

## Body Prayer of Julian of Norwich

*“Do you not know that you are God’s temple and that God’s Spirit dwells in you?”*

1 Corinthians 3:16

**Why body prayer?** Our histories and the current moment dwell and manifest in our bodies – even if we are not aware of this! This includes our fears, sorrows, and traumas; joys, expectations and hopes; and our thoughts and emotions. Body prayer can help us surrender to healing, live in the present moment, and know all that we need to know to guide our next steps.

**Julian of Norwich** (1342-1416), whose real name has been lost to history, was an anchorite at the Church of St. Julian in Norwich, England. She experienced severe bodily pain when she was thirty years old. During this illness she received visions, which she later recorded. Julian wrote, *“The fruit and the purpose of prayer is to be **oned** with and like God in all things.”* Julian also famously said this: *“All shall be well, and all shall be well and all manner of thing shall be well”*.

**Read more about Julian of Norwich here:** [Julian of Norwich Anglican Journal](#)

These words are from the Order of Julian’s motto interpreted as four prayer poses:

- 1) **AWAIT** (hands at waist, cupped up to receive): Await God’s presence, not as you expect, hope, or imagine, but just as it is in this moment.
  - 2) **ALLOW** (reach up, hands open): Allow a sense of God’s presence to come (or not) and be what it is, No expectations!
  - 3) **ACCEPT** (hands cupped at heart): Accept as a gift whatever comes or does not come. Accept that you are not in charge. Accept God’s presence, whether or not you are aware.
  - 4) **ATTEND** (hands outstretched, ready to be responsive): Attend to what you are called to, actions that God invites you to from this stance of openness.
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### Additional resources

Video: [Julian of Norwich Body Prayer](#)

Books:

[Body Prayer: The Posture of Intimacy with God](#)

[Praying with the body: Bringing the Psalms to Life](#)