

## Trust, Love, Peace: **BODY PRAYER**

- Choose a **place that helps you to be present**.
- **Stand up or sit down**.
- Sense into the supportive **ground**.
- Experience the sustaining **air**.
- **Breathe**.
- Let the breath **relax your body** and open you to **trust**.
- Let the breath **soften your heart** and open you to **love**.
- Let the breath **quiet your mind** and open you to **peace**.
- **Raise your arms above your head** and gently spread them to form the shape of a receiving vessel (a “V”).
- Breathe with the intention “**I welcome trust**.”
- **Cross your hands on the center of your chest** (an “X”).
- Breathe with the intention “**I welcome love**.”
- **Lower your arms beside your hips** and gently spread them to form the shape of an outpouring vessel (a “Λ”).
- Breathe with the intention “**I welcome peace**.”
- With your arms **lowered** (“Λ”), breathe with the intention “**I offer peace**.”
- With your arms **crossed** (“X”), breathe with the intention “**I offer love**.”
- With your arms **raised** (“V”), breathe with the intention “**I offer trust**.”
- **Repeat** this body prayer, **up and down, down and up**, at your own pace:
  - “**I welcome trust**” (“V”).
  - “**I welcome love**” (“X”).
  - “**I welcome peace**” (“Λ”).
  - “**I offer peace**” (“Λ”).
  - “**I offer love**” (“X”).
  - “**I offer trust**” (“V”).
- When it feels right for you, bring your body prayer to a **graceful rest**.
- **Thank your body**.
- **Thank the breath**.
- **Thank your chosen place** for supporting your body prayer.