

Mystery at play in the whole of Creation

Welcome to this guided meditation. This session is taken from a live guided meditation from our friends at IMAGINE, a fortnightly Zoom Ignatian meditation session.

Please note that there are longer periods of silence and space for reflection in this session (just in case you think the session has stopped abruptly... it hasn't!) The session will last for about 27 minutes and music will indicate when the time is coming to a close.

So, find a quiet place, relax, there's no need to rush, and discover Mystery at play in the whole of Creation...

Written and voiced by Iona Reid-DalGLISH