

The Spirit-Mind Method

Spirit-Mind Method is one of the most traditional ways of cultivating friendship with God. *This practice* is one way of listening to sacred works and spiritual writings as if we are in conversation with God and God is suggesting the topics of conversation. It is listening with the 'ear' of the heart.

The daily encounter with God and reflection on spiritual writings leads beyond mere acquaintanceship to an attitude of friendship, trust and love. *This practice* leads us to communion or as Gregory the Great (6th c.), summarizing this tradition, says, "Resting in God."

Growing in Relationship

Growing in relationship with God is a process like any other relationship. We need to begin by listening and entering into dialogue with God's Words and other spiritual writers' words. As the dialogue unfolds, we will discover different ways of being in relationship; different moments of being with God.

This method can be either or both a personal prayer practice or enriched with a group presence and insight. Begin by walking through each moment, taking as much time as needed. There are no "shoulds, oughts, or musts." Listen with the ear of your heart and let the dialogue with God unfold in its own time and let the Holy Spirit take the lead.

We need to trust that God is eager to be with us and to share with us the inner peace and freedom we desire.

Guidelines for Spirit-Mind Virtual GroupEx Class SACRED READING

OPENING PRAYER: Come, Holy Spirit, pour into our hearts the rays of your light. Help us to listen more deeply to this reflection. May you penetrate our hearts and minds so that we in turn may penetrate these words at ever deepening levels of understanding, insight and response.

Step One: Read the passage, remembering to listen with the 'ear of my heart.' What word, phrase or sentence stands out for me? Allow for a few minutes of silence.

Step Two: Read the passage again and silently **Reflect** on the words. What thought or reflection comes to me that is meaningful? Allow for a few minutes of silence.

Step Three: Read the passage again and **Respond** spontaneously in your heart to the words. Be aware of any prayer that rises up within me that expresses your experience. Allow for a few minutes of silence.

Step Four: Read the passage for a final time and **Rest** in the words, reflect or pray and allow God to speak in the silence of your heart with God's transforming love. Allow a longer period of silence.

CLOSING PRAYER: Almighty God, thank you for the gift these words. May I take the word or phrase that spoke to me, the thought that I became aware of, the prayer that came from my heart into the activity of my day as a reminder of my genuine desire to consent to Your presence and action in my life. In your name we pray.
AMEN.