

A "Posture Prayer" is based on an ancient metaphysical principle which goes: "What the body does the soul remembers, and what the soul remembers it does to the body." This includes not only our "physical flesh body," but also the "body of our affairs." Whenever we have an experience in the physical world our soul tends to draw certain conclusions about life from that experience. If those conclusions are incorrect they are retained as "false beliefs" that will in turn create "false experiences" of life, which are always some form of suffering. All of the difficulties in our lives are the outpicturing of experiences that the body has had and the soul has remembered, but misunderstood.

The purpose of a "Posture Prayer" is to transform our beliefs by using our bodies to create new experiences for the soul based on Principles of Truth. What the soul mostly notices about experiences is the feeling associated with them. It has been known down through the ages that certain bodily postures can generate certain types of feelings. When those feelings get linked to affirmations of Spiritual Truth they bring about a purification of the soul. This ultimately results in the soul producing new experiences that express the qualities of God into our lives in new and wondrous ways. Remember, to pray with feeling is to pray in faith.

Following are just a few of the postures that can be incorporated into your practice of prayer. They can be performed in either sitting or standing position. However, what is most important is to explore your own body to see how these postures affect feelings. Try assuming each one of these postures and then fill in the corresponding blank with the word that best describes the mood that it created in you.

### Prayer Posture - The Mood of \_\_\_\_\_



This is a universal posture that evokes feelings of reverence and humility. It symbolizes the surrender of the head (individuality) and the hands (action) to the heart (Universality). In other words, individual efforts are surrendered to the Universal Expression, which is the Will of God.

### Praising Posture - The Mood of \_\_\_\_\_



This posture tends to evoke feelings of joy, exuberance and enthusiasm. Notice that it's almost impossible to assume this posture and frown at the same time. Be sure to raise both your head and your hands when you perform this posture.

### Love Posture - The Mood of \_\_\_\_\_



This posture tends to evoke feelings associated with the heart such as delight, gratitude and ecstasy. It could also be called the "I Am Posture" since it evokes feelings associated with the affirmation of our own being. Assuming this posture also stimulates the "thymus gland" which is a major source of life energy located behind the heart.

### Release Posture - The Mood of \_\_\_\_\_



Because this posture demonstrates a sense of vulnerability it allows hidden fears to come to the surface of our awareness. Consequently, this posture facilitates the releasing of attachment to "false beliefs" that no longer serve us. It should always be used in conjunction with one of the other life affirming postures that will dispel our fears.

### Madonna Posture - The Mood of \_\_\_\_\_



This posture always evokes feelings of openness and acceptance. However, what is unique about this posture is that it demonstrates a mood of both giving and receiving. Consequently, it also symbolizes the universal "Principle of Circulation" which is the foundation of all life expression.

