

Daily Spiritual Practice: Sunday, July 5: *Live, Love, Share... Divine Vision*



HOLY ATTENTION

“Often, Often goes the Christ in the stranger’s guide.” Benedictine Spirituality

“The day of my spiritual awakening was the day I see, and knew I saw, all things in God and God in all things.” Mechtild of Magdeburg

“Whoever you are, you are human. Wherever you are, you live in the world, which is just waiting for you to notice the holiness in it.” Barbara Brown Taylor, An Altar In The World

All you need for the practice of holy attention is yourself and the time to really see. If you are walking in the world, then walk slower. Take a deeper look at the things you pass. Notice the details in plants, places, and people. Focus your attention on the ever-present God in all things. For a moment, see people and places, as they are, not just background in your own story. As people pass, imagine what their story may be. Imagine a life that may be so different and also so similar to your own.

If you are sitting down, or desire to write, claim a piece of the earth you are in as a space where you want to give your full attention. Write down (or mentally note) every detail you see. Really look. Notice the color of bark on trees, or the way the wind moves things, or the different textures of the dirt. Spend as much time as you desire just noticing. If helpful, imagine the journey of each detail you see- the way it was shaped in time, the earth that it comes from and is a part of. What does it mean that you are here now too? Do you feel solidarity with this part of the world? Do you see how everyone and everything is on a journey just like you? Do you see how in this moment you are all in this place at this time, in all your detail and wonder?

If you don’t see God in these things, that is ok. Just see them for what they are. Pay attention to color. Pay attention to texture and smell. If you notice long enough, you may forget yourself for a while and whatever anxieties or preoccupations you carry with you. You may find yourself totally present in the place you are in.