

## **Movement Meditation: Wonder**

*(Remove shoes)*

*Stand (or sit) with feet firmly on the ground, arms dangling at sides.*

**Breathe in**, lift arms slowly in an arc (palms up) until they meet above head.

**Breathe out**, lower arms slowly in an arc (palms down) until they touch sides of body. (2X)

**I wonder who I will be today.** *Breathe in and out slowly, with hands held in front of body, fingers opening and closing in alternating movements*

**I wonder how I will feel today.** *Hold hands in front of face and then move them together down body to belly (like scanning), ending with hands overlapping and elbows out at waist.*

**I wonder who I will see today.** *Shift elbows close to the body so hands are separate and facing outward. Make small circles in front of body with hands, with circles getting larger and larger*

**I wonder what we will do together.** *Make a very big circle motion with both arms and then bring hands together in a locked grasp a chest height, elbows out*

**I wonder what the earth will show me today.** *Extend arms out to sides at shoulder height and stand with legs wide apart (star pose)*

**I wonder how I will show the earth I care.** *Bring legs together and hold palms together at chest with elbows out (modified tree pose)*

**I wonder where I will see God today.** *Breathe in and out deeply and extend arms upward with palms still together*

**I wonder who God wants me to be.** *Bring arms down and hold perpendicular to body with fingers opening and closing in alternating movements*

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