Trust, Love, Hope:
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 **hope**.
- **Lower your arms** slowly beside your hips, and open them gently to form the shape of an outpouring vessel (a "Λ").
- Breathe with the intention, "**I welcome trust**."
- **Cross your hands** softly on the center of your chest (an "X").
- Breathe with the intention, "**I welcome love**."
- **Raise your arms** slowly above your head, and open them gently to form the shape of a receiving vessel (a "V").
- Breathe with the intention, "**I welcome hope**."
- With your arms **raised** above your head ("V"), breathe with the intention, "**I practice hope**."
- With your hands **crossed** on your chest ("X"), breathe with the intention, "**I practice love**."
- With your arms **lowered** beside your hips ("Λ"), breathe with the intention, "**I practice trust**."
- **Repeat** this body prayer, **down and up, up and down**, at your own pace:
    - "**I welcome trust**" ("Λ").
    - "**I welcome love**" ("X").
    - "**I welcome hope**" ("V").
    - "**I practice hope**" ("V").
    - "**I practice love**" ("X").
    - "**I practice trust**" ("Λ").
- 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.

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