

Imagination Exercise Script

Imagine you are sitting on a mountain top overlooking a vast city. It is twilight, the sun has just set, and you notice the lights coming on in the great city. Watch them coming on until the whole city seems to be a lake of lights. You are sitting there all alone, gazing at this beautiful spectacle. What are you feeling?

After a while you hear footsteps behind you and you know that they are the footsteps of a holy man who lives in these parts, a hermit. He looks at you gently and says just one sentence to you: "If you go down to the city tonight you will find God." Having said this he turns and walks away. No explanations, no time for further questions.

You have a feeling that this man knows what he is talking about. What do you feel like doing? Do you feel like acting on his statement and going into the city? Or, would you rather stay where you are?

Whatever you feel, do go down into the city in search of God. What do you feel as you go down the mountain?

You have now come to the outskirts of the city and you have to decide where to go to search for God. Please follow the dictates of your heart in choosing the place you go to. Don't be guided by where you think you should go. Just go where your heart tells you to go. Where is this place?

What happens when you arrive there? What do you find there? What do you do there? What happens to you? Do you find God there? In what way? Or, are you disappointed in not finding God? What do you do then? Do you choose to go somewhere else? Or do you just stay where you are?

Wherever you are, whatever you are doing, stop for a moment and look around you. All around, appearing suddenly, out of nowhere, are dozens of images of God—dozens, hundreds, thousands. They look real, three-dimensional, as if you could reach out and touch them. But don't just yet.

First, look at them all. Many of them are familiar; someone has told you of them: the cross, a splash of water, the star of David, a breath of wind, a flame, the empty tomb, wheat and grapes, the faces of the poor. Look around some more and begin to consider what symbol of God speaks most clearly to you today. When you find it, reach out and take it reverently into your hands. Having chosen your symbol consider it fully. Give it your attention. What are you feeling as you gaze at this symbol? Say something to the symbol. Now imagine that it speaks back to you. What do you say? What does it say?

Become the symbol and look at yourself standing there reverently. What do you feel as you see yourself from this perspective? Now return to yourself standing there holding the symbol. Stay for a while in silent contemplation. Then bid farewell to your symbol, knowing that you can and will come back to it.

Allow a few minutes of silence or background music to conclude the exercise.