

Audio Divina



Praying with
Music
throughout
the Year



Your sound. Inspired.

As we anxiously await the full reopening of our churches when all can gather (and sing!), you may be looking for a new way to keep our sacred seasons at home. As a source of prayerful inspiration, we offer this guide for Audio Divina (Divine Listening), a way to utilize music for prayer and meditation.

This packet includes a step-by-step guide for creating a time of meditation at rest or a walking meditation using Audio Divina. Additionally, we offer suggestions for using Audio Divina with a small group such as members of your family.

We have also included prayers for taken from Marion van der Loo's ***Psalms from the Heart: Prayers for the Times and Seasons of Faith*** (001749) from the WLP *Pray Today* series, perfect for concluding a session.

Finally, we offer music suggestions for use throughout the liturgical year with Audio Divina. Selected from the GIA and WLP libraries, all of the music can be purchased/downloaded at **giamusic.com** and many pieces are available on Spotify.

May this music allow you to experience the beauty of each sacred season in a new and profound way.

May God bless and keep you until we can sing together again!

–Your friends at GIA Publications, Inc.



Audio Divina At Rest

- Choose the piece of music you wish to use (see suggestions below).
- Find a quiet place to sit comfortably and settle in.
- Take several slow, deep, centering breaths to bring yourself into a more prayerful state.
- Listen to the selection. If the piece has a text, pay close attention to the words or follow along with a lyric sheet or piece of music. (GIA offers preview images of music on our website.)
- Choose a phrase or phrases that resonate with you and take a moment to repeat them silently to yourself. If you chose instrumental music, think of a favorite Bible verse or focus on a message of gratitude. Use your breath to pace the words.
- Listen a second time, focusing on the feel of the music and the imagery that it brings, perhaps imagery associated with the phrase you chose.
- Listen a third time if possible, taking in the whole piece but connecting especially with the phrases you chose.
- Sit in silence. Let the thoughts and feelings that the music has inspired wash through you. How is God speaking to you through the music you chose to pray with today?
- If you keep a journal, write your thoughts or feelings now, perhaps expressing gratitude for this quiet time with God. If not, close your session with a short prayer (see suggestions below).



Audio Divina Walking Meditation

- Choose the piece of music you wish to use (see below for suggestions).
- Begin walking at a comfortable pace. This is a meditative walk, not a workout.
- Take several slow, deep, centering breaths to bring yourself into a more prayerful state.
- Listen to the selection, pacing your stride to the tempo of the music. Allow the music to help you find a rhythm and moving meditative state.
- Listen a second time, paying close attention to the words if the piece has a text..
- Choose a phrase or phrases that resonate with you from the text and take a moment to repeat them silently to yourself. If you chose instrumental music, think of a favorite Bible verse or focus on a message of gratitude. Use your breath and your walking tempo to pace the words.
- Listen a third time if possible, taking in the whole piece but connecting especially with the phrases you chose.
- Finish your walk and take a few moments to sit in silence. Let the thoughts and feelings that the music has inspired wash through you. How is God speaking to you through the music you chose to pray with today?
- End your session with your own short prayer or use one of the suggested prayers below.



Audio Divina with a Small Group

- Choose the piece of music you wish to use (see below for suggestions).
- Ask everyone to find a comfortable seated position.
- Welcome everyone and perhaps say a short prayer of gratitude to God for allowing you to pray together.
- Begin by encouraging everyone to take several slow, deep breaths, bringing them into a more prayerful state.
- Listen to the selection. Encourage participants to pay close attention to the words if there is a text. (GIA offers preview images of music on our website.)
- Ask participants to choose a phrase or phrases that resonate with them personally. Encourage them to take a moment to repeat the phrase silently letting their breath pace the words. If you chose instrumental music, ask participants to think of a favorite Bible verse or focus on a message of gratitude.
- Play the song a second time. This time, encourage the group to focus on the feel of the music and the imagery that it brings, perhaps imagery associated with a chosen phrase.
- Listen a third time if possible, just allowing everyone to take in the piece as a whole and connecting once again with the phrases they chose.
- Ask the group, "How is God speaking to you through the music we chose to pray with today?" Then allow for a few minutes of silent reflection.
- Invite participants to share any thoughts or feelings they have about the music or text.
- Close the session with a short prayer (see suggestions below).



Prayer Suggestions

Shining Hope

Sunlight and shadow
are the same;
one existing for the other.

Tension and release create
the music of the spheres.

Remind me day by day, O God,
That you are sunlight
burning away every shadow—

Shining hope for my salvation.

A Psalm for Strength

When the pain is great
and the well seems deep,
Remind me, Lord,
my life's not mine.

Turn my mind
to Resurrection hope,
Tune my ear
to earthly songs,

And let me leave eternity
to you.

A Psalm in the Stillness

In the early morning hours, Lord,
I sit and wait.
The quiet of the house,
The silence in the street,
cannot assuage my anxious thoughts
nor settle restless fears.

In these fretful, restless hours, Lord
I sit and wait.
The clamor of the day to come,
The weight of work undone,
are vying for that place
in which I lose my sight of you.

In the stillness of this house, Lord,
I sit and wait.
The hush of daybreak,
The rosy hue of sunrise,
bring me peace
and bring what I await.

The soothing sound of wakening life,
The settling tone of hope in you,
are all I need to start the day,
and all I need to hear your voice,

and all I need to sing.



Prayer Suggestions

A Psalm of Quiet

The quiet calm of ticking clock
and purring cat,
The soothing sounds of crackling wood
and turning page,
The silent songs of memory
and sweetest airs of bygone days.

Oh! The miracle of sound!

The whispering wind through
leafy trees,
The hushed and gentle rain
upon the roof,
The placid hum of
outside life.

I sit and think and hear;
I marvel at the beauty
of this quiet room—
and yet so full of sound.

I praise you, God,
for every sound I hear
and every moment
without sound.

A Psalm of Serenity

The ocean waves
Breathe life into my soul.
The rhythm of the tides,
the cadence of the sound
when they alight upon the shore,

Speak words of peace
To soothe my failing heart.
They raise in me
the memory of my youth,
when everything seemed clear.

O God of life,
Who brought about this place,

Sing pure serenity of mind
And ease my troubled soul.

Let murmuring sea
And whispering wind
Bring back that sense of peace,
where sea intones your calm
and waves return my song.



Music Suggestions

As I Pray

Lorraine Hess (008066, also available on Spotify)

Castle of the Soul

Tony Alonso, Chris de Silva, Liam Lawton (CD-863, also available on Spotify)

Defining Beauty

Danielle Rose (007560, also available on Spotify)

In Shadow and In Light

Trevor Thomson (008563, also available on Spotify)

In the Days to Come: Songs of Peace

Marty Haugen, Marc Anderson (CD-690, also available on Spotify)

In the Quiet

Liam Lawton (CD-524, also available on Spotify)

Taizé: Laudamus Te

Taizé (CD-1046, also available on Spotify)

Only You, O God: Simple Songs for Worship

Marty Haugen (CD-674)

Reunidos en Tu Nombre 1: Cantos Litúrgicos y de Meditación

Rafael Moreno (012629, also available on Spotify)

Tender Hearted

Jeanne Cotter (CD-969, also available on Spotify)

The Aeolians

The Aeolians of Oakwood University (CD-1087, also available on Spotify)

Word for Word: Scripture and Prayer in Song

Ed Bolduc (008280, also available on Spotify)



Music Suggestions

Instrumental

Beyond Words

(CD-598, also available on Spotify)
Liam Lawton

Catholic Catholics, Volume 10

(CD-765, also available on Spotify)
Stephen Petrunak

Colours, Volume 1

(CD-921, also available on Spotify)

Colours, Volume 2

(CD-1053, also available on Spotify)
Chris de Silva

Impromptu

(001224, also available on Spotify)
Thomas W. Jefferson

Variations

(008370, also available on Spotify)
Peter M. Kolar