



Free Listening Hearts Program Materials

Heartlinks

A Library of Meditations for Individuals or Groups

Meditative Collage

Prayerfully wander around, collecting items for your collage. Then settle down somewhere to arrange them. You will need a large piece of paper or cardboard on which to assemble your collage (a cleared tabletop or bit of floor space would also work). The items you will use can be found in nature, in magazines, or around your home.



...as we move from self-will to God's will, we place our lives in the hands of God. And then we find that God has work for us to do. -*Listening Hearts*, p 37

1. Take a moment to become settled and quiet. Draw slow, deep breaths. Bring the circumstances of your daily life into your meditation with you, taking time to identify any issue with which you may be wrestling. This might be a troubled relationship, a question about your career, or simply a felt need to reorder priorities.

2. Read the following scriptural passage, or if you prefer, select another passage that you'd like to meditate with today.

Behold, I am doing a new thing; now it springs forth, do you not perceive it? –

Isaiah 43:19

Read the words over and over to yourself, allowing them to sink into your body, mind, and soul. Eventually, but not necessarily, you may consolidate the passage into a few words, or even one word. As your text becomes part of you, it might feel right to close your eyes. Take as much time as you like to become centered, attuned, and still.

When you feel ready, offer all that you are – including your discernment issue, if you identified one – to God. Allow God's presence to permeate you and your life situation.

3. Begin to wander about, either outdoors or in. Be fluid, opening yourself to the Spirit. As you carry your discernment issue and Scripture text with you, keep your eyes open for visual images that express your emerging thoughts and feelings.

The weather may affect how you approach this stage of your meditation. If it is a beautiful day you might enjoy time outside collecting things from nature. If you remain indoors, manufactured items, words and pictures from newspapers or magazines are all possible evocative symbols.

4. Once you find an image that draws you in, stop and gaze at it for a while. Either literally or in your imagination, take time to feel its texture and temperature and weight. Experience its smell, taste, sound. If it is feasible to carry the image with you, do so as you meditate on the Scripture passage in relation to the discernment question. If you cannot take it with you, carry it in your heart as you look for a small tangible symbol that you can hold in your hand to represent it.

Continue to wander, remaining open to evocative images and symbols. You might only find one; you might fill your pockets. When you feel ready, head back to where you can sit quietly and look at all you have gathered. Express your thoughts and feelings by arranging your items on construction paper, cardboard, or any available clean surface. Sit in silence and gaze at what you have assembled.

5. At the end of the day, you might return the items to where you found them, throw them away, or affix them to paper so that you can preserve what you have created, perhaps adding to it later as you continue your meditation. Whatever you choose to do, carry it out with prayerful reverence.

Say a final prayer, offering this expression to God.

