

Nano Icon Visio Divina Prayer Guide

You are invited to pray with the icon of Nano Nagle using the prayer practice of sacred seeing called Visio Divina. You have received a printed copy of the icon as well as a booklet highlighting some of the icon panels. Descriptions next to each panel were slightly adapted from the writing of iconographer, Desmond Kyne. The paragraphs below will guide you the Vision Divina prayer.

Visio Divina (Latin for “divine seeing”) is a prayer practice that creates space to listen and pay attention to the Holy in our lives. Based on the 6th century monastic practice of *Lectio Divina* where the object of prayer is a passage of scripture, *Visio Divina* allows the Spirit to speak through images.

Prepare: Take a few moments of quiet. Find a position which will allow you to comfortably gaze at the full icon of Nano. Become aware of God’s presence by connecting with your breath. Inhale openness and spaciousness. Exhale anything that may be blocking you from being fully present in the moment. Gently shift your awareness from your head into your heart. Be present. Be open.

Eyes to See: Invite your eyes to gently gaze on the icon of Nano. Let them sweep the whole icon. Notice the shapes, colors, contrasts, images. Notice the various panels, lines and details. Look for symbols. Notice if there is a place on the icon where your eye is invited to linger. Are you called back repeatedly to a certain detail or color? Try not to think about it too much. Simply notice where your attention is drawn – what event in Nano’s life calls to you? What aspect inspires you? Notice what your eye avoids or passing over. What events of Nano’s life do you sense resistance? Slowly become aware of the place on the icon that is just for you today. It might be a color, a shape, or a tiny detail. Linger here.

Open Heart: Take a closer longer look at this place on the icon. Open your imagination. As you reflect on that space, what feelings or longings are evoked? What memories or hopes are stirred? Make room within your heart for whatever wants to emerge. Be here. Be present. Let go of judging or critiquing. Simply be. Linger here. Open to whatever rises within you.

Respond: Slowly begin to notice what is being revealed in your seeing and through what you are feeling. What is the invitation in this moment of your life? In the day-to-day life you are living what is God calling you to do or be? What insights have you gained? What invitation is growing in you? What shift in your life (or the life of our Presentation family) may be calling?

Enjoy: Spend time reflecting and journaling. Let go. Rest. Enjoy a few moments of stillness in this space.

Pause: Sit silently for 3-5 minutes. Reread what you have journaled. Rest with it.