

An Exercise in Seeking God's Light

Items to have available for participants:

1. *Paper and writing tools (pencils, pens, crayons)*
2. *Labyrinth to walk, or finger labyrinths*
3. *Molding clay*

Compose yourself in quiet:

4. *Light a candle in center of area in prominent place so that everyone can see it*
5. *Relax*
6. *Breathe deeply, gently*
7. *Without judgment, observe the dancing flame of the candle for a bit*
8. *Re-collect yourself before God*

Now, quietly bring to your mind another person in your life; someone who has positively impacted your life, or whom you work with, or even someone who has caused difficulty for you.

Continue watching the central candle flame dance:

1. *Imagine the light of the candle is the Light of God coming into the world.*
2. *Imagine it is the only Light coming into the world.*
3. *Now, imagine God's Light is coming through this person you are holding in your mind.*

Be in silence, open to what comes to the surface of your thoughts and feelings with complete honesty. Don't try to think up any reason for such, or explanation. Focus on the light of the candle and be present to the light:

1. Allow images, impressions, words, feelings, intuitions to surface.
2. If insights arise, note them on paper.
3. If nothing comes, don't worry. Try one of these:
 - *Walk the labyrinth*
 - *Pick up clay, paper & crayons, or something creative and just play*
 - *Journal a dialogue: allow an interior conversation to unfold on paper between you and God/Jesus/Spirit.*

How do you perceive God's Light coming through this person you are holding in your mind and heart? How is this Light manifest through them to you and the world? How might you be a source of Light for this other person? If something comes to you as gift, give thanks!

If you think you might have become more away of God's Light through this person, pray to stay alert for further signs.

If nothing discernible "happened," ask to hear/see what you need over the next few days.