

A Sufi Body Prayer

(From "Spiritual Practices" by Rev Diane Berke, One Spirit Interfaith Seminary)

"I step into the embrace of the Beloved..."

Take one step forward with the right foot, then bring the left to meet it.

"...to receive and to give..."

Cup hands in front of heart, then extend forward as in a gesture of giving

I put behind me all worldly concerns and egoistic thoughts..."

Bring hands back, palms facing forward, at shoulder level, elbows bent

"...I open my heart..."

Place hands over heart center

"...and offer thanksgiving and praise..."

Lift hands and arms upwards, while also looking up

"...I surrender to You..."

Bow at the waist, sliding hands down the thighs to knees

"...that I may do Your will..."

Drop to knees and touch forehead to the ground

"...now and always..."

Sit up and back on heels, hands resting on thighs

"...at one with You.

Touch forehead to ground again

Stand and take one step back to original starting place

Repeat the entire cycle three times

My Beloved (inspired from the Sufi Body prayer)

I step into the embrace of my beloved
And here in this moment is all I need
Receive, receive first, receive
Love, grace and again, Love
Love to give back now to my Beloved
Love enough to release my fear and worry
and smallness
Love enough to open my heart
Where can I run from your Love?
My lips my eyes my limbs my joyful
Dancing feet carry me to yes and yes
Yes says my heart, yes, and I reach in
Pluck out the final shard of glass
Offer it
To my Beloved and surrender
To the light, radiant light
That spills out of this tender fissure
In my heart
Pulls me invites me loves me
Into Surrender
My will becomes Thy will
Yes and Yes and Love
Always (MBB 6/2015 and 5/2016)