Law of Seven

Body Prayer

Gesture as walking inner lines	Spoken word as walking inner lines
1-4 Hands interlaced in front of heart	1-4 Assimilation
4-2 Gripping fingers as interwoven fists and pulling against each other	4-2 Struggle
2-8 Arms opening outward from the heart, palms open, a welcome	2-8 Service
8-5 Palms open, hands down by side	8-5 Receptivity
5-7 Head down, palms open by side	5-7 Submission
7-1 Hands crossed over heart	7-1 Acceptance

Law of Seven Body Prayer

