

I AM HERE BODY PRAYER

This body prayer evolved out of the Creation or Incarnation Story. We begin in Wholeness, in vibrant Silence, and dynamic Stillness, pure Potential and Being. The vibration of sound and light danced us into being, into shape and form, with the 3 Universal Gestures of Creation-the Law of Three.

bowing-opening-filling | denying-affirming-reconciling | contraction-expansion-pause

There are 4 rounds. We begin in Being, then a Bowing-an emptying to fill, then Opening to receive, and Filling the heart, ending in Being. At the end of each round, pause and sense into the experience of being where you are. You may want to start with saying the prayer with the gestures, then move into the gestures in silence. End your prayer time with a time of silence, feeling the connection with the whole of you, with all others, with the Divine.

We begin in **Being** in Silence, pure Potential.

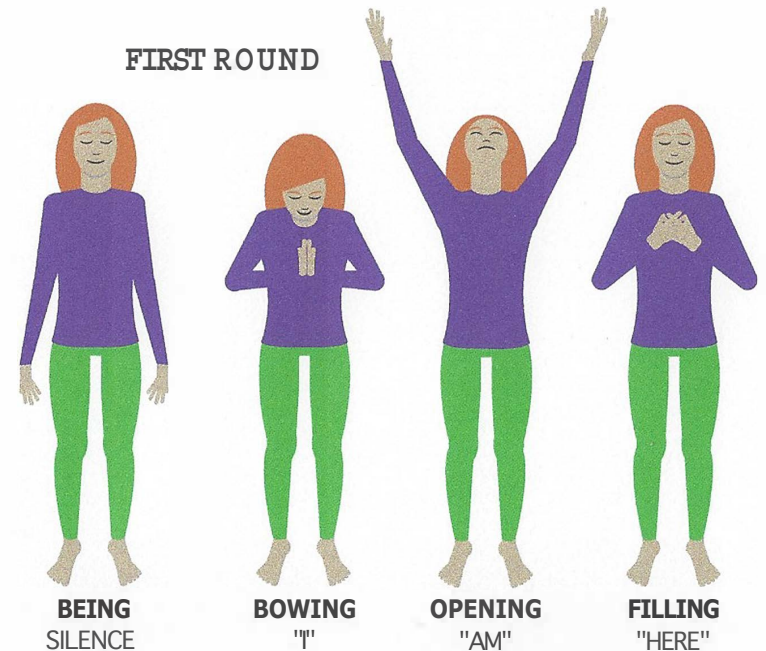
Then a **Bowing**, an emptying to fill.

Then **Opening** to receive.

Then **Filling** the heart, radiating through the body.

Ending in **Being**, connected to all there is.

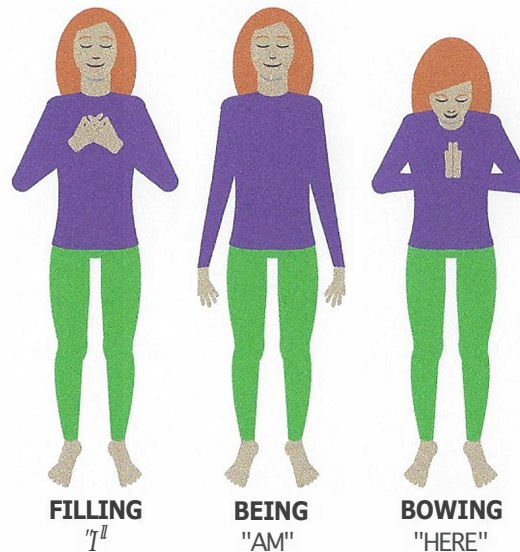
FIRST ROUND



SECOND ROUND



THIRD ROUND



FOURTH ROUND

