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“The Kripalu school of yoga seeks to draw one into the inner experience of yoga by integrating hatha yoga (asanas and pranayama) with raja yoga (meditation) in what it calls “posture flow” or “meditation-in-motion.”¹ My directed study project was to incorporate the Lord’s Prayer found in the New Testament of the Bible into a moving meditation as I incorporate the Scripture with yoga postures and breathing technique. Through reading Thomas Ryan’s book of Prayer of Heart and Body; Yoga and the Christian Faith, I chose this project as one of my scripts.

Beginning in equal standing position with palms together in front of your heart and thumbs resting on your sternum, inhale and exhale slowly as you press equally through the bottoms of all four corners of your feet. Our kneecaps are lifted towards our quadriceps muscles as we start the prayer with “Our Father.” Scripture teaches us that we cry out to God as our “Abba Father,” which means “Daddy God.”

On the next inhale sweep your arms upward to a simple overhead stretch bringing your palms together over your head with interlocked fingers. Stretch up and slowly pull your arms slightly behind you as you lift your index fingers and thumbs toward the ceiling. Say, “Who art in Heaven.”

Bending forward from the hips as you release your arms to the mat, simply bow your heart toward your knees on the exhale. This posture of forward folding shows humility and reverence for the Names of God (Jehovah, El Shaddai, El Roi, Elohim,) as you say, “Hallowed be Thy Name.” Your hands can rest on a block or shins with a micro-bending of the knees; you can work on straightening your knees without locking them backwards.

Inhaling as you step back with your right foot, now you will bring your front left knee into a 90 degree angle over your left ankle and release your right knee down to the mat. Lower the top of your right foot. Both of your hands remain on the mat on either side of your left foot. Say, “Thy Kingdom come.” This means that you are asking for God’s kingdom of joy, peace, and love to come into your heart and spill over into your life.

On the next exhale you will bring your left foot back to match your right at the back of your mat to plank pose. In this pose we align our shoulders over our wrists and create a slight diagonal line from the crown of our head to our shoulders to our hips and finally to our heels. Our arms and legs are straight, or we can modify by bending our knees and bringing our chest in front of our biceps. Say, “Thy will be done.” Just like Jesus prayed in the Garden of Gethsemane, “Not my will, but Yours be done,” we are asking for God’s wisdom and divine providence to be accomplished in our lives.

As we retain our breath and lower down into crocodile shifting forward with the toes and hugging our elbows into our ribcage, our prayer continues, “On Earth, as it is in Heaven.”

¹ Ryan, T. *Prayer of Heart and Body; Meditation and Yoga as a Christian Spiritual Practice*. 1995. New Jersey: Paulist Press.

Knowing that God is not only our Father, He is our ultimate Provider. We inhale up into a high cobra pose by pulling forward from the midsection of our body and straightening our arms as we lift up. Our hips are relaxed and our thighs remain on the mat with the tops of our feet facing down. In this pose, we say, "Give us this day our daily bread."

Turning our toes under as we lift our hips towards the ceiling in an inverted "V," we press into the knuckles of our hands as we spread our fingers widely for downward facing dog. Pressing back into the balls of our feet and "bicycle pedaling" our heels down into the mat, we humbly bow once again and ask God for the forgiveness of our sins and neglect of loving Him first and foremost. Say, "And forgive us our trespasses."

On the next inhale, we step our right foot forward between our hands making sure that our right knee forms a box over our right ankle. Then, lowering our left knee and foot to the mat, we say, "As we forgive those who trespass against us." We realize that God's second commandment is to love our neighbor as ourselves, and we must live a life of love and service to others not holding their shortcomings up to them.

Retaining our breath as we step our left foot forward at the top of our mat, we exhale into a forward fold once again keeping our knees straight or slightly bent as we lay our hands on a block or the mat. We ask God, "And lead us not into temptation." This indicates that today we need not only His mercy for the forgiveness of our sins, but we also need His grace to live a purposeful life.

Bending our knees as we inhale by reverse swan diving and sweeping our arms out to the side and up, we pray, "But deliver us from evil."

Reaching upward to the ceiling and bringing our hands together by interlacing our fingers at the top, we can include a slight back bend if we choose. Our prayer is ended by saying, "For Thine is the Kingdom, the power, and the glory forever."

Exhaling our hands back into prayer position in front of our heart and returning to equal standing pose, we bow our heads and say, "Amen."