

SYMPHONIC CREATIVITY

Sheet music 1

Sensible *and* disposed *to the* life's symphony

Inspirational word:



We have put so many ideas in our minds that we have (not) become accustomed to the Presence of God, who reveals Himself at every moment and wants to build a personal relationship with each of us. We struggle to experience grace and its effects in our daily life, and many times we feel that, in the spiritual life and the practices as a believer, we have already heard, if not everything, almost everything. What could surprise us?

To restore the sensibility that allows us to be moved, touched, and reached by spiritual affairs –and even by the grace of God itself (which manifests closely and presently to us)–, it is necessary **to unleash our external senses and transcend them to develop our inner senses too.**

St. Ignatius suggests the "application of the senses.", a practice in koinonia with today's inspiring word, and to what its meaning leads us.

How to conduct the application? It is about letting yourself be touched to your greater sensibility, the innermost recesses of your heart and body, by the Word of God that becomes palpable to our senses. In this case, we propose you do this practice in a fresh and novel way so that you begin to tune your inner instrument.

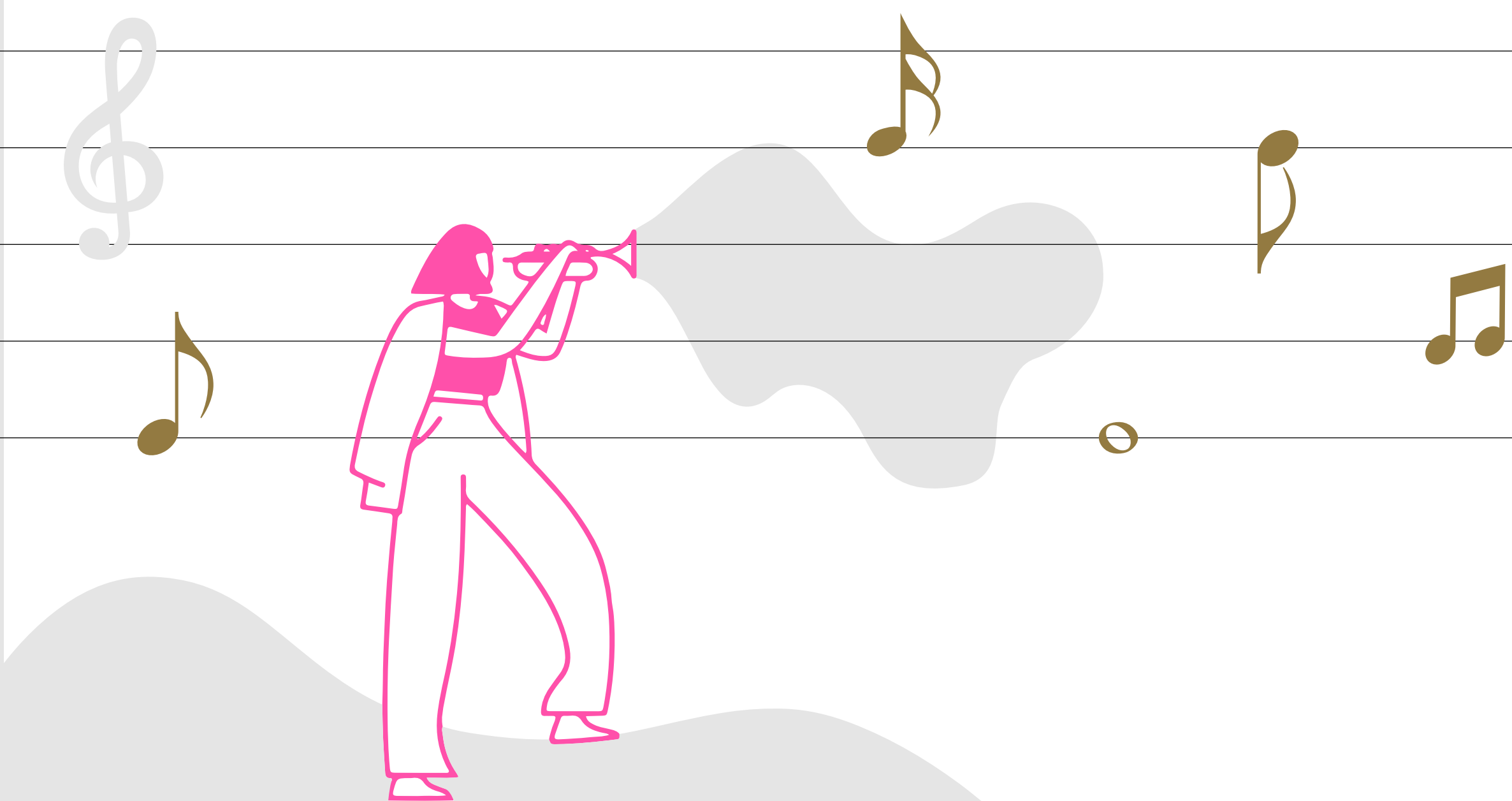
Ask God for a new grace, for He is the source of all creativity and symphony, a life-giving fountain for you: "let me touch you... let me see you... let me smell the scent of your presence... let me listen to you... etc." That profound experience of the divine Presence and harmony is what we are proposing.

1. Disposition

Take a moment to make the sign of the cross and prepare yourself to pray. In sheet music zero, we gave you some recommendations before prayer.

2. Fruit

Lord, let me touch you with the feel of my soul, let me see you with the eyes of my heart, let me listen with the whisper of my deep intuition, let me smell the scent of your presence that harmonizes all my senses and connects me with the vital symphony. The one that invites me to live fully and accept my here and now.



3. Meditate

Listen to the following song:

<https://www.youtube.com/watch?v=OmaaMf58tEs>

Then, breathe deeply and repeatedly through your nose and exhale through your mouth, repeating slowly in your mind, relishing with your heart, and making an act of faith: "Activate my inner senses to feel loved again."

Repeat it slowly, enjoying each phrase, but most of all, fervently wishing that God will gradually help you to recover that deep intuition of knowing you are loved just the way you are. He is creative and wants to awaken your creativeness. He is a vibrant symphony that wants to resonate in you and through you.

Do not focus on your expectations for this moment or on the sensitive. Let God surprise you gradually with His peace and with what He wants to give you, even if it is a silence full of Presence.

In tune with the lived experience, we invite you to answer the following questions that can help guide your retreat day to everyday life:

What is your current symphonic tune?

What emotions represent it?

If you had to choose three words to describe it, what would they be?

What can you do to increase the experience that God wants to give you of knowing that you are loved and capable of feeling the vital symphony that is His spirit beating in you and for you?





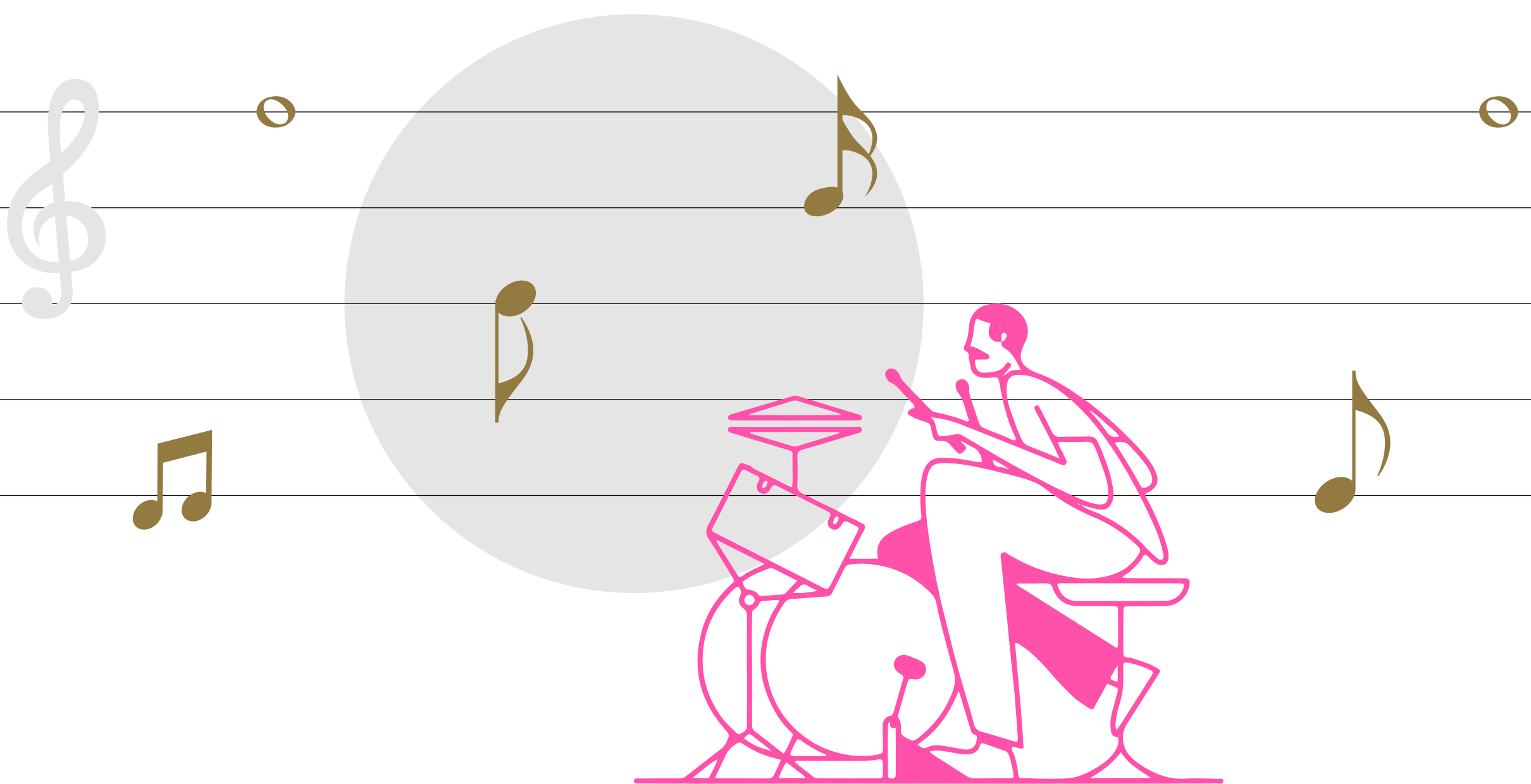
4. Colloquy

Give closure to your moment of prayer with a spontaneous dialogue with God Love. You can speak to Him as a friend speaks to a friend. Communicate with Him the echoes of your moment of meditation, your desires, and your questions; allow yourself to pour out your heart to His harmonizing presence. Do it trustfully.

5. Discernment

Amidst the pace of the journey, there is not always an opportunity to realize everything that happens to us. That is why it is crucial to look back and recapture the words, the encounters, the successes and mistakes, and the lessons learned. And that is the intention when reviewing this stage. It is not an examination to evaluate or judge what has been lived, but to discover the calls, lessons, and possibilities in it.

- Ruminant on how your moment of prayer was (what emotions you felt).
- Think and write or describe with one word your prayer time.
- Pay attention to the elements that helped you connect with the meditation. Register them to repeat them in the upcoming personal encounter with yourself and God.
- Try to take the echoes of your experience to someone close to you in simple and daily gestures of love.





Supplementary material

Father,
I abandon myself in your hands;
do with me what you will.
Whatever you may do,
I thank you.
I am ready for all, I accept all.
Let only your will be done in me,
and in all your creatures.
I wish no more than this, Oh Lord.
Into your hands I commend my soul;
I offer it to you
with all the love of my heart,
for I love you, Lord,
and so need to give myself,
to surrender myself into your hands,
without reserve,
and with boundless confidence,
for you are my Father.

“PRAYER OF ABANDONMENT”– CHARLES DE FOUCAULD

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