

Introduction Pearl of Great Price Guided Meditation

What is Guided Meditation?

Guided Meditation is a form of prayer that uses quiet reflection on a scene from the Scriptures or from everyday life. It is led by a person (guide) who describes the scene and the actions of those in the story. The purpose of guided meditation is to relax the participants so that they are free to use their senses to imagine a personal encounter with Jesus.

How to Use A Guided Meditation

1. Find a quiet room
2. Settle into a spot that will be comfortable for at least 5-10 minutes
3. Close your eyes and place your body in a relaxed position, usually without crossed arms or legs. A good position is with feet flat on the floor and hands resting in the lap, palms up.
4. Follow the directions of the leader.
5. Allow your imagination, fueled by your senses, to enter into the story.
6. Be aware of emotions the story brings alive in you.
7. If distracted by noise or other thoughts, simply acknowledge their presence and return your mind and heart to the meditation.
8. At the end of the meditation, do not rush to open your eyes. Let your body tell you when you are ready.
9. When the meditation is finished, some like to write their experience, feelings and reactions in a journal.

Pearl of Great Price

(Jane E. Ayer)

I invite you to enter into a gentle silence and to meet Jesus in your imagination. Close your eyes and get comfortable. Begin this prayer experience by doing some deep breathing exercises.

Breathe in deeply...hold it...breathe out slowly and completely. . . .
Breathe in deeply...hold it...breathe out slowly and completely...
Relax...just relax. Again, breathe in deeply...hold it...breathe out slowly and completely. . . . Once more, breathe in deeply...hold it...breathe out slowly and completely. Just relax...
[Pause]

You are safely alone and walking the beach. The sun is a ball of yellow in a brilliant blue sky. Hear the splashing of the waves...Listen to the gulls and watch them soaring high...smell the salt air. Slowly, walk along in the sand and enjoy the solitude...
[Pause]

As you walk, you notice a figure coming towards you along the water's edge. There is a peacefulness to this stranger. As he comes closer, you recognize that he is Jesus. Hear Jesus say your name and tell you how glad he is to find you here and to spend time with you...
[Pause]

Greet Jesus in your own way and begin walking the beach with him...Notice what you are feeling because Jesus wants to be with you.
[Pause]

Hear Jesus invite you to share with him the challenges that you face in your catechetical ministry...Tell him about anything that frustrates, pains, gladdens, or saddens you about your teaching experience. Feel Jesus give his complete care and attention to you as you walk and share with him.
[Pause.]

Listen to everything that Jesus now says in response to what you have shared. [Pause.]

Watch as Jesus bends down. He picks up a handful of sand. As he gently closes his fist, sand trickles through his fingers; then, Jesus opens his hand...there in his palm lies an exquisite pearl. It is luminescent and perfectly shaped. Jesus smiles at you and reminds you that the Kingdom of God is like a fine pearl – a treasure to be guarded and cherished – a pearl of great price...

Hear Jesus tell you that he is aware of another treasure – the one hidden within you - also, a pearl of great price... Feel the warmth of Jesus' hand as he takes your hand and places the pearl upon your palm.

[Pause]

Listen as Jesus tells you that you are to others an experience of the Kingdom that he came to make known...Jesus thanks you for all the things that you have done for others in the Kingdom of God and for the sake of the Kingdom of God...

[Pause.]

Notice how you are feeling to be appreciated by Jesus.

Jesus lovingly looks into your eyes and places both of his hands in blessing upon your head. Feel the strength and gentleness of those hands. Hear his blessing prayer just for you. You will want to remember it. [Pause.]

Tell Jesus anything that is in your heart that you wish to express for having spent this time with him... [Pause.]

It is time for Jesus to leave now. Together say your good-byes in whatever way is comfortable for you...Watch a moment as Jesus moves further down the beach. Turn and walk in the other direction remembering your time with Jesus ...his gratitude to you...his blessing upon you...and his naming you, a pearl of great price in the Kingdom of God...

[Pause]

Breathe in deeply...hold it...breathe out slowly and completely...Breathe in deeply...hold it...breathe out slowly and completely...Once more, breathe in deeply...hold it...breathe out slowly and completely...