

Adult Resources

Meditations and Reflections

Body Meditation



This meditation ritual is done in pairs. A comfortable space to lie down is preferable. It would be good to have lights dimmed in the room. One person lies down and the other moves quietly to the Right side of the person and sits/kneels (whichever is more comfortable) and gently takes the other person's Right hand and holds it while the following is read reflectively and respectfully:

Beloved hand, you carry the memory in your cells of a long line of people.... You know many things... You have lived many days... touched many things... and many people... Often you have been the first point of contact with another human... You have endured heat... and you know cold... You have felt rough tree bark... soft fabric....life.... You have held....hit...created... led... let go... given and received. ...

After a significant pause, say....

**I invite you now in silence to reverence this hand and the life of the person it represents..... long pause in silence
You may wish to offer a blessing, or prayer of thanks for your partner's hand and share what insights you have received.....**

When it is appropriate, invite the person holding the hand to quietly move to the other person's right foot and hold the foot in their hands..

Great walker and balancer, you have left many prints on our earth..... You have found yourself in many different places....sometimes leading into experiences of great energy, joy and excitement and sometimes into places of fear, danger or suffering.....You are soft, yet strong... able to sustain weight and stress for long periods..... Through you we connect with the earth. You ground us and help us to stand firm.... You know the texture of grass... concrete.... sand.... stones.... prickles.... cooling water.

Pause....

I invite you now in silence to pray for your partner's foot... for its years of service....

Long pause

You may wish to offer a blessing or prayer of thanks for this foot and and share what insights you have received....

Invite the person holding the foot to gently place the right foot down and take up the Left Foot.

Friend and teammate, you have worked cooperatively all your life. You have marched... kept time...danced....
You have borne negative remarks because you are not recognised in our language as the 'best' foot... You know what it is like to be different... to not be as good as... to be taken for granted... to be *left*....
And you know how to endure... to trust.... to wait....
Sometimes you get itchy... wanting to move on in life... looking for the 'new'...

You have much to tell us about standing in our truth.... the strength of teamwork... the condition of our bodies....

You know courage... joy... freedom... and bondage.... You *know*
Pause...

I invite you to take a moment to pray for this foot, for its years of service. You may wish to offer a blessing or prayer of thanks for this foot and share what insights you have received....

Invite the person holding the Left foot to quietly move to take up the Left hand.

There is so much one hand can do alone and so much more it can achieve with another hand.

Dear hand, you were made for cooperation... You are capable of communicating to others....

You know how to work: to knead, to cut, to pound, to hunt and to gather.... And you know how to play: a musical instrument, a sport, a game..... You have held many precious things... another person's hand... a baby.... books...a pen..

You also understand what it is like to be part of a minority... You have had to adapt to so many situations....

You hold much power and potential for violence.... You are tough, yet soft and vulnerable.

Pause...

I invite you now in silence to reverence this hand and the life of the person it represents.....

You may wish to offer a blessing or prayer of thanks for this foot and share what insights you have received.....

Invite the person holding the hand to move and take a position holding the other person's head.

Dear Leader, at birth you led us into life and you have been leading and guiding ever since. Your eyes have seen so many things: beautiful things and ugly things.....

Your ears had heard: motors.... bird calls.....children's laughter.... the wind.... the sea....footsteps...music... language..

And you know the aroma of a favourite food.... The scent of perfume... the smell of fear...of danger.... of a rain forest

You know the taste of things....sweet and savoury, bland and spicy....

You know all these things.... And you remember.....

**You dream.... Hope.... Question.... Plan.... Love.... You search for
God..... You are more Intricate than we can ever imagine.**

*Long, silent pause..... then read, sing softly, or play the chorus from **On
Eagle's Wings** by Michael Joncas:*

**And He will raise you up on Eagle's wings,
Bear you on the breath of God
Make you to shine like the sun
And hold you in the palm of His hand.**

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