

Imagine holding a simple glass prism and shining a thin beam of white light through it. The light will bend and split into a rainbow. The spectrum we create will move as we rotate the prism in our hand, splashing its colours in different places. With a little practise, we can focus the colours by slight adjustments to the angle of our wrist.

In the same way, the love of God enters our lives and fills our soul. But while we should enjoy His love in our own lives, He intends us to do something with it. The only way to keep His love is to share it.

Sharing the love of God is sometimes easy—we meet people, live with them, interact and mix. But how do we share the love of God with far-away friends and with folk we've heard about on the TV, radio or Internet who live far off in a different continent? We pray.

Imagine a soul acting as a prism and God asks us to focus His love. We first make sure we are where the love of God can meet us; God strikes our soul with His love and it flows through us. Our job is to use our soul as a way of focusing that love to the places and people where it's needed.

It sounds more difficult than it really is. It's best to start by consciously, deliberately asking God to let us into His presence. We may feel nothing. It doesn't matter. Then, in our mind's eye, we picture a scene with a ray of God's love entering us much like light passing through a prism. And, like light passing through a prism, it will come out the other side. Picture that beam of God's love as it passes through us and then in our mind's eye see it illuminating someone or somewhere in need. (It could be something that represents the person, an object, icon, or anything else that's meaningful.) All this while, try to imagine them warming and responding as the light strikes them. We keep the light of God's love shining on them as long or as short a time as we feel called to do so.

In concept, this way of praying with our imagination is no different from more usual ways of praying for someone in need, for example in

Church. We're simply praying in a way that uses pictures rather than words: we employ an image instead of saying, for example, 'Lord, I pray for Mrs X ...'

God is infinite so there's no need to worry that His love will be exhausted. There's always more than enough. It may therefore feel appropriate to pray this way for many folk in need, letting God's love shine on each. Like turning the prism in our hand, we (in effect) turn our soul so the love of God shines on each one. If we do, it's better to picture them one at a time rather than all of them together.

This method of praying is neither better nor worse than praying with words, but is generally preferred by people who are more visually minded or less comfortable praying silently with words. So don't worry if this way of praying doesn't feel right, or praying in a more traditional manner is already satisfying and serves its purpose.

With practise, it's possible to vary the imagery, using images other than a prism. Different people find different images useful.

Picture someone we know who is in need, or use something visual that represents a situation we know about. Next, imagine God's love coming from heaven and shining brightly onto our heart. Then imagine that we're focussing that ray of love: it comes from heaven, passes through us and onto the person for whom we pray.

**Exercise**

# 'Hold us in your light, Lord'

