

Body Meditation

Close your eyes . . . listen to the rhythm of your breathing . . . slowly in . . . out . . . relaxing your body . . . letting go of all of today's concerns . . . clearing your mind. . . .

Imagine yourself in the beginning of time . . . God is creating the sky . . . the moon and the stars . . . the planets and the earth . . . beauty is being created. . . . Now notice God creating man . . . and woman . . . and God declaring all creation beautiful and good. . . .

Picture your body . . . a body that reflects the artwork of a loving God. . . . Notice how unique and beautiful you are . . . the color of your eyes and hair . . . the tone and feel of your skin . . . the features of your face, your hands, your feet. . . . Feel your body resting in the open hands of God . . . a body that is still being formed and developed . . . a body that is unique in all the world. . . .

With full awareness of your body, its beauty, its uniqueness, you notice a man walking toward you. . . . You feel calm and at peace as he comes closer. . . . As you see his face and look into his eyes, you see that he is Jesus. . . .

Now Jesus sits beside you. . . . He asks you to tell him how you are feeling right now, and you answer him. . . . Then he looks at you again and asks you to tell him how you feel about the body God has given you. "Be honest," he says. And you are. You tell him what pleases you and what concerns you about your body. . . .

When you finish speaking, Jesus looks at you with love, and you know that he has heard you and your concerns. . . . As he gazes at you, he begins to speak, to respond to what you have just told him. Listen to his response now. . . .

Jesus finishes speaking to you and embraces you before he leaves. . . . As he turns away, you experience the warmth of the sun upon your face . . . and you feel wholeness inside. . . .

You begin to walk toward the present. . . . Slowly you become aware of the room you are now in. . . . You are ready to return to your life renewed . . . refreshed . . . and at peace. . . .

When you are ready . . . slowly open your eyes . . . and sit quietly until you are fully aware of your surroundings.

