

*Come Holy Spirit, Fill the hearts of Your faithful, kindle in them the fire of Your love.  
Send forth Your Spirit, they shall be created, You shall renew the face of the earth;  
Through Christ Our Lord. AMEN*

**1/ Preparation:**

Close your eyes,  
sitting comfortably,  
Take several deep breaths to relax,  
Becoming aware of your body & of your inner world

Let's start by making the Sign of the Cross,  
an Examination of Conscience  
& an Act of Contrition/Confiteor

I confess to Almighty God, to blessed **Mary** ever Virgin, to blessed Michael, the Archangel, to blessed **John** the Baptist, to the holy **Apostles** Peter and Paul, to all the Saints and to you, Father, that I have sinned exceedingly, in thought, word and deed, through my fault, through my fault, through my most grievous fault. Therefore I beseech the blessed Mary, ever Virgin, blessed Michael the Archangel, blessed **John** the Baptist, the holy **Apostles** Peter and Paul, all the Saints, and you, Father, to pray to the **Lord** our **God** for me.

Let's make an Act of Faith, something like this...

***Lord, I believe you are here with me  
even though I can't see or hear you,  
I believe that you have been waiting for me  
and that you are glad that I am here***

**2/ Meeting the Lord**

Enclose yourself within this little heaven  
of your soul,

Enter this paradise within yourself,

The Maker of heaven and earth is present,

He is seated on the throne of your heart

**3/ Intimate Sharing**

Speak to this Lord as your heart leads you or remain  
silently in his presence

**Believe** that you are following an excellent path

You will not fail to drink water from the fount

It is the path of heaven

**STOP HERE FOR PRAYER TIME**

**4/ Conclusion**

When you feel ready to  
thank Our Lord for inviting you  
to keep Him company today

Place all of your pressing cares & concerns  
one by one in Our Lord's cupped Hands,  
He wants to take them all from you!  
He loves you!

Very slowly and very gradually  
become aware of your surroundings

...slowly open your eyes

**End with Prayer**