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By Rosemerry Wahtola Trommer

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(and many others)

How to Practice Audio Divina

Audio divina, or divine listening, is a form of meditation that uses an audio recording as a window into the divine. You can use this practice when you're listening to a talk, sermon, or even music. It's the same basic structure of both *lectio divina*, which meditates upon a text, and *visio divina*, which meditates upon an image.

Step 1 - Breathe Prepare yourself by finding a quiet and comfortable space and posture. Take some deep breaths, lengthening your exhales with each one. Be present in your body, and notice any sensations: perhaps tension in your back, tingling in your fingers. The feeling of your feet planted firmly on the ground.

Step 2 – Listen Begin listening to the mystic speak. You might want to close your eyes and center yourself hearing the words. When the recording stops, settle and sit with what you heard. What words or phrases jumped out at you as the mystic was speaking?

Be curious as you sit with this, with whatever word or phrase might be emerging. Repeat that word or phrase silently to yourself, as you consciously breathe in and out. Pause for a moment of silent reflection, perhaps jotting down on a piece of paper what has come to your mind.

Now notice any feelings that might be bubbling up. Curiosity, resistance, longing – whatever it might be, welcome them. Pause for another moment of reflection, as you write or draw what has come to your mind.

Step 3 - Listen *again*, but more deeply.

If time allows, you are invited to listen to the audio a second time, savoring what you heard. Be curious as you listen with a more open mind to how else God may be speaking to you through this recording.

Step 4 - Reflect

Take a few moments to journal about your experience, what you heard and the feelings it evoked. Some questions you might ask yourself: How is the divine speaking to you through the words of this modern mystic? How is God speaking to you through your feelings? How might you live out what this mystic has taught you? In your relationships, daily rhythms, or interior life?

Conclude

Sit with these words, these divine reflections as long as you like. When you feel the time has ended, place a hand on your heart, thank the divine that is around and within you, and gently settle back into your surroundings.