

Spiritual Reading as daily practice

There is a formal style of spiritual reading called “Lectio Divina”. You can look that up on Google and learn about it. It is basically a Catholic practice using Biblical texts to explore your own life. But you can do the practice using other texts like poetry. My own practice is a little less formal than that.

I usually have 5 or 6 books sitting by my chair in the morning. I have one or two poetry books, a “spiritual” writer – like Mark Nepo or a daily meditation type of book, then I like to have a Buddhist book and maybe a book from a UU writer. I read only a paragraph or two or maybe a page in each book. I read slowly and try to reflect on what I am reading. If there is a passage or a quote that particularly speaks to me, I copy it into a notebook that I keep by the chair. Each day I write the date, and copy some relevant text – or, if no text leaps out at me, I just write a sentence about the day.