

Below are some suggested guidelines to help you turn to T.S Eliot'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 Four Quartets 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 which we shared in Season Four of Turning to the Mystics)

The Lectio: Read the text in a heartfelt way and let your heart be touched by it as God speaking through Four Quartets to you. Focus on a phrase or a stanza and read through the section. Then write it out long hand and notice what strikes you. Rest in the beauty of the passage before you start to think about it. Let yourself be taken by it. Sit in awe, wonder, openness, presence with what the depth of the text is offering.

Discursive Meditation: Then reflect 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 what is being shared in this phrase or stanza?
- Where have there been some moments in my life when I have tasted something of this however subtle that taste might have been?
- What would my life be like if I could walk around more habitually stabilized in this kind of 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 truth to you. God help me to know your eternal presence intersecting with me in every moment of my life in sequential time.

*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 phrase and return to your Lectio.*

End: Here is a prayer you could use to end your time of practice

- God, please give me the grace not to break the thread of my connection to you as I go throughout my day so that I might catch glimmers of your oneness with me that is always with me. God give me the grace to be ever more aware of and surrendered over to your love that is sustaining me and guiding me and taking me to you day by day, now and forever.
- *You will notice that the thread breaks many times from your end but as often as your it breaks from your end it never breaks from God's end so you can be endlessly grateful and compassionate towards yourself.*