

Meditations on a Painting or Piece of Art

The following suggestions may help you to befriend a painting and allow it to speak to you.

Spend time with each question and choose to stay with what assists you in being led into the meaning it might have for you.

Take a few moments to be here – to present to yourself.

Notice your breath flowing through you.

Step into the space of now.

Let go. Let come.

Now focus on the paintings in front of you.

Let it engage you – affect you.

What do you see?

Let your eyes travel over the whole of the canvas – and then rest where your attention most draws you.

Where do you feel most invited to stop? Where do you feel least invited to dwell?

Where do you feel comfortable: Where do you feel uncomfortable?

Position yourself somewhere in the painting.

What happens to you as you contemplate the painting?

How do you feel?

What inner images might it evoke?

What memory/ memories does it evoke?

Do you like the painting – the colours – the subject matter? *Why?*

Or do you find it disturbing? *Why?*

Give the painting a name, which is a feeling word (e.g. joy, anger, peace, hurt).

As you continue to look at the painting, a story might come to mind. What might have happened?

What is happening? What is going to happen?

Does it reflect your life in anyway?

As you stay with the painting which word of scripture or of a poem suggests itself to you?

Which music might you hear?

Feel invited to speak to God about how the painting affects you.

Now let go of the immediate engagement with the painting.

Consciously notice your breath flow through you and relax.

Courtesy of Sr Renate Duellman

St. Antony's
C e n t r e

