

I AM HERE BODY PRAYER

This body prayer evolved out of the Origin or Incarnation Story. We began 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 three Universal Gestures of Creation—Contraction, Expansion, Pause. These gestures are expressed in the body prayer as Bowing, Opening, and Filling. We are the Living Law of Three.

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.

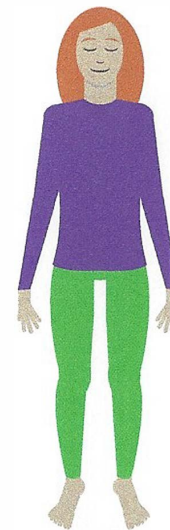
Then a **Bowing**, an emptying to fill.

Then **Opening** to receive.

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

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

FIRST ROUND



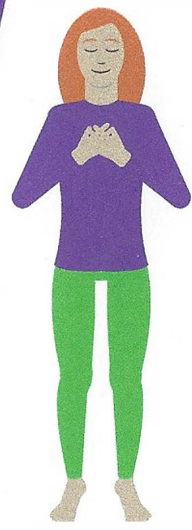
BEING
SILENCE



BOWING
"I"

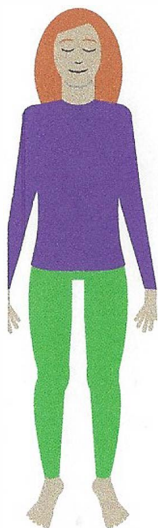


OPENING
"AM"



FILLING
"HERE"

SECOND ROUND



BEING
"I"



BOWING
"AM"



OPENING
"HERE"

THIRD ROUND



FILLING
"I"



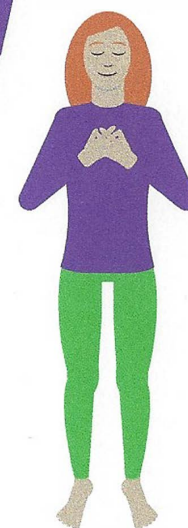
BEING
"AM"



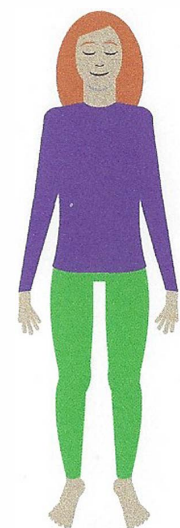
BOWING
"HERE"



OPENING
"I"



FILLING
"AM"



BEING
"HERE"

FOURTH ROUND