

# Awaken to God's Presence | Blessing The Body

## SUMMARY KEYWORDS

guided practices, divine connection, quiet contemplation, gratitude, dignity.

## SPEAKERS

Joelle Wight, Shannon McAdam

### Joelle Wight 00:04

A gift of peace in the midst of troubling times. Project Zion Podcast offers this series of guided practices to help you connect with the divine no matter where you are or what's going on around you, take a deep breath and allow your spirit to find calm in the storm of life.

### Shannon McAdam 00:28

My name is Shannon McAdam. Thank you for joining me today in this moment of quiet contemplation together. Today, we will be praying a blessing of the body from Joyce Rupp's book, "Out of the Ordinary." I invite you to find a comfortable place to sit, maybe with your feet flat on the floor, your back supported, so that you can rest comfortably.

As I pray each of these blessings out loud, I would invite you to put your hands on the part of the body that the blessing is for. May you feel the spirit attending to each part with tenderness and love. Take a few deep breaths to quiet yourself as we begin this time of blessing.

We bless the forehead. May you have keen insights and think clearly. May your thoughts be kind and wise. May you resolve anything in your mind that keeps you from being your true self? And for your ears, may you listen to the inner voice of the beloved and act on the Word of God. May you hear the melodies of your own goodness and treasure who you are.

For your eyes. May you have inner vision to see more clearly the path that is yours. May you look upon others with love as you search for your way home,

For your mouth, may you speak with love, proclaim the truth and make your needs known. May you laugh at the absurdities of life and taste life with joy and enthusiasm.

For your nose, as you take air in and let it out, may you be reminded of the cycle of life with its dying and rising, its emptying and filling. May you breathe in the aroma of goodness and breathe out what needs to be let go.

For your hands, may you use your hands to touch all of life with reverence and gratitude. May these hands reach out with care to others. May these hands be willing to receive from others.

For your skin. May you not be too thick skinned, nor too thin skinned as you journey, may you reverence and protect the dignity of others no matter what color of skin they have.

For your heart, may you develop awareness of what stirs deep within you, may you have a vibrant, compassionate Heart, one that is filled with generosity and kindness.

For your feet as you travel through the many ups and downs of life, may all the places your feet take you lead you to greater transformation and inner freedom, may you develop an ever firmer foundation

For your spiritual path. As we close our time of blessing our bodies, we pray some final blessings. May the shelter of God, embrace you in your difficult moments. May the dance of God play in your joyful moments. May the peace of God be with you wherever you are on your journey of life.

Amen.