



**‘Open my eyes,  
that I may behold  
wondrous things’**

(Ps 119:18)  
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‘Contemplative Seeing ~ The Opening of Eyes – from Sight to Insight There is nothing else we have to do right now – other than to fall into deeper and deeper stillness. *Visio Divina* – Allowing God to speak to speak to you through images.’

-Valda Dickinson rsm

‘Contemplative seeing is the willingness to sit in the dark and let the truth reveal itself to my inner and outer eyes without my need to control the outcome – to let the truth “dawn” on me – and in that dawning, to be transformed. Perhaps, this was the state of the two disciples on the Road to Emmaus.’

-Michelle Gorman rsm

‘If we were to create a word cloud to describe contemplation, it would include the words seeing, eyes, heart, stillness, silence, presence, listening, openness.’

-Elizabeth Davis rsm



Looking through the eyes of love: Embrace the humanity & the world with Mercy and Hope.

‘Looking through the eyes of love: Embrace with Mercy and Hope’, by Ma. Victoria Pederanga

Sequoia (the Sacrificial Tree)



‘This time of “pause” is an invitation from God to look at our lives, to see and believe that what matters most is to trust fully in God's divine providence.’

-Maria Teresa Retana rsm

**‘No wonder of it: sheer plod makes plough down sillion  
Shine, and blue-bleak embers, ah my dear,  
Fall, gall themselves, and gash gold-vermillion.’**

(*The Windhover*, Gerard Manley Hopkins)

‘Hopkins invites us to a contemplative seeing of earth and our place in it, a seeing with our feet on the ground and a ‘faith with eyes wide open.’ *The Windhover* invites us to seeing and hearing with the whole self. With the little kestrel, we are inserted into the noble passion of creation that mimes variously the Creator’s own passion in Christ.’

-Jo O'Donovan rsm



Kestrel (*Windhover*)

‘It is a gift to see beyond the first level of sight, to see beyond appearances into the heart of what is perceived. Contemplative seeing does that. It leads us beyond the surface into meaning. It moves us into the revelatory moment of sight. It is the experience of living sacramentality.’

-Mary Katherine Doyle rsm

**‘Ring out the bells that still can ring  
Forget your perfect offering  
There is a crack, a crack in everything  
That's how the light gets in.’**

(*Anthem*, Leonard Cohen)

# CONTEMPLATIVE SEEING

Voices, Quotes and Images from Theme 1, Segment 4: Integrated  
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