

## P.R.E.S.E.N.T.: Focusing-Inspired *Lectio Divina*

Based on the classic movements of the [Focusing](#) process developed by Eugene Gendlin, this meditative reading practice can enrich traditional *lectio divina*. It is also a way to integrate Focusing with your daily life.

### PRAYER & PASSAGE

- Invite the Light to illumine your reading. As you read, allow your body to draw your attention to a **passage**, or a “taste” of the text. What word, phrase, sentence, or paragraph do you notice?

### RECEPTIVITY & RESPONSE

- Welcome your body’s **response** to this passage (e.g., sensations, emotions, images, memories). When you open receptive space in your inner center—your throat, your chest, and your belly—what felt sense emerges?

### EXPERIENCING & EXPLORING

- **Explore** the sensory and/or emotional qualities of the felt sense. For example:
  - Does the felt sense have a **weight**?
  - Does the felt sense have a **temperature**?
  - Can you feel the **edges** of the felt sense?
  - What do you notice, if anything, about the **size and shape** of the felt sense?
  - What do you notice, if anything, about the **texture** of the felt sense?
  - What do you notice, if anything, about the **energy** of the felt sense: for example, is the felt sense **moving or still**?
  - What do you notice, if anything, about the **emotional quality** of the felt sense?
  - What **words** might describe the felt sense? **Check** if those words resonate with the felt sense.

### SENSING & SAVORING

- **Savor** the felt sense, inviting this experience to come more clearly into your awareness: How might your own presence (e.g., gentle curiosity, compassionate patience, deep listening) encourage the felt sense to become more present with you?

### EMPATHY & EXCHANGE

- Dialogue to elicit **the felt sense’s perspective** on the passage from your reading. For example:
  - What do you **notice** in this passage?
  - How do you **feel** about this passage?
  - What **memories** does this passage evoke for you?
  - What do you want me to **understand** about this passage?
  - In response to this passage, what **action step** do you want me to take?
  - What do you **need** here now, if anything?
  - How can I develop our **relationship**?
  - What **other message** do you have for me?

### NEW AWARENESS & NEXT STEP

- Centered in presence, notice **your own response** to the felt sense’s perspective: How do you feel?
- Welcome **new awareness** of the passage from your reading: How might your dialogue with the felt sense have changed your interpretation of the passage?
- Discern what you would like to explore now: What might be your **next step**?

### THANKSGIVING & TRANSFORMATION

- **Thank the felt sense** for enriching your perspective on the passage, perhaps offering to develop your relationship through future interactions.
- Invite your body to continue **integrating** the wisdom of the felt sense, without any additional effort on your part. **Thank your body** for its constant support, even beyond your conscious awareness.
- **Thank the Light** for guiding your reading and for illumining your next step.