



Silence and Expectant Waiting

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Visualizing a Loved One

Overview

Learning to recognize prompts to connect with a loved person, and from that, with the Divine.



5 min.



Middle School & up



Newcomer Friendly

Aims & Objectives

When you have completed this topic, you will have experience in calling to mind a loved one and responding in a caring way—and in considering possible parallels to the promptings of the Divine.

Instructions

As you move through your day, pay attention to those times when your heart and thoughts turn to someone you love dearly. What happens that causes the person you love to come to mind? Is it something you saw? Heard? Thought of? How do those times feel in your body? What action(s) do you take? Do you call her? Text him? Think about her? Hope he'll call you!?

Then consider which of those same feelings could be prompts for a time of Divine intimacy. What might be the promptings of spiritual love occurring in your heart? Trust those feelings as the love of Spirit breaking through. Cherish that within you, so that this love may grow in you and guide you deeper into the Heart of God.