

Meditation for Body Praise

Let everything that breathes praise the Lord! Psalm 150a

While silently or vocally repeating the Lord's Prayer and Twenty-third Psalm some beloved hymn, or a prayer of your own composing, encourage your body to express what you are feeling. You may wish to move your whole body or just the hands, arms, head, or facial muscles. Don't imitate what others do nor enact what you think you should be feeling and doing. Just follow your body's guidance for your own genuine feelings. Let the motions be as relaxed, gentle and flowing as possible.

If you would prefer, sit quietly with eyes closed and image your body moving or dancing in prayer in the presence of God. Visualize your body moving in thanksgiving, grieving, healing, petition, intercession. Let your gentle rhythmic breathing flow into the inner image of yourself moving in prayer.

Now visualize your body moving more and more deeply into the light and nearness of God in what way you are led.

Quietly rest and lean on God's strength. When ready, open your eyes and conclude the meditation.

From *Prayer and our Bodies* by Flora Slossan Wuellner