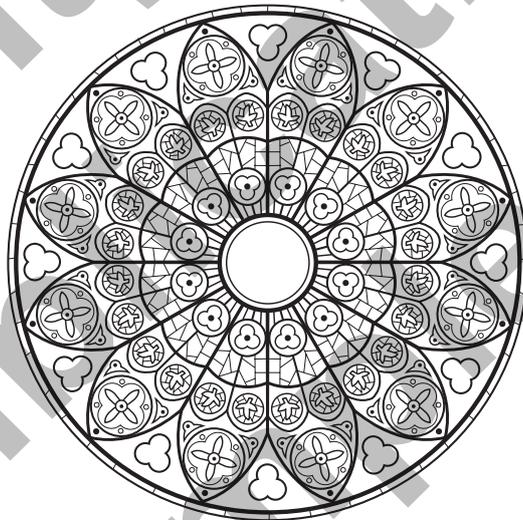


Spiritual Wisdom and Divine Light

A COLORING BOOK FOR PRAYER AND MEDITATION



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INVITATION

Coloring as Meditation

When thinking about meditation, we might picture a serene monk sitting in stillness, his or her mind emptied of all thought. In fact, meditation takes many forms. Some types involve sitting, and others involve walking. Some encourage the use of a prayer word or mantra that is repeated over and over, and others involve letting go of all words and being attentive to each breath. Meditations can be guided and filled with imagery. Or they can be restful, centered in familiar prayers, such as the practice of praying the Rosary.

Any time we allow ourselves to quiet down and open up space for God to be present is, in

its own way, an act of meditation. Our quiet, focus, and calm provide room for the Spirit of God to enter. We, in turn, can then relax into the companionship of the Holy Spirit and drink deeply from the grace she always brings.

We hope you enjoy spending time with this meditative coloring book. Through images, words, and prayers, it is designed to provide a space for you to pause and let go for a while. It is a support for embracing this moment in all its richness and being present to God. May the spiritual texts and images nourish your soul, and may the colors that flow through you be a magnificently rich prayer of contemplation.

Rose Windows

The stunning, jewel-toned windows of cathedrals—popularly called “rose” windows—have been a rich decorative motif in sacred spaces for more than ten centuries. At first, the windows were small circles. Over time, they grew in complexity. What were once simple, spoked wheels became elaborate High Gothic creations that included bars, arches, circles, mullions, traceries, and even images.

Medieval students of numerology applied meaning to the various window segments. Others saw in them a tribute to St. Catherine of Alexandria, who according to legend was tortured to death upon a wheel in 307 CE. Depictions of the Last Judgment, the gospel writers, prophets, saints, and angels reminded those gathered for prayer that

this world was held in the arms of a greater, divine cosmos.

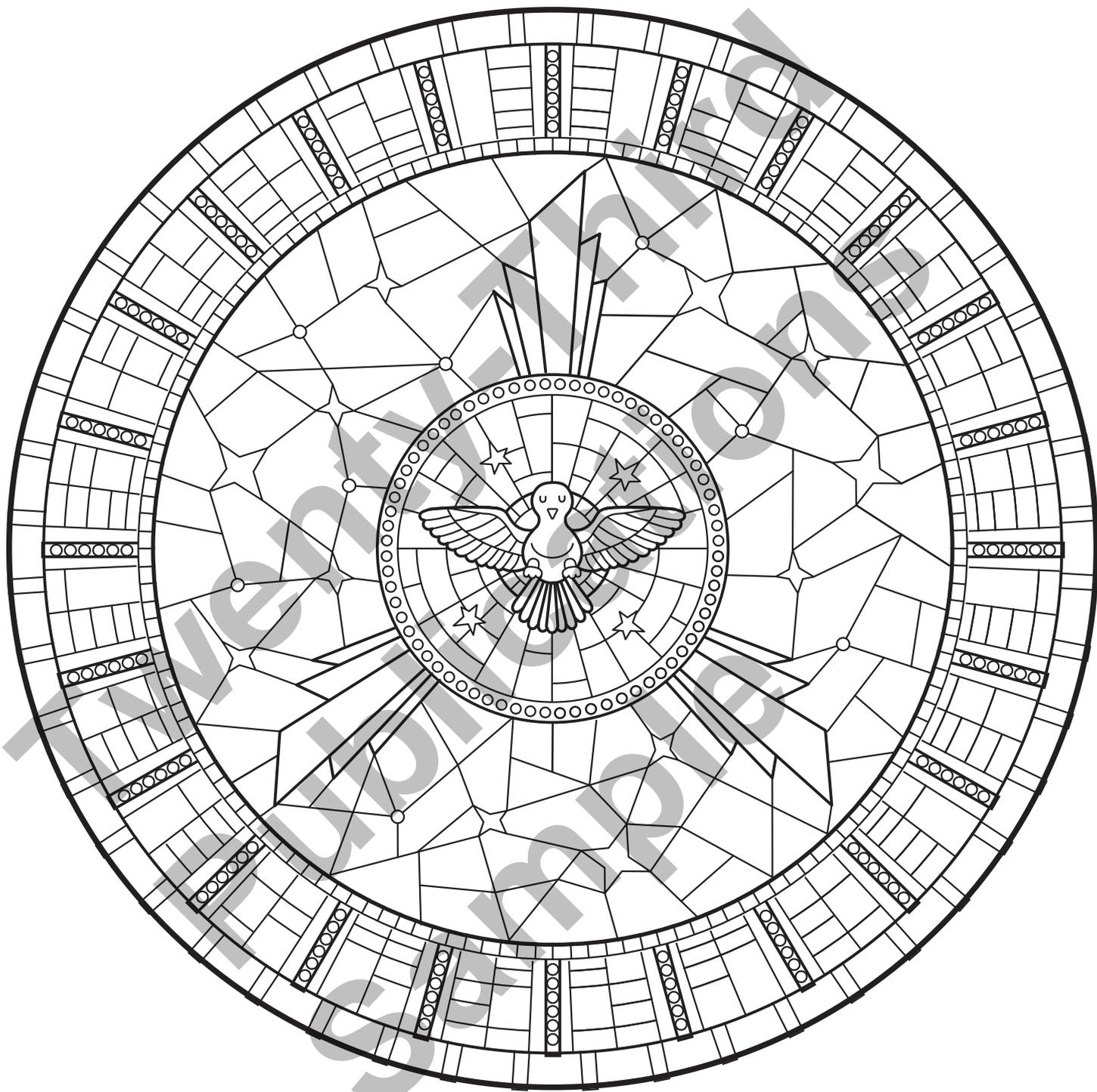
Perhaps the most famous of all rose windows are found in the great cathedral churches of Paris, Chartres, Reims, and St. Denis, in France. But they can be found around the world in many other great cathedrals and basilicas, and even in local parish churches. Generations of faithful people have gathered in prayer with the gentle, colored light of a rose window falling upon them.

As you bring color to the windows in this book, may the designs you create enlighten and enliven your soul, as well. May each pane radiate a sense of God’s presence, and the presence of all those who have preceded us—and will follow us—in faith.

How precious is your steadfast love, O God!
All people may take refuge in the shadow of your wings.
For with you is the fountain of life;
in your light we see light.

Psalm 36:7, 9

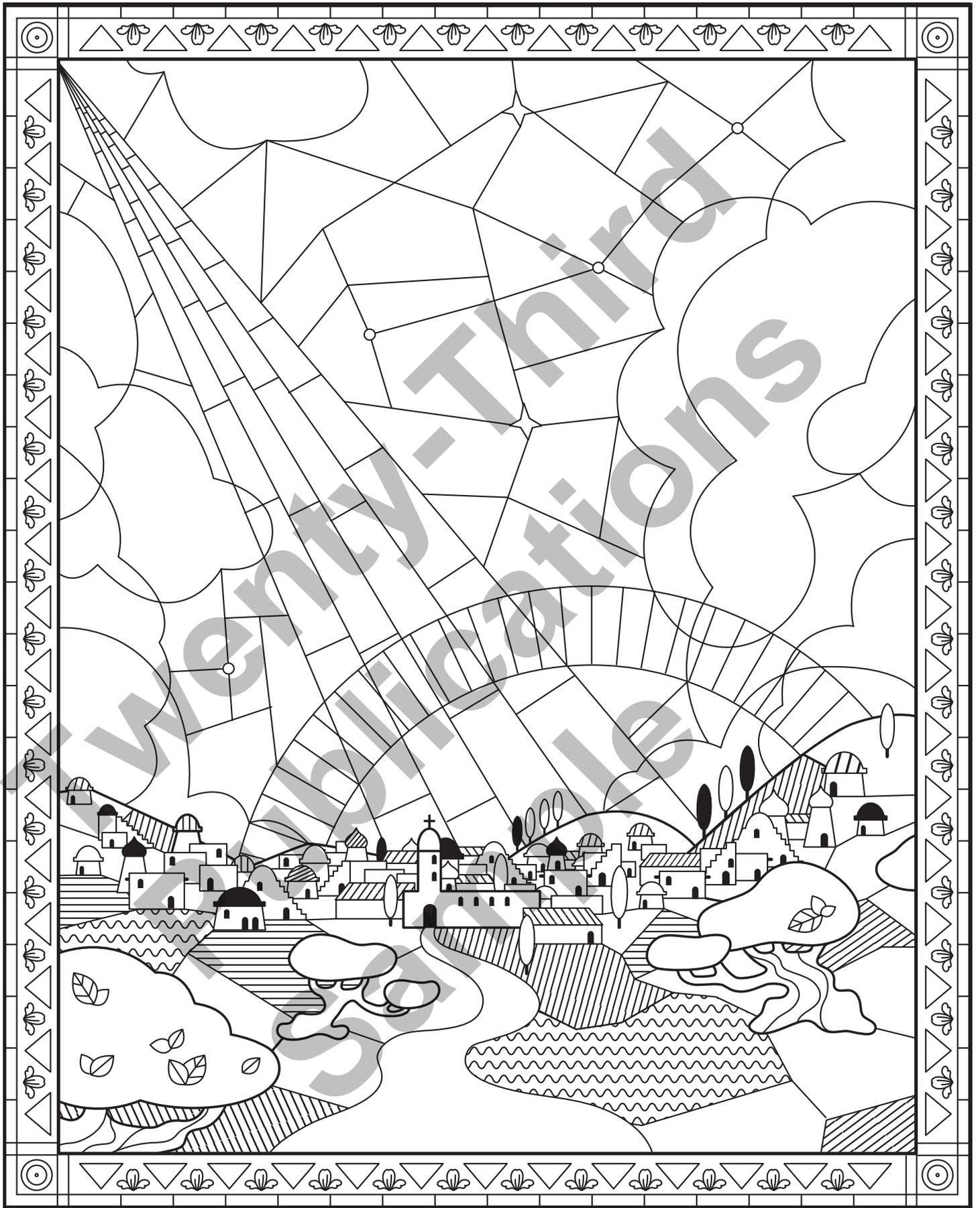
*May your holy light illuminate all around me, O Lord,
and open my heart to love.
Be my protection and care this day,
my refuge from all that would cause me anxiety or distress.
Let me find shelter in you, winged God.*



**Arise, shine; for your light has come,
and the glory of the LORD has risen upon you.
Nations shall come to your light,
and kings to the brightness of your dawn.**

Isaiah 60:1, 3

*Fill my soul with every resplendent hue, Lord of light.
In a world prone to darkness, let me remember that your glory
has shone from a humble hill in Bethlehem
to every place and time.
May all people walk in the light of your peace.*



Place your mind in the mirror of eternity;
Place your soul in the splendor of glory;
Place your heart in the figure of the divine substance;
And, through contemplation, transform your entire being into the
image of the Divine One himself.

St. Clare of Assisi
Third Letter to Blessed Agnes of Prague

We are made in your image, Lord. We were made for you.

Let me place my heart in yours as I live each day.

*Give me the faith to grow closer to you,
to be transformed in you.*

Make of us one mind, one heart.

