

# CONTEMPLATIVE SEEING

## The Opening of Eyes — from Sight to Insight

*Then Jesus laid his hands on the man's eyes again  
and he could see perfectly. – Mark 8:25*



**Facilitator:**

Let us pray.

**All:**

Dig a well of stillness  
Deep into my being O God  
down through my thoughts, feelings, concerns,  
desires...

Deepen and broaden it within me,  
help me to let go and loosen up my life a while  
for Your proddings and promptings  
to seep in through its sides in time  
and fill my heart  
with Your desires  
for Love not costs  
to direct my Life Flow.

*Noel Davis*

*A Well of Stillness from Campfire of the Heart  
(Used with permission)*

**Art © Mary Southard CSJ, (used with permission)**

**Top right: Sacred-Eyes**

**Bottom right: Being in the Presence of Love**



### Create a Prayer Space

You might set a table with a cloth or scarf, a candle, something beautiful from the natural world, a jug, bread and wine. The candle is lit.

### Entering into the Stillness

**Facilitator:**

We sit relaxed and quiet, ready to pray.  
Our work we lay aside.  
We breathe softly and gently.  
There is nothing else we have to do right now  
– other than to fall into deeper and deeper stillness.

**Quiet time:**

Silence for 1 or 2 minutes.

**Facilitator:**

Look around you.  
Focus for a few minutes  
on something that is absolutely still.  
Feel its stillness  
and calmness in your body.



## **Visio Divina (Guided)**

Allowing God to speak to speak to you through images.

### ***Seeing***

Slowly and gently let your eyes wander over the painting.



*Art © Mary Southard CSJ, (used with permission)*

### ***Contemplating***

Let your eyes rest for a while on a part of the painting that attracts you and stirs your interest.

### ***Insight***

What are you experiencing in body, mind, heart?

### ***Sharing***

Does the image that attracted you, call to mind something that is happening in yourself and in the world today?

### ***Revisiting the Painting***

Do you see something in the painting that you missed before?

### ***Sharing***

What name would you give to the painting?

### ***Looking Outwards***

Do you feel invited to respond, with compassion and mercy, to any issue that emerged in this sharing?

Pray silently for the grace to do this.

**Rest once more in the stillness and silence.**



**Leader:**

We give thanks for 'The Gift of Sight'

**Shared readers:**

What a great gift  
of sight I was given  
being able, when I have  
understood something  
to say, now I see.  
To see the light  
and the way that  
its sister shadow  
reveals the form  
of things – and  
when the light moves  
the form changes –  
And we say, isn't that  
a beautiful red –  
when the light  
comes through our wine.

I love the sight of light  
when it falls on water  
and leaves, and these words  
as they come together  
to say what I have seen –  
and I am thankful  
for the seeing I do when I am unaware.

What a great gift it is  
to see my lover,  
my child, my friends  
to see this day  
and all the days  
of my life – my eyes  
are always there  
telling me about  
the grain of wood,  
the miracle of  
a piece of fruit,  
a slice of bread,  
A creative form  
the magic order  
or the folds of fabric –  
even the sight of  
the sound of things,  
of rustling sheets  
and fingers making music.

All this time, my eyes  
have served me and  
given me untold gifts  
of life and living and  
of being in the world  
and part of  
the life of God. Amen.

From Tom Bass, *Occasional Prayers* (1998:43)  
Milton-Freewater: Centre for Creative Ministries

Everyday,

I see something so motionless  
that it stills me down.

Everyday,

I see something that cries out for mercy  
and compassion.

Everyday,

I see something so beautiful  
that it fills me with joy.



**Closing Song**

*Open My Eyes* – Jesse Manibusan

**link**

<https://www.youtube.com/watch?v=BbihOyKIvi8>