

A Body Prayer to Try at Home

Beth Collea, RE Coordinator, NEYM

Figure 1



I am stable. I am grounded. I feel the earth beneath me. I feel balanced. I can't be pushed from this place of physical and spiritual grounding easily.

Figure 2



I reach up in gratitude for all that is above me—the sky, the firmament, the stars and planets of the night sky, the clouds and sunshine of the day. **It is part of me and I am part of it.**

Figure 3



I gather the world of animals and sea creatures to my heart. I celebrate the world of plants. I am grateful for all of them. **I am part of all of life and all of life is part of me.**

Figure 4



I reach out to my whole human family in love and service, witness and welcome. **They are part of me and I am part of them.**