

MEDITATIVE POSTURES

FROM JULIAN OF NORWICH

4 postures that use our bodies to convey our mental and spiritual posture

Begin by taking a full, deep breath
Exhale fully

AWAIT

Place your hands at your waist, cupped up to receive:

We do not choose God, but God chooses us. As we await, we open ourselves and create space for God to fill, without expectation or demand of how God will choose to come to us.

ALLOW

Reach up with your hands open, as if ready to catch a ball

Rather than telling God what we want, we open ourselves to receive what God knows that we need. As we allow a sense of God's presence to come (or not), we receive it trusting that it is right for this moment, this day, this week.

ACCEPT

Place your hands on your heart

God's grace is a gift. As we accept what God gives to us, we accept that we are not in charge of that gift, and we accept God's presence, whether or not we even can tell God is there.

ATTEND

Stretch your hands outward, ready to help

God blesses us to be a blessing. In this stance of openness, we hear God's call to attend to the action or actions that God invites us to take.

How to use these postures:

Do these postures before and after saying your regular prayers for the day, or do these actions and say a prayer with each posture.