



Musica Divina



One of our prayer practices involves *Musica Divina*, a form of meditative prayer that utilizes music as a conduit for spiritual experience. Also known as Sacred Listening, *Musica Divina* invites the Holy Spirit to work within you through the power of music. It is modeled after the more well-known practices of *Lectio Divina* (Sacred Reading) and *Visio Divina* (Sacred Seeing). This prayer method can be practiced with a single song/piece/work of music or an entire album. Regardless of the duration, it encourages a prayerful approach to music listening.

In *Lectio Divina* there are usually four movements, however, here we provide a few more steps to engage in a *Musica Divina* practice; still keeping the prayer method within the rhythms modeled by *Lectio Divina*.

- ① **PREPARATIO—Intentionally select the work of music**
Take some time to think of a work of music that you enjoy and would want to pray with.
- ② **AUDIO—Listen with your heart & invite the Holy Spirit**
Embrace the music as a sacred offering, listen with an open heart and soul. Allow the music to wash over you, inviting the Spirit to lead your experience.

We recommend listening to the work of music a few times during the practice. If your chosen work of music includes words, it may be helpful to read the lyrics during one of the listens.
- ③ **MEDITATIO—Reflect on what you hear**
Consider the messages conveyed by the music. Did it evoke any emotions, images, or memories?
Pay close attention to:
 - **The rhythms and sounds:** How did they make you feel? Were they driving, soothing, or something else entirely?
 - **The lyrics (if present):** What did the words mean to you? Did they resonate with your own experiences or beliefs?
 - **The overall impact of the music:** What emotions or thoughts did it elicit?

Journal your reflections if you feel inclined. This can help you process and understand your experience more fully. Alternatively, simply sit in silence and allow the impressions to settle.
- ④ **ORATIO—Respond with prayer**
Express your thoughts and feelings through prayer, either silently or aloud.
- ⑤ **CONTEMPLATIO—Enter receptive silence**
Having listened to the work of music and shared your prayers, remain in receptive silence. Trust that God holds this moment, as God holds all moments, with loving care.

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