

*Heart Spaces*  
By  
*Tanuja Gnanasekaran*

Based on  
**Active Meditations for  
Contemplative Prayer**  
-Fr. Thomas Keating



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Suffering is a part of the warp and woof of living. It is not an end in itself, but part of the price one has to pay for being greatly loved. Love, whether human or divine makes you vulnerable. (Page 77)

*The Vulnerable Heart*

*Lord, I have covered my heart,  
I've suffered much,  
It has torn me apart,  
Although I wait eagerly,  
Thinking my heart is open  
I can't stand the pain  
Of vulnerability,  
In it, I only see rain.*

*It's so much easier  
To pay You lip service  
Of my love for You  
While I hide myself,  
Others bring me  
Great sadness,  
I've been hurt badly,  
I'm stuck  
Being somebody else.*

*My focus on my cross  
Has dimmed my eyes.  
In silence, I can start  
To see clearly,  
My thoughts, the only noise.*

*Be still my soul  
Let the Holy violet light in,  
In Love I can do all things,  
Now I see Resurrection,  
Grace comes on Eagle wings.*

- TMG

Suggested Steps

- Bring to mind something that hurts or someone who has hurt you.
- Choose an intention to be vulnerable
- Lectio Divina (Read, Reflect, Respond, Rest)
- Rest/Contemplation-
  - Draw a picture, use words, sit in silence or take a slow meditative walk (coordinate steps with breathing), and reflect on how your heart feels after your silent time. Do you feel open? Can you give yourself permission to be vulnerable?
- Come back to the group and share your experience or remain in 'Silent Grace'

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**LECTIO DIVINA - DIVINE READING**

- Reading (Lectio): Read a Scripture passage listening with the “ear of your heart.” What word or phrase captures your attention? Repeat it gently.
- Reflecting (Meditatio): Reflect on and relish the words. Be attentive to what speaks to your heart.
- Responding (Oratio): As listening deepens, allow responses to arise spontaneously — praise, thanksgiving, questions, petitions.
- Resting in (Contemplatio): Simply “be with” God’s presence as you open to deeper meanings of the Word of God for you.

(From [www.contemplativeoutreach.org](http://www.contemplativeoutreach.org))