

## **Movement Meditation: Empowerment**

*(Remove shoes)*

*Stand (or sit) with feet firmly on the ground, one hand on your chest and the other on your belly*

***Breathe in slowly, and feel the air move into your body.***

***Breathe out slowly, and feel the air move out of your body. (2X)***

***Sometimes we feel small and powerless*** *Bend at waist with face toward knees and arms dangling at your side (yoga ragdoll pose)*

***Forgotten and alone.*** *Cross arms while still leaning over and hug self*

***Then we look around us and see others*** *Raise head slowly and look to the right and then to the left*

***who need a helping hand.*** *Bring arms forward and raise body so your torso is upright and stretch your arms out to either side*

***We decide to be strong like lions,*** *Move into a lunge with arms stretched out forward and back at shoulder height (warrior II pose)*

***to soar like bald eagles*** *Twist your body left and then right, keeping arms extended so your arms move in a half circle around your torso*

***We ask God to show us how to help.*** *Bring feet together, tuck elbows into body and hold hands at mid-torso with palms up and crossed*

***We are no longer alone!*** *Sweep arms out and around in a large circle, then cross arms and hug self*

Key words (for flow): **us, others, earth, God**