

Script I Method for Recollecting One’s Mind, Way of Perfection, Chp. 26

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>Preparation</p> <p>Let’s begin by making the sign of the cross</p> <p>Close your eyes, sitting comfortably, Take several deep breaths to relax, Becoming aware of your body, your inner world</p> <p>Now, INVITE the Holy Spirit by saying above prayer</p> <p>Let’s make an examination of conscience and an act of contrition, in your own words if need be</p> <p>Since you are alone, strive to find a companion. What better companion than the Master Himself ?</p>	<p>Intimate Sharing</p> <p>Speak to Him with prayers that come from the sorrow of your heart;</p>
<p>Meeting the Lord (No Need to say every Line)</p> <ul style="list-style-type: none"> - Represent the Lord Himself as close to you and behold how lovingly and humbly He is teaching you. - Remain with so good a friend as long as you can. - If you grow accustomed to having Him present at your side, and He sees that you do so with love and that you go about striving to please Him, you will not be able –as they say- to get away from Him; - He will never fail you; - He will help you in all your trials; - You will find Him everywhere; - Do you think it’s some small matter to have a friend like this at your side? <p>-Turn the eyes of your soul toward this Lord, look at Him, even if you do so just for a moment?</p> <p>-If you are joyful, look at Him as risen ... If you are experiencing trials or are sad, behold Him on the way to the garden; or bound to the column, or burdened with the cross ...</p>	<p>Conclusion</p> <ul style="list-style-type: none"> - Our soul left the house of its Spouse long ago ... -It is now accustomed to wandering about at its own pleasure – or grief, - Draw near, then, to this good Master with strong determination to learn what He teaches you, - He will not abandon you if you do not abandon Him. - You will understand the love He has for you; - It is no small blessing and gift for the disciple to see that his Master loves him.

