

Awakening Body Prayer



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, lower arms, holding them straight out in front; 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, forgiveness, new life...the gift of relationships with others...pause
- Openness** *Hold arms out to sides, forming a cross; posture of 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...
- Blessing** *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)
- Adoration** *Bow at the waist or on the ground in child's pose; posture of adoration*
We bow in adoration of your divine life within all. Amen.

Developed by Julie Stegelmann and Linda Lehman Thomas