Audio Divina

Audio Divina (Sacred Listening) is a form of meditation like *lectio divina* (Sacred Reading). In *audio divina*, however, one invites the movement of the Holy Spirit through a musical composition rather than speaking through a text.

In preparation for *audio divina*, choose a musical composition or part of a composition. Find a comfortable and quiet place to sit. Quiet your mind and body, setting aside all the thoughts and to-do lists running through your mind. Open your time of prayer by inviting the Holy Spirit to guide your listening.

Like *lectio divina*, there are four movements in *audio divina*:

1. LISTEN to the piece of music with the "ear of your heart."

2. REFLECT and meditate on rhythms, melodies, harmonies, and/or overall sounds that resonate in your heart. Ponder these sounds and what they may signal for you.

3. RESPOND in prayer as you savor the physical sensations, thoughts, and/or emotions that have surfaced.

4. REST in God's presence allowing the Spirit's gifts to permeate your soul.

Finally, you may want to journal your experience. Write down how the Spirit has moved in your life through this musical composition and how God may be inviting you to respond.

Shalem Institute Spiritual Guidance Program