

Vision Divina

(Latin for “divine seeing”)

What is Visio Divina?

- A contemplative practice of reflection
- Involves prayerfully meditating on visual art or images to deepen our understanding of spiritual truths
- Inspires a deeper sense of knowing and connection with the divine
- Helps us learn to see as the mystics see

*Similar to the practice of **Lectio Divina** (“divine reading”), which focuses on scripture, Visio Divina uses images*

The Practice

1. Seeing (Observatio)

- This stage is about observing and receiving the image as it is.
- Gaze upon the image with an open and attentive heart.
- Notice details, colors, shapes, and emotions evoked by the visual piece without overanalyzing.

2. Reflecting (Oratio) – Letting what you’re seeing speak to you

- Reflect on the emotions, thoughts, or spiritual themes that arise as you look at the image.
- Ask questions like, *What is this image saying to me? How is it connecting with my life or faith?*
- Let your mind dwell on the feelings and messages the image conveys.

3. Meditating (Meditatio)

- Engage in conversation with God about what the image has stirred within you.
- Offer thanks, questions, or insights to God, allowing the image to guide your prayer.

4. Contemplating (Contemplatio)

- Rest quietly in God’s presence, letting the image and the prayer deepen your sense of connection.
- This is a time for being, rather than doing, as you allow the spiritual encounter to sink into your heart.