

Turning to the Mystics

Season 8: Coaching Session (Mechthild of Magdeburg)

We are asking Mechthild to mentor us in the ways of love.

Below are some suggested guidelines to help you turn to Mechthild's trustworthy guidance in deepening your experience of, and fidelity to God's loving presence in your life. The key to remember is to be sincere, to be patient, and to be compassionate towards the aspects of yourself that are still growing into how to stabilize in this love; the way God is always compassionate and patient towards you on this love path. You are on a learning curve; you are on your way.

The guidelines lay out a way to read Mechthild as a path of of Lectio Divina, Discursive Meditation and Prayer leading out upon contemplative communion with God beyond words. (in the way of Guigo II, from Ladder of Monks)

The Lectio: Read the text in a heartfelt way and let your heart be touched by it as God speaking through Mechthild to you. Focus on a section of sentences and read through the section. Then you will go through each sentence one at time, write out the sentence long hand and notice what strikes you. Let yourself be taken by it, rest in the beauty of the passage before you start to think about it, take it in deeply.

- Sit in awe, wonder, openness, presence with what the depth of the text is offering.

Discursive Meditation: Then reflect on the sentence in your heart in dialogue with God. It might help you to journal out what comes to you (Be honest with yourself in the presence of God, there is nothing to live up to in your reflections, they are an opportunity to be vulnerable and open and let God mentor your heart. Many questions might go unanswered here.)

- What is my present understanding of Mechthild's understanding that she is sharing with us in this passage?
- Where have there been some moments in my life when I have tasted something of this love of which she speaks however subtle that taste might have been?
- Mechthild is bearing witness to God's love, taking her words to heart, how would I try and express in my own words how I presently sense God's love.
- How would I express how I am learning to understand this love?
- What is my growing experience and understanding of what this love is asking out of me? And where am I in responding to that call?
- What would my life be like if I could walk around more habitually stabilized in this awareness?

Prayer: Ask God to help you with this, to deepen your experiential understanding and fidelity to the ways God has revealed and is revealing this love to you. God help me know your infinite love for me in all the ways I still don't understand this love.

As you go back and forward between the Lectio, Discursive Meditation and Prayer, you listen to the inclinations of your heart, to pause and rest wordlessly in the presence of God, in God's oneness with you beyond words. Let yourself be taken beyond words. This is so personal the way it happens but what you might notice is that the words open to a quality of depth that leads to resting wordlessly in this depth

Contemplation: Then you sit in wordless silence, resting in a deepening oneness with God's love, revealing itself and taking you to itself unexplainably forever.

It will have its own flow and when you feel ready go to the next sentence and return to your Lectio.

End: When this time ends ask God for the grace not to break the thread as I go throughout my day so that I might catch glimmers of God's oneness with me that is always with me. (You will notice that the thread breaks many times but now you are graced with knowing it. And knowing that as often as your awareness breaks from your end it never breaks from God's end and you ask God for the grace to be ever more aware of, and surrendered over to this love that is sustaining you and guiding you and taking you to itself, day by day, now and forever).