

Flipping God

The Jesus prayer is a really helpful practice that comes from the Orthodox tradition. It is inspired by the tax collectors prayer and is simply a repetition slowly of the words “Lord Jesus Christ Son Of God have mercy on me a sinner”. However this is probably not a helpful prayer when you are bent over. Try reworking the prayer as follows: “May the Lord make his face to shine upon you” and repeat slowly using your breath to create a rhythm for the prayer..

Begin by bending over double and then slowly straighten up and stand tall and turn your face up and rest in God’s presence. Perhaps hear the words ‘stand tall’ or whatever else you sense the Spirit might be saying to you at this time. Then simply rest in that posture for a while. Enjoy the warm light and music.