

Body Prayer: Praying With Your Whole Being

by JoyBeth Lufty

This issue's Body Prayer is the one that came dancing out of me specifically for our Simply Soaring Festival. Our very own Lisa Michael's helped with the choreography. We dancingly prayed "Soaring As One's" repetitive movement, rhythms and meditations every morning together, using our voice and movement to directly connect with The Divine.

"Soaring As One" can be used in both individual and group spiritual practice. It is interfaith, yet can be easily focused on your path of choice through your use of our Creative Life Sources many names. The twirling moves you quite naturally into the four directions. As you practice this Body Prayer, visualize 100 of our SDG Sacred Dancers outside amongst the beautiful nature beings, including soaring seagulls, dancing in harmony "Soaring As One."

"Soaring as One" by JoyBeth Lufty

This is danced 4 times, once in each direction starting East...

Chords D C
Notes A AA F# GEE

Love is for the giving.
Step right/right arm sweeping from heart, step left/left arm sweeping from heart...

D C
A AA F# GEE

Love is for the receiving.
Step back right/right arm sweeping back to heart, step back left/left arm sweeping back to heart...

D C G
AA A F# GG E E E E D D

Open up to loving and you've opened up for God (East).
to Goddess (South).
with Divine (West).
as Spirit (North).

Plie (bend knees) with both arms up from heart making prayer hands over head and prayer hands down to heart...

C G
D E E E E D D

Then truth will be a part of you.
Both hands starting at heart, left arm stretching up while right arm stretches down...

C G
D E E E E D D

And peace will live through you.
Chasse (slide) right & left arm joining, circling and lifting holding right...

C G D
D E E E E (pause) D D B A
And grace will have you soaring as one.

Chasse (slide) left and right arm joining, circling and lifting left twirling with arms overhead to change direction...

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“Come Holy Spirit”



Body
Prayers,

throughout the centuries and from many varied traditions, have been both simple and complex. They just have to combine physical movement, meditation, rhythm and repetition as a way of integrating Divine energy into our lives. Body Prayers include bodily gestures infused with spiritual significance in order to create a meaningful moving spiritual experience.

“Come Holy Spirit” is a modern Body Prayer from The Christian Tradition. It is an invitation to The Divine to be one with our lives. It is simple and is easy to make it your own. While we will use it here as a chant, you can apply its movements to the music Russell Paul has created and recorded on his CD from “The Depths of the Heart” #9 *Come Holy Spirit*. Web site: www.russillpaul.com. It can be danced in a variety of settings and as an individual, group, or large community practice.

Chanting: **Come Holy Spirit**...5 times...slowly turn 360 degrees with the right arm up over the right ear with the palm open and facing upwards and the left arm extended out from the waist with the left palm up and open to receive.

Chanting: **Come into our hearts**...4 times...both arms slowly coming together on the heart and then coming out of both sides to make the heart loop continual.

Chanting: **Into our hearts**...3 times...legs stomping fast with hands beating on heart.

Chanting: **Come, come, come, come Holy Spirit**...2 times...Beckoning gestures with arms and hands, twirling with arms up and open on Holy Spirit.

Repeat all as long as you need...Feel both the grace and the fire of your invitation.

JoyBeth is an author, dancer, teacher, and interfaith minister. She has been a faculty member at our Festivals, also serving SDG by being on its Board of Directors.
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The Four Directions Light Body Prayer

by JoyBeth Lufty

As we have seen in the previous issues of SDG's Journal, Body Prayers can be from any tradition, with or without themes or song, and from complex to very simple. They do have a common focus in movement, rhythm and repetition all oriented towards connecting with The Divine.

This featured Body Prayer was created from my Soul's voice to help me to fill up with Divine Energy or light when I need a boost. Remember to breathe and to make this prayer your own. You will be chanting or sing-songing the words and dancing this in one fluid motion to the East, the South, the West, and the North.

- While chanting or sing-songing **"I AM THE LIGHT"** the right arm comes out from the side and reaches up into the heaven with palms up and fingers spread out.
- Moving fluidly, it dances on down to the Solar Plexus. As it moves down, the left arm joins it and together they move out from the body center with both palms connected and pointed towards the sky while chanting or sing-songing **"I GIVE THE LIGHT."**
- Without stopping the hands flip over and move back towards the heart while chanting or sing-songing **"I RECEIVE THE LIGHT."**
- Then they join at the heart shooting up to the sky together separating at the top as they shimmy back down to their sides while chanting or sing-songing **"I LIVE THE LIGHT."**
- After a complete cycle facing East, you turn and repeat all facing South, and then West and finally North. Do this as many times as it takes for you to feel the connection and the shift in your energy.



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