

SYMPHONIC CREATIVITY

 Sheet music 0

From the disposition to the encounter

Let us prepare ourselves internally

This sheet music aims to share the fundamental notes –id est the core elements– to make this journey more fruitful for your **experience of faith** and for every aspect of your life.

At every moment of personal meditation, we invite you to use as a compass these two core insights:

1 **St. Ignatius** used to say that "knowing much" does not content and satisfy the soul, but to realize and relish things interiorly. It is not about introducing concepts, ideas, or reflections, but that everything is a free and frank desire to meet God Love, who dwells within and wants to resonate in you a melody of ever new liveliness.

2 **Benedict XVI** maintains that the encounter with Christ –and thus the re-creative symphony that flows from his risen heart– is the basis and foundation of all spirituality. Not an ideology, an experience. Every moment of meditation is oriented to enable and revive this encounter. The dispositions listed in this sheet (sheet music) constitute the moment of fine-tuning your inner senses to harmonize and connect with such creative symphony –the Spirit–.

Here are some key provisions to keep in mind in the prayer times proposed by **WayMakers 2022: Symphonic Creativity**



Do Prepare yourself expectantly

Something new will happen in your life as you connect with the divine melody that dwells within you. During the day, nurture expectation by allowing yourself to get surprised by the depth of the simplicity, the ordinary.

Re Tuning the body as well

It is desirable if you stay during the meditation to allow time for the body and soul to harmonize and attune. During the experience, maintain a comfortable posture, try to breathe deeply and slowly, and bring your body into the moment of meditation.

Mi Trust, attune ourselves to transcendence

Resonate and encounter God's revitalizing melody implies an act of faith. That is to be aware of God's presence at the beginning and throughout the experience: I am with Him, and He is with me. He can whisper to me like a nice and smooth violin or impact my life like a noisy drum, but it is undeniable that he wants to give me the gift of his reviving and transforming melody.

Fa Invoke the holy spirit (orchestra director)

The conductor is vital. Without Him, the score is a series of incomprehensible symbols or a set of dissonant instruments isolated from each other. To connect with the experience of the encounter, we must invite Him to resonate with and in us. A song, a single spontaneous statement, a prayer, anything will do when it comes to calling Him. He awaits our free invitation to our inner stage to help us connect with the essential.

Sol Include the distractions in your melody

Add everything that generates inner disharmony into your meditation and tune it with the experience. Everything can be an object of contemplation and dialogue with the harmonizing God Love if you try to be flexible. Do not resist or pigeonhole yourself in "how this experience should be" receive without judging what you are and feel instead, and leave every thought, external noise, or internal emotion to the Artist par excellence.

If you know the musical notation, you may have noticed that in the listed notes/dispositions there are missing two (**La** and **Si**). That is because to the aforementioned suggestions you can add your own, id est, all those internal or external arrangements (time, place, environment, position, etc.), that help you to DISPOSITION TO ENCOUNTER*US.



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