

Standing Body Prayer, two versions

“Here I am, as I am”

(Stand in mountain pose, feet slightly apart, palms facing outward. Take a couple of deep breaths, then extend your right arm, palm up, in front of you, “here I am” followed by the left one: “as I am”)

***Feel** your presence on the ground, in the moment, with each movement and the words.*

“In the world, as it is”

(Extend your right arm from out front to your right side, palm up, saying “in the world.” Repeat with the left arm, saying “as it is.”) Your arms are spread open, forming a cross with your body.

See...Feel....Hear...the world around you.

“Supported by the earth”----or----- “Supported by grace”

(Hands together in prayer position in front of your heart)

***Sense** the pressure between your hands as you do the pressure between your feet and the earth.*

“Floating in the universe”---- or---- “Open to God’s love”

(Prayer hands move up over your head)

***See** yourself from the perspective of space, standing on the earth.*

“Awake”---- or---- “Present”

(Prayer hands to level of forehead)

Sense an alert glow between your eyes.

“To my state of Being”---- or---- “To my life”

(Prayer hands to heart level)

***Feel** your current state of being, sensations of your being.*

“With God”----- or----- “In Christ”

(Let it all go with open arms in release, returning back to mountain pose)

Seated Body Prayer

First time: (Phrases with gestures)

I am **anchoring, tethering** (one hand, closed, brought to heart)

I am **surrendering, trusting** (both hands open, palms up, at heart)

I am **connecting, inter-abiding** (both hands clasped at heart)

I am **freeing, widening** (hands open, arms opened outward from the heart)

Second time: (Action words with gestures)

Anchoring, tethering

Surrendering, trusting

Connecting, inter-abiding

Freeing, widening

Third time: (Gestures only)

Anchoring, tethering

Surrendering, trusting

Connecting, inter-abiding

Freeing, widening

Try including your breath with the gestures also:

Anchoring---inhale

Surrendering—exhale

Connecting---inhale

Freeing---exhale

Body Prayer, St. Francis

This prayer may be offered standing or sitting. The words to the prayer are two questions:

“Who are you, O God?”

“And who am I?”

- 1) Raise your arms up toward the sky. “Who are you, O God?”
- 2) Cross your arms over your heart and gently bow. “And who am I?”
- 3) Extend your arms out toward the left. “Who are you, O God?”
- 4) Extend your arms out toward the right. “Who are you, O God?”
- 5) Arms crossed over heart, gently bow. “And who am I?”
- 6) Cup your hands in front of your heart as a poverty bowl, open. “Who are you, O God?”
- 7) Arms crossed over heart, gently bow. “And who am I?”

Now reverse the order of the prayer

- 1) Arms crossed over heart, gently bow. “Who are you, O God?”
- 2) Raise arms toward the sky. “And who am I?”
- 3) Arms crossed over heart, gently bow. “Who are you, O God?”
- 4) Extend arms toward the left. “And who am I?”
- 5) Extend arms toward the right. “And who am I?”
- 6) Arms crossed over heart, gently bow. “Who are you, O God?”
- 7) Cup your hands as a poverty bowl, open at your heart. “And who am I?”