

Guided Meditation

Fr. Gabriel, ocd Broussey 2019

I am going to introduce you to a form of meditation,

We are going to nourish the **imagination**, the **mad woman in the house**, as St. Teresa says,

We must be very careful in dealing with her not to ruffle her feathers.

Let me invite you to get comfortable and **close your eyes**,

We are approaching **infinite God**;

Like a bird that is learning to fly, allow yourself to be **carried by grace**;

Imagine your body as a **temple**;
The **temple of the Holy Spirit**;

Descend within yourself;

Descend further,

Notice your **breathing**. Your breathing is slow and peaceful;

Descend even further,

Notice the **beating of your heart**;

Your heartbeats are the **hand of Christ** knocking on the **door of your heart**.

Descend further;

You see a door in front of you;
Go ahead, Open the door.

A **radiant light** streams out through the open door,

There is a **magnificent view** before you,

You can see **mountains** in the far-off distance,

You are standing in a **prairie**,

It's the **Spring**, the **birds** are singing, the **bees** are buzzing,

You can feel a **gentle breeze** caressing your face and making the tall grass around you sway,

You notice the distinct noise of the wind in the leaves in the trees,

On your left there is a **stream**, you can hear it **gurgling**; you can see the **dance of the light** on the water surface as it rapidly courses along.

Below, on your right, you notice a **flock of sheep**,

You can hear the sheep baaing and the **tinkling of their bells**,

Lambs are bleating, calling their mothers to have some milk,

Beyond the flock, stands a **Shepherd**,

He has been there from the beginning; he's been **observing you**,

He is **clad all in white**,

His **dazzling garments** reflect his **glory and majesty**, **His name is above all names**,

He is holding a **shepherd's staff**,

He begins to **come towards you**,

You feel like a gazelle or a young fawn **jumping for joy!**

It seems like **you know him** without ever having seen him,

He is getting nearer, the **earth trembles under his footsteps**, your heart trembles too, because **HE KNOWS**,

You feel **free** as the birds in the air,

He is **even closer**; He is so **close** now that you can almost **touch him**,

A **flame bursts forth** within you; it becomes a **column of fire** that **rises and enflames the world**

NOTRE PERE
Amen

COMMENTARY

This is a very simple way,

God is waiting for us in our **deepest self**, he is always there,

To situate yourself, your position is important---to your **left** is a stream,

To your **right** a flock of sheep—a flock--- you are **not alone**,

Whatever happens we are not alone in silent prayer, remember all the **other sheep throughout the world**,

The **Supreme Shepherd** watches over each one of his sheep and has a **relationship with each one individually** as if it were the only one,

He is the **only one** who can fully **love in general and specifically**,

The **column of fire** is **vertical**, it **rises to heaven** and **enflames the world**. This is very important, it is the **image of the cross**,

The cross is planted in the earth and **points to heaven**,

Transcendence and immanence must always **go together**,

As long as we are on the earth, we need to **keep a foot on the earth and a foot in eternity**.

Let me encourage you to devote at least **5 minutes a day to Our Lord**, you can start by using **this meditation**

All that goes through your **senses** will help you to **recollect** yourself: Gospel of the day, a candle, a holy image, an icon, incense.

TRANSCENDENCE

Only God is **transcendent**; **in being**- he alone is **infinite** and **perfect Being** who cannot change; **in activity**-- he alone has existence of himself as **uncreated First Cause** on whom all creatures depend for their least operation.

DIVINE IMMANENCE

The **omnipresence of God permeating all creation**. It is the interpenetration of the **divine essence and activity within all created beings**. In the Christian faith this **immanence** does not deny but **complements the divine transcendence**...