

Mediation for focus



Using Paul Leroy's 1882 painting, Jesus with Martha and Mary, as a visual aid, this guided meditation invites you to slow down and be attentive to what's in front of you.

As you focus on the colours, textures and characters, you'll hear an ancient story found in the Gospel of Luke in the Bible, which depicts Jesus' visit to the sisters' family home.

As the meditation progresses, you'll explore the story's central themes more deeply, giving you time to reflect on topics like work, relationships and spiritual nourishment – themes that continue to resonate with us today.

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