

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.