

Encountering Original Bliss: Paintings through Visio Divina

By yourself (turn over for in the company of others):

Review the paintings in the exhibition.

Select a painting to contemplate.

Notice what first draws your attention.

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?

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.

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