

## Marianist Habits of Holiness

Blessed Fr. Chaminade, one of the founders of the Marianist Family, offers us a way to grow in personal holiness and community life. He identified 18 virtues that address common obstacles to our mission – bringing Christ to the world. He called this practice, *The System of Virtues*.



### THE FIFTH VIRTUE IS **Silence of the Imagination**

“It grieves me to know that you ... allow difficulties and contradictions to overcome you. What we need is self-possession and the control of our imagination.” (Spirit 1, § 419)

# Mindfulness of Imagination

- Our imagination can be a source of inspiration or distraction. In prayer you can identify with Mary's joy at the Annunciation, or her pain at Jesus' suffering on the cross.
- Imagination can blow problems out of proportion and immobilize us in fear. Call to mind a time when your imagination was not your friend.
- Literature or movies can widen our experience and awaken in us new sensibilities and sympathies.
- Imagine the kind of world you want for yourself and your loved ones. Now what?

**Conclude:** Mary, I join with you in bringing Christ into the world today.



ASSOCIATION OF

**MARIANIST UNIVERSITIES**