



# VISIO DIVINA

## PRAYER PROFILE

- Prayer Type:** Imaginative  
**Time Required:** 5–15 minutes  
**Source:** Christian Contemplative Tradition  
**Focus Level:** Medium  
**Heart Engagement:** Reflective  
**Body Involvement:** Still / visual  
**Best Used When:** Dryness, curiosity, creativity  
**Repeatability:** As desired  
**Growth Potential:** Awareness, attentiveness

## INSTRUCTIONS

1. **Visio:** Survey the whole image or icon. Let your eyes wander over the colors, texture, and scenes. Then allow your attention to gravitate towards one thing. Stay with it.
2. **Meditatio:** Reflect on the part of the image that has drawn your attention. Consider its possible meaning and importance in your life.
3. **Oratio:** Talk to God about what we have encountered and considered.
4. **Contemplatio:** Rest with God in wordless, thoughtless silence.



The Healing of the Blind Man, located at  
Dionysiou Monastery in Mt. Athos, Greece

# THE HEALING OF THE BLIND MAN