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Creating Your Own Body Prayers

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Every religion/spirituality has Body Prayers within their tradition, where through movement including bodily gestures infused with spiritual significance, meditation, rhythm, and repetition, we integrate Divine Connection and Energy into our lives. Body Prayers are a part of both an ancient and modern tradition of moving with prayers that includes Sacred Dance, prostrations, and spiritual systems such as Hatha Yoga and Tai Chi.

SDG's official songdance "Moving Mysteries" is a Body Prayer created by one of our members. You can find it on SDG's website www.sacreddanceguild.org SDG's twice a year Journal has a Body Prayer Column where you can find various types of Body Prayers from different traditions. You can also read all of these Journal articles through SDG's website.



Since Body Prayer is a form of Sacred Dance that helps us to express ourselves more fully by using our body, together with our inner thoughts, spirit energy, and Soul's voice to move into direct connection with The Divine, you can also create Body Prayers yourself to use in your own daily practice or to pass on to others.

The first steps in creating your own Body Prayer(s) are to get quiet and focused on your intent to create a moving practice that engages your spirit in attunement with The Divine Source, God, Goddess. After quieting your mind thoughts, ask yourself to form a simple sentence that helps to connect you with your Higher Power. It can be something as simple as: "I let go and let God..."



A few years ago a Body Prayer danced forth out of my being based on these words: "I am The Light, I give the Light, I receive The Light, I live The Light." For the movements involved, see SDG's Fall 2011 Journal's Body Prayer feature. It is a great simple Sacred Dance or practice for connecting, cleansing, centering, and celebrating.

Sometimes a piece of already created music, either with or without words, will speak to you deeply: it will move you. Go with this movement in your heart and Soul and see how your arms and legs want to move. Go deep into that movement by repeating your spontaneous movement pattern over and over.

Move deeper still into it by being aware of and using your breath. Let all other thoughts, distractions, drop away connecting only with the music and movement...

For rhythm, we can also sing, chant, use established melodies, drumming, and all sorts of timings and tonings. It doesn't matter what it is; it does matter how it moves you. Does the rhythm connect you with spirit, with Soul, with Divine Source?

In Body Prayers, bodily movements, or gestures, that are symbolically connected and spiritually significant are helpful for it becoming second nature to you, or something you can do without thinking it through. Sign language can also be easily used in a flowing rhythm. In SDG's Body prayer, *Moving Mysteries* by Emmalyn Moreno, the words "rising of the sun" are danced by moving our arms in such a way as to symbolize the actual rising of the sun.

The steps of both focusing and repeating the simple movements and spiritual meaning moves one into a meditative state, a state of deeper connection and clarity of thought and feeling. Give yourself permission to move how you want and need to and simply repeat it until it moves into a pattern that fits for you, that feels right for you, that works with you. This way your movements will transform over time just as you do. We can form Body Prayers that focus on peace, healing, connecting with nature, specific religious "Holy Days", love, joy and much more. Whatever does come flying out of you from this world of choice, it is important to "Go with the flow" in creating and daily dancing your own Body Prayers. They can be as simple or complex as you need them to be. Playing with different movements and rhythms is a fun way to draw forth more parts of your whole and to grow along with your Body Prayer practice.

