

## Morning Prayer with Body



Praying with our bodies offers a path of deepening intimacy with God.

- Praise**      *Raise arms straight up overhead; posture of praise*  
Radiant God, Source of all life, we praise you...  
all that we are and all that we have is a gift from you...*pause*
- Welcome**      *Face East and lower arms, holding them straight out in front of you; posture of welcome*  
We welcome the healing light and gift of this new day...  
we stand in your welcome...*pause*
- Gratitude**      *Bring hands together over heart; posture of gratitude*  
We take into our being your sustaining goodness...the gifts of healing and  
forgiveness...the gift of new life...the gift of relationships with others...*pause*
- Open**      *Hold arms out to the sides, forming a cross; posture of hope and openness*  
We stand before this day, what is and what will be with an open heart...  
and with an open heart we dwell in possibility...*pause*
- Bless**      *Bring hands together in prayer posture, touch heart, lips, forehead, then raise arms  
up overhead and release them to your sides; posture of blessing*  
Shine your radiant light in our hearts, upon our lips, through our minds that we may  
in turn shine on others this day. (Ps.67)
- Bow**      *Bow at the at the waist or on the ground in child's pose; posture of surrender*  
We bow in adoration of your divine life within all. Amen.