

Movement Meditation: Awareness

(Remove shoes)

Sit on your heels on the ground, arms in lap. (Or, sit in chairs with feet on ground and arms in lap.)

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

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

Listen to your breath. *Sit very still, breathing slowly in and out*

Feel your breath on your hands. *Raise hands and cup them in front of mouth*

Catch your warm breath *Exhale into cupped hands, then close them*

and let it go. *Fling arms forward and out, opening hands, then return to lap*

Look around you. *Raise body until torso is straight and turn head and torso to left and then slowly scan right.*

Notice all the people in the room. *Scan back from right to left, slowly rotating torso*

Nod at each person *Scan left to right, nodding head*

and wish them well. *Hold arms straight out at waist level with palms up and move arms out in circle; lift one leg in lunge with other knee still on floor*

Stand up slowly. *Use hands to push up into standing position*

Feel the ground beneath you. *Rock slowly forward on toes and then back on heels*

Jump up and down *Jump, spreading feet wide and raising arms over head, then jump again, bringing feet together and arms back to side (jumping jacks)*

and let it catch you. *Jump, bending knees and land in slight crouch*

Close your eyes. *Stand upright with eyes closed*

Feel God's presence with you. *Move arms around in a big circle and hug self*

Catch God's great love *Reach out with alternating open hands, closing each one as you pull it back to you*

And share some with others. *Hold one hand over heart and extend other hand palm up in a sweeping circle*

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