



Praying in Color Spiritual Practice

There are many ways to open ourselves to Spirit and in turn to express to Friends and others what we have received. Words are just one of the ways.

This opportunity explores a visual modality called Praying in Color. Like any ministry or activity, it is most powerful when it speaks to our condition.

Settle into worship/prayer. Begin by reflecting on your inward condition. How are you deep down, at a soul-level? Are there people or situations weighing on your heart? Is there guidance you seek? Is there a capacity you yearn for especially as a Friend in this troubled time? Is there a gratitude rising in your heart?

- Begin this practice by writing a word connected with your inward condition on your paper.
- Center yourself and embellish and doodle as you hold that person or hope or concern in God's care.
- Add more words as you are moved and embellish those, holding them in prayer.
- Let a creative stream bubble up within you from a place below active, reasoned thought.
- Release any worries about the picture you are creating. Let the experience serve its purpose to open you to the Divine Presence.
- Hold it loosely and trust the Guide to guide you.

Welcome Spirit coming to you through image and color.

This practice can be used as an individual or group spiritual practice. Repeating the practice daily, or as you are able, increases the power of the spiritual practice. Coming to the practice with focus and intention also increases its power.

MacBeth, Sybil. *Praying in Color: Drawing a New Path to God*. Brewster, MA: Paraclete Press. 2007.

Beth Collea, 2020

