

## THE FRAMEWORK

1) We have a time for prayer everyday where, at least for part of that time, we listen and pay attention to God's voice in consolation. We are aware that desolation may come to us and we are prepared to reject its movements.

2) We do an examen once or twice a day, asking ourselves sometime during the examen about where we have experienced consolation and desolation. During the examen we also question ourselves about how consciously and how frequently we allowed ourselves to be aware of God's communication with us. Did we delight in it?

3) We begin each day with a prayer asking the Holy Spirit to help us to be aware of God's voice coming to us in the many situations and people we will encounter today. We offer the day and dedicate ourselves to this awareness.

4) Then, during the day, we pay attention to God's voice in consolation frequently and we respond. We enter into a contemplative dialogue with God as often as we can. When we cannot, we try to follow the one step rule, not beginning a new activity without first opening ourselves in some way to the presence of the Lord.