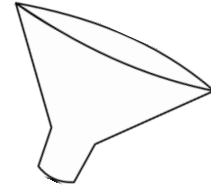




Opening Oneself to God

Picture in your mind, a funnel.



With eyes closed, imagine the small end of the funnel on top of your head, and the large end is going out into the unseen world. Then pray,

Abba (Father), Open my mind to know you.

Then, move the funnel to your ears, small end on your ears, the large end out into the unseen world and pray,

Abba, Open my ears to hear you.

Move the funnel to your eyes. The small end of the funnel at the bridge of your nose, the large end out into the unseen world and pray,

Abba, Open my eyes to see you.

Now, in your mind, place the small end of the funnel over your heart, the large end out into the unseen world and pray,

Abba, Open my heart to love you

Allow yourself time at each point. No need to rush.

“How can you draw close to God when you are far from your own self?”
Augustine - AD 500. Confessions