

This way of prayer is not for the faint-hearted but can be a useful way of preparing for a meeting with your spiritual director. The objective is to ask the Spirit to help you remember a significant moment in your life in order that you might see, hear, feel and taste that moment again in your mind and body. It might be an idea to make some notes about the experience, both in the past and in the present and where this experience might be leading you. The results of this exercise can be brought to the next session with your spiritual director.

Choose the experience you return to with care, it does not have to be a warm and beautiful one, it could be an experience that left you feeling sad or angry. Experiences of trauma are best returned to in the company of appropriate professionals who can support you through the process.

Sitting comfortably and quietly:

Become present to yourself and to the gift of the Spirit.

Look back at the particular event or time you have chosen (it can be in the recent or more distant past) and allow your mind to relive that time, in the manner of watching a film or a video.

Identify a moment in that period when you really felt alive. Remember what you were doing, who was there with you, where you were. Allow yourself to be in that moment and feel alive again, as you felt in the past. What do you feel that particular memory is telling you?

Identify a moment in that period when you really felt least alive. Remember what you were doing, who was there with you, where you were. Allow yourself to be in that moment and feel that lack of life again, as you felt in the past. What do you feel that particular memory is telling you?

Remain in silence inviting God to give you an invitation, or support or understanding as a consequence of re-living that particular moment in your life.

Always conclude with a moment of thanks and gratitude.

Make some notes, either for your private benefit or to share with your spiritual director. How did you find the exercise? How did you feel? Did you gain any insight or fresh perspective? Were there any particular outcomes?