

**Visio Divina Practice with Objects from the  
Peterson Museum of Intercultural Art,  
Claremont, California  
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1. Look closely at the object. What do you notice about it? Does some aspect of it stand out for you? A color, a shape, a texture, its design, one part of it, how the parts fit together, its history, its use, what you associate with it?

2. Narrow your gaze to what you noticed. Be attentive to what speaks to your heart as you reflect upon the object. Ask yourself, "Where is God in this object?" or "What is God telling me through this object?" or "Where is meaning in this object"?

3. Respond to the object. What does it call forth from you? A prayer, words on a notepad, a drawing, a commitment to an action?

4. Just sit with the object until you feel you have gotten what you need from your relationship with it.



Sun Kachina, United States, Late 1900s



Lion Incense Burner, China, circa 1368 - 1644



Rada Drum, Haiti, 1986



Wooden Fish Temple Blocks, China, 1940s



Amulet Holder, China, 1800s



Huichol Beaded Votive Bowl, Mexico, 1992



Harrison McIntosh Covered Melon-Shaped Jar, Claremont, California, 1991