**A BODY PRAYER**

**May Day Chants**

**(The following chants provided by Grey Mere on the Sabbats listserv)**

**We are the flow and we are the ebb We are the weavers, we are the web**

**We are the needle, we are the thread
We are the witches, back from the dead**

**Weavers, weavers,**

**We are weaving the web of life.**

**Weave, weave, weave me a rainbow
Out of the falling rain.**

**Weave me the hope of a new tomorrow.
Fill my cup again**

**Some people relate to expressing prayer through their bodies, through dance or walking meditation, yoga, and so on. There is a body prayer that I have in­corporated into my spiritual practice that can be very nourishing to even the most physically inhibited individuals. It is also meaningful as a shared experi­ence with a group of people. If you wish for the prayer to give you healing en­ergy through times of pain and grief, it may be useful to name what you need from it at the beginning. Here are the basic motions, all of which should be done slowly and with a feel for the rhythm of each gesture:**

**1. Begin by standing erect with your palms together in front of your chest or face.**

**2. Bow reverently, honoring the Holy as you understand it.**

1. **As you return to an erect position, keep your hands together, but bring them up in front of your face, raise them over your head, and then sepa­rate them and reach up as if to open your whole self to receiving the gifts of the Holy into your being.**
2. **Bring your arms back down slowly, and cross them onto your chest one over the other, in a motion that gathers the spiritual gifts or healing en­ergy you have received and brings it into your being.**
3. **Opening your arms and reaching out before you with your palms open, feel yourself giving a divine or healing energy back into the world, shar­ing it with others.**

**Lady, weave Your circle tight With a web of living light**

**Earth and Air and Fire and Water Bind us to you.**

1. **Bring your palms back together in front of your chest or face.**
2. **After your palms are back together, clap once, in a gesture of keeping awake and receptive to the gifts of the Holy that are there for you in the moment.**
3. **With your palms together as in the beginning, bow again.**
4. **Repeat as many times as you wish, ending with a bow.**