation Stage

Take a number of mindful breaths and come to the present moment.

Let unnecessary tension leave the body.

During what follows, allow distractions to arise and fall.

Carry out the exercise with lightness and wonder and move at your own pace through the stages.

Approach and begin with humility ...

Sensing Stage

Sense the overview (rather than the detail) to begin with. Be inquisitive, use all your senses, not your thinking.

Notice first impressions.

Sense the present state, get the big picture objectively with no analysis.

Begin to sense more carefully from the overview to the detail.

Take more time, allow attention and fascination to rest where it wants, savour the detail.

Using deeper senses, allow intuition and consciousness of any detectable energy to arise.

Notice any feelings and emotions that are evoked, but don't fall into analysis.

Imagination Stage

Return to the overview and this time use your imagination, creativity, analysis and narrative skills.

Image the process and succession that led to this point in time. Project into the future.

Imagine the wider ecosystem and the interactions between the elements.

Bring your focus from overview to detail.

Imagine yourself not as observer but as participant.

Take a feeling or thought or idea into contemplation.

Listen with patience and open receptivity – still your thinking.

Be aware of any dialogue that may be initiated. What is being said to you?

Spiritual Stage

Allow God to speak and / or experience God's presence.

What is being said to you?

Let your heart speak in response.

Rest in God's presence and embrace.

Return to earlier stages if you feel so led.

Bruce Stanley 16 March 2014

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