

Script F

Let's start by making the Sign of the Cross

*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*

<p>1/ Preparation:</p> <p>Take several deep breaths to relax, Close your eyes, Sit comfortably, Become aware of your body & inner world</p> <p>It is called recollection... (below)</p> <p>Let's make an Examination of Conscience & an Act of Contrition/Confiteor (in your own words)</p>	<p>3/ Intimate Sharing</p> <p>You can make an Act of Faith, something like this... <i>Lord, I believe you are here with me and are glad that I am here</i></p> <p>He is very near;</p> <p>Talk to Him, Pray to Him, Delight in Him</p> <p><u>Or</u> Remain at His side the mind silenced</p>
<p>2/ Meeting the Lord</p> <p>Enclose yourself within the little heaven of your soul,</p> <p>Look at our Lord with your Spiritual eyes Take delight in Him</p>	<p>4/ Conclusion</p> <p>We need never withdraw from His Company; Cultivate the habit; know you are walking an excellent road at the Master's side</p> <p>This prayer brings many blessings</p> <p>Very slowly become aware of your surroundings</p> <p>End with Prayer</p>

It is called recollection because the soul collects together all the faculties and enters within itself to be with its God; its Divine Master comes more quickly to teach it, and to grant it the Prayer of Quiet, than in any other way... Those who are able to shut themselves up in this way within the little heaven of the soul, wherein dwells the Maker of Heaven and earth, and who have formed the habit of looking at nothing and staying in no place that will distract these outward senses, may be sure they are walking an excellent road, and will come without fail to drink of the water of the fountain. Way