

## **Movement Meditation: Justice**

*(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)

**How do you make a difference in the world?** *Rub hands together briskly (fire-starting motion)*

**How do you work for justice?** *Continue rubbing hands together while rotating torso from side to side*

**What happens when people come together?** *Extend arms in downward 'V' with hands shaking (jazz hands), then raise arms slowly with hands still shaking until arms in upward 'V'*

**What happens when they cooperate?** *Shake entire body with arms in upward 'V'*

**How will the world be changed?** *Jump up and down four times*

**How will it respond?** *Jump up and down while turning in a circle*

**What will God's reaction be?** *Dance with arms up*

**What will God do?** *Twirl around as you continue dancing*

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