

I AM HERE

A Body Prayer

This body prayer is just three simple words: ***I am here.*** The prayer with the gestures or movements may be done standing or sitting. One word is spoke with each of the four gestures or movements, and the words ***I am here*** are said four times.

Gesture	Spoken Word
Arms bent at elbows, hands open.	I
Arms bent at elbow, hands in a fist.	AM
Arms raised and extended overhead, palms open.	HERE. <i>Pause for internal noticing.</i>
Arms straightened at one's side, and palms of hands flat / parallel to the floor.	I
Arms bent at elbows, hands open.	AM
Arms bent at elbow, hands in a fist.	HERE. <i>Pause for internal noticing.</i>
Arms raised and extended overhead, palms open.	I
Arms straightened at one's side, and palms of hands flat / parallel to the floor.	AM
Arms bent at elbows, hands open.	HERE. <i>Pause for internal noticing.</i>
Arms bent at elbow, hands in a fist.	I
Arms raised and extended overhead, palms open.	AM

I AM HERE
A Body Prayer

Arms straightened at one's side, and palms of hands flat / parallel to the floor.	HERE. <i>Pause for internal noticing.</i>

(Compiled by Jeanine Siler-Jones, Marcella Kraybill-Greggo and Kim Denyes)