



REGNUM CHRISTI
CONSECATED WOMEN

Unveiling the Transformative Power of the Gaze

Week 4

QUESTIONNAIRE FOR PERSONAL REFLECTION

Exercise of the 3D gaze

- Find a moment of solitude and silence where you can do the following exercise.
- Think of a painful moment in your life. One that might still provoke bitterness, resentment or sorrow.
- Try to verbalize (or better yet write down) how that event impacted you. If it helps you, complete the following sentences based on that event in your life:
 - "Since that moment, I became more..."
 - "Since that moment, I lost..."
- Identify who provoked that pain and the concrete moment when the wound in your heart was opened. Take a picture of that moment in your mind and keep it in the memory of your heart.

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Exercise of the 3D gaze

Close your eyes and imagine three chairs (if you are in a place where there are three chairs, that's even better). Buckle up to explore the event in 3D and prepare your heart for an outpouring of graces!

1D: Through Your own Eyes & Heart

Sit on the first chair. Contemplate the mental picture you took of your past experience. Write down everything: what happened outside of you and what happened inside of you, the reasons why you felt so hurt and the consequences that this pain brought into your life. Don't be surprised if you feel anger or reproach, feel free to express it.

2D: Through the Other Person's Eyes & Heart

Sit on the second chair. Go back to your mental picture. Write down everything **AS IF YOU WERE THE OTHER PERSON**: what happened outside of you ("you" meaning that other person) and what happened inside of "you", the reasons why you acted like that and the emotions that were involved.

3D: Through God's Eyes & Heart

Sit on the third chair. Contemplate the picture you took in your heart from the perspective of Jesus as He sees the scene. Write down everything **AS IF YOU WERE JESUS SPEAKING TO YOU**: Write a letter from Jesus to you, explaining what He felt as He saw what was happening, why He allowed that to happen, how He accompanied both you and the other person in your journey, in your woundedness and in your sorrow.