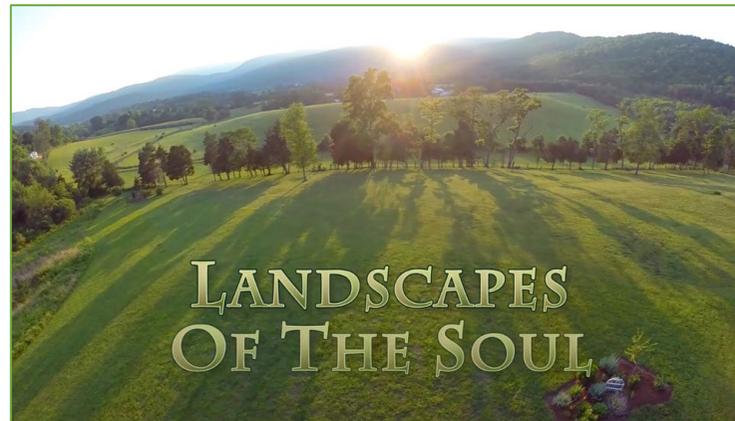


Emmaus Online Video Prayer And Meditation Library



“Landscapes of the Soul” – Margaret Silf Series

Thematic Index and Scripture Reference

This video series, by Margaret Silf, offers images, text reflections and prayer, on life’s journey, inspired by the natural landscapes that we encounter in our lives.

Episode	Scripture Reference	Theme and Focus
The Garden of Your Soul	Isaiah 58:11	What does the word ‘garden’ bring to mind? Summer days and scent of new-mown grass. Birdsong. Or perhaps hard work, and aching back, and a constant army of weeds? Can God be discovered in every aspect of our heart’s garden? Can prayer happen in the labour as well as in the love, in the heart’s aching as well as the heart’s desire?
A Walk In Your Day	Matthew 11:28	No time to pray? And if there is time, you don’t know where to begin? Try taking a walk with God through your ordinary day, just as it is. Let God enfold you in stillness, and open your eyes to see the sacred presence all

		around you, and tune in to the divine guidance that accompanies your every step.
At Home With God	John 15: 4	Many of us have become used to assuming that the sacred mystery is mainly to be found in traditional holy places, such as churches. But Jesus was frequently seen among people wherever they were – in their homes, in their places of work, along the roads and in the places where they gathered. Where would he be today? Imagine Jesus saying to you 'Today I'm coming home with you.' How would you feel? Can you invite him in? Make him a cup of tea, pour him a glass of wine and let him invite you into conversation?
The Rivers Of Life	Ezekiel 9:47	The river is a rich metaphor for the journey of life. Each life begins from a secret hidden source, in our mother's womb. And each journey flows its course until it reaches the ocean of divine love. Yet the flow of your life's river is unique, with its own sequence of joys and sorrows, challenges and concerns that are yours alone.
On The Mountain Top	Psalms 121:1	Mountains raise us to the heights, but they also expose us to the elements. They challenge us to keep climbing and they reward us with new vision. Human beings have always looked to the mountains for inspiration, and seen the ascent as a metaphor for our spiritual journey. Mountains speak to our longing for all that lies beyond us.
Desert Places	Hosea 13:5	All through the ages pilgrims have retreated to the desert, in their search for a closer relationship with God. In the desert there are no distractions from other people and nowhere to hide from ourselves. There is also a long tradition of God sending people into the desert in order to go deeper into their hearts. Jesus himself went into the desert before beginning his ministry. Perhaps you have had your own desert experience – times when you felt lost or alone, or bewildered by problems you were facing.
Waterfalls	Psalms 42:7	People love to visit and marvel at waterfalls. It's not such a happy experience, however, when our life's journey brings us to the head of a waterfall. Perhaps something totally unexpected and often traumatic breaks into the flow of our lives. We feel we are standing at the edge of a

		precipice, and a terrible drop seems inevitable. This image of the waterfall might remind you of times in your own life when you felt that you were on the dangerous brink of an unknown chapter in your story, and felt the fear of going over that edge?
Crossing Thresholds	Deuteronomy 31:8	Sometimes life brings us up against significant change and transition. We feel we are stepping out into unknown terrain, and the uncertainty can make us very fearful. But there is a deep spiritual intuition that recognises thresholds and times of transition as especially sacred, potentially opening us up to transformation and new directions. In our vulnerability we may be more open than usual to the touch of the Holy One.
All At Sea	Luke 5:4	However we imagine our spiritual lives, we are all on a journey - a voyage on seas that are sometimes calm, sometimes stormy, but always unpredictable. How does that voyage feel? What might it show us about how we are making our soul's journey into the mystery of God? What are we carrying with us, some of it necessary cargo, some of it unhelpful baggage? How are we navigating our course, riding the storms, sitting out the times when we feel we are going nowhere? Where is it leading?
Winds of Change	John 3:8	Whenever I feel the wind strengthening, I know a change in the weather is coming. The same is true in my everyday life. When the breeze begins to stiffen, something is brewing. Sometimes a stirring in the air signals the coming of a storm or heralds the arrival of better weather. Always it brings change. Life is unpredictable, but however stuck I may feel in a particular situation, sooner or later the wind will turn and things will change.

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