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Blessing of the Body

by Joyce Rupp

This blessing is designed for use with groups, inviting those present to each find a partner to bless. However, it could also be used by just two persons, with one blessing the other.

When used with groups, partners should face each other and then ask about the other person's comfortableness with being touched. If he or she prefers a non-touch blessing, the other person can simply hold his or her hand near the part of the body being blessed, rather than touching it.



As the leader prays each blessing out loud the couples silently

bless one another at the same time. For the last part, each phrase or sentence is repeated after the leader.

Forehead: May you have keen insights and think clearly. May your thoughts be kind and wise. May you resolve anything in your mind that keeps you from being your true self.

Ears: May you listen to the inner Voice of the Beloved and act on the word of God. May you hear the melodies of your own goodness and treasure who you are.

Eyes: May you have inner vision to see more clearly the path that is yours. May you look upon others with love as you search for your way home.

Mouth: May you speak with love, proclaim the truth, and make your needs known. May you laugh at the

absurdities of life and taste life with joy and enthusiasm.

Nose: As you take in air and let out air, may you be reminded of the cycle of life with its dying and rising, its emptying and filling. May you breathe in the aroma of goodness and breathe out what needs to be let go.

Hands: May you use your hands to touch all of life with reverence and gratitude. May these hands reach out with care to others. May these hands be willing to receive from others.

Skin: May you be not too thick-skinned or too thin-skinned as you journey. May you reverence and protect the dignity of others no matter what color of skin they have.

Heart: May you develop awareness of what stirs deep within you. May you have a vibrant, compassionate heart, one that is filled with generosity and kindness.

Feet: As you travel through the many ups and downs of life, may all the places your feet take you lead you to greater transformation and inner freedom. May you develop an ever firmer foundation for your spiritual path.

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I invite each of you now to repeat what I will say. Whisper these words into the ear of your partner. To do so, you will need to be very close to each other.

May the shelter of God embrace you in your difficult moments.

May the Dance of God play in your joyful moments.

May the Peace of God be with you wherever you are on your journey of life.

Amen!

"Blessing of the Body" taken from *out of the ordinary: prayers, poems, and reflections for every season*, by Joyce Rupp Copyright 2000.

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