

Anchored in the Heart:

The Quest for Virtue and a Path of Peace

A Lenten Webinar led by Dr. Kayleen Asbo, Thursdays at 7 p.m., February 18-March 25, 2021

[Overall description of Webinar](#) | [Registration](#)

Individual sessions:

FEBRUARY 18 | The Anchorite Tradition, Philokalia and the *Via Media*

John Cassian, St. Benedict and the pathway of inner awakening in dark times; the tension of the contraries; the “recollection of thanksgiving”

FEBRUARY 25 | The Heart’s Flowering and Abundance

Identifying the pathways of consolation and desolation, *Veriditas* and *Ariditas*, where we are green and juicy and where we become bitter, dry and hard of heart; the Wisdom of the Desert Fathers and Mothers; nature as healer and teacher

MARCH 4 | The Song of the Heart

Practices of music and chant with particular emphasis on the *Ordo Virtutem* of Hildegard of Bingen

MARCH 11 | Seeing with the Eyes of the Heart

An introduction to icons, art meditation and *Visio Divina* using images of Hildegard

MARCH 18 | Listening with the Ear of the Heart

Lectio Divina, Poetry and Holy Reading with Julian or Norwich’s *Revelations of Divine Love*

MARCH 25 | The Rhythm of the Heart

Finding a daily and seasonal pattern that nourishes your soul and keeps you balanced

CONTACT

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