



**LIFE
LINE**
In solidarity with...

**EIGHT DAY
ONLINE RETREAT**
**5th - 12th April
2020**



Helpful Prayer Methods

1. Ignatian Meditation

- In Meditation one reads the Scripture passage like reading a love letter.
- One reads the text slowly, in a whisper or aloud, allowing the words to wash over oneself and savouring the words.
- Remain with the words that attract your special attention. Absorb those words the way a sponge absorbs water.
- Keep repeating, a phrase or a sentence. Always aware of the feelings that these words or phrase awaken.

2. Ignatian Contemplation

- We insert ourselves into the mystery of the life of Christ as revealed in the text: 'to see the persons, to observe, consider, what they are saying, to behold and consider what they are doing.'
- Remember that the mystery is taking place here and now. So, be part of the mystery.
- Contemplate what they are saying. Get affected by their words.
- Consider what they are doing. As you contemplate, constantly be aware what happens within you and draw fruit from it.
- Share with the Lord all that you go through at this moment. Listen to him. What is he telling you? What is your response? It is a prayer of the heart.

3. Nam Japa (Recital of Name)

- Sit straight
- Eyes closed
- Breathe in and say the name of 'Jesus' or any other favourite name/word.
- Breathe out and say 'My Shepherd' or any other favourite name/word.
- Be aware of the flow of breath.
- As and when your mind wanders, gently bring it back to your breathing.

4. Mantra Meditation (Sacred word or phrase)

- Choose a Mantra
- Choose a word/sentence that represents something you want to develop in yourself
- Sound should be soothing. Repeat the word or sentence mentally.
- Mantra Repetition:
 - The relaxation response can be evoked by sitting quietly with eyes closed for 30 minutes twice a day, and mentally repeating a simple word or sound such as "Jesus" or any other verse from the scripture that inspires you.

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