Encountering Original Bliss: Paintings through Visio Divina	Encountering Original Bliss: Paintings through Visio Divina
By yourself (turn over for in the company of others):	By yourself (turn over for in the company of others):
Review the paintings in the exhibition.	Review the paintings in the exhibition.
Select a painting to contemplate.	Select a painting to contemplate.
Notice what first draws your attention.	Notice what first draws your attention.
As you continue to gaze on the painting what do you notice? What shimmers?	As you continue to gaze on the painting what do you notice? What shimmers?
What emotions are expressed in the image or arise in you as you gaze on the painting?	What emotions are expressed in the image or arise in you as you gaze on the painting?
How does this painting speak to you? What is it evoking in you? Inviting you to?	How does this painting speak to you? What is it evoking in you? Inviting you to?
You may like to reflect on the image through writing—prose, poetry, or song lyrics.	You may like to reflect on the image through writing—prose, poetry, or song lyrics.
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Encountering Original Bliss: Paintings through Visio Divina Encountering Original Bliss: Paintings through Visio Divina *In the company of others*(turn over for by yourself): *In the company of others*(turn over for by yourself): Review the paintings in the exhibition. Review the paintings in the exhibition. Together, select a painting to contemplate. Together, select a painting to contemplate. Notice what first draws your attention. Notice what first draws your attention. As you continue to gaze on the painting what do you notice? What As you continue to gaze on the painting what do you notice? What shimmers? shimmers? What emotions are expressed in the image or arise in you as you gaze What emotions are expressed in the image or arise in you as you gaze on the painting? on the painting? How does this painting speak to you? What is it evoking in you? Inviting How does this painting speak to you? What is it evoking in you? Inviting you to? you to? You may like to reflect on the image through writing—prose, poetry, or You may like to reflect on the image through writing—prose, poetry, or song lyrics. song lyrics. With a partner or in a circle of companions, share your responses to the With a partner or in a circle of companions, share your responses to the painting and what the questions provoked. painting and what the questions provoked.