



**Embodied Spiritual Practices:**  
*Honoring, Savoring and Living*  
*The Human/Divine Connection*

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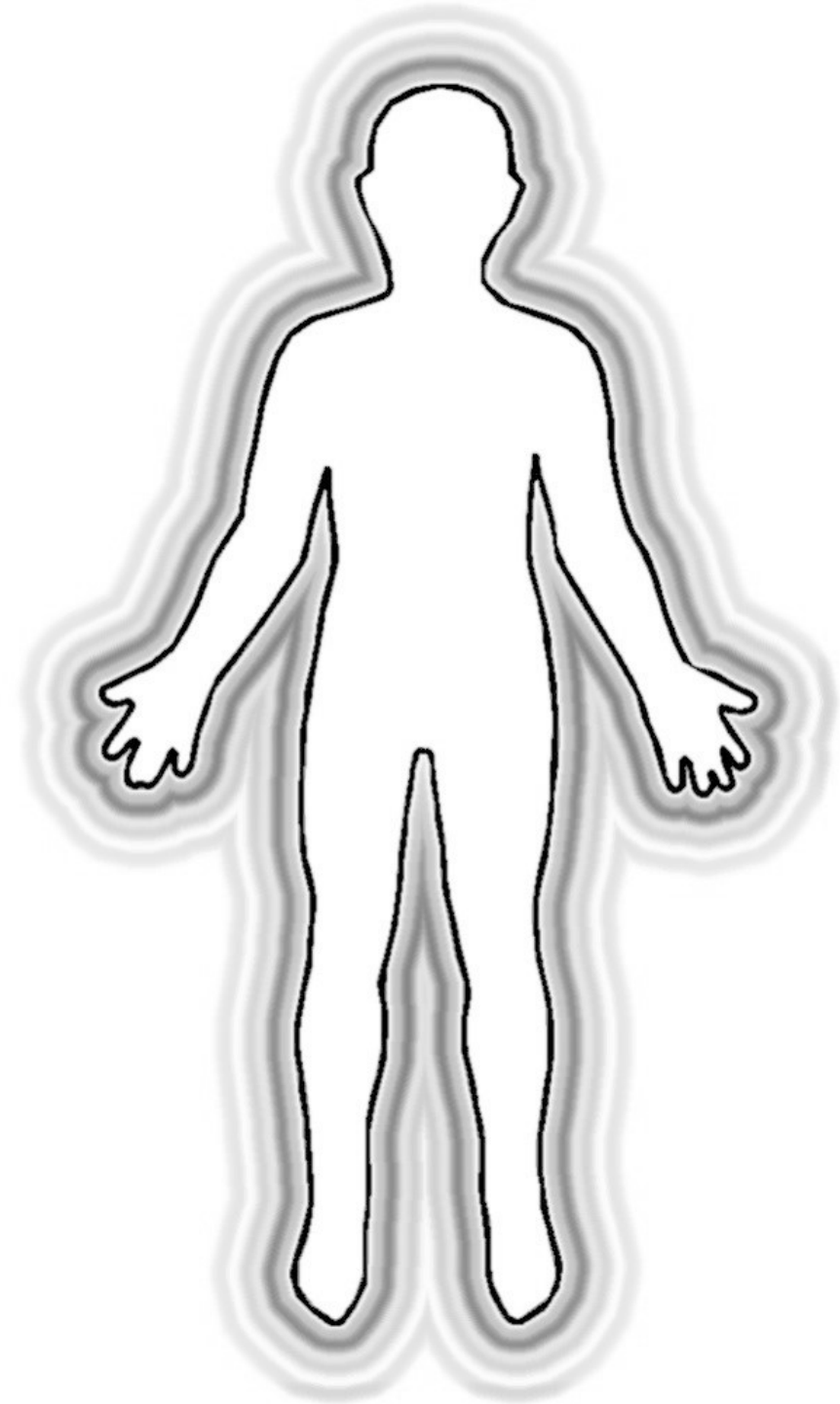


# Objectives

- **Honoring:** Understand why supporting the Human/Divine connection is important
- **Savoring:** Experience a Body Awareness guided practice
- **Living:** Demonstrate various practices to further the Human/Divine connection in daily life

# Honoring

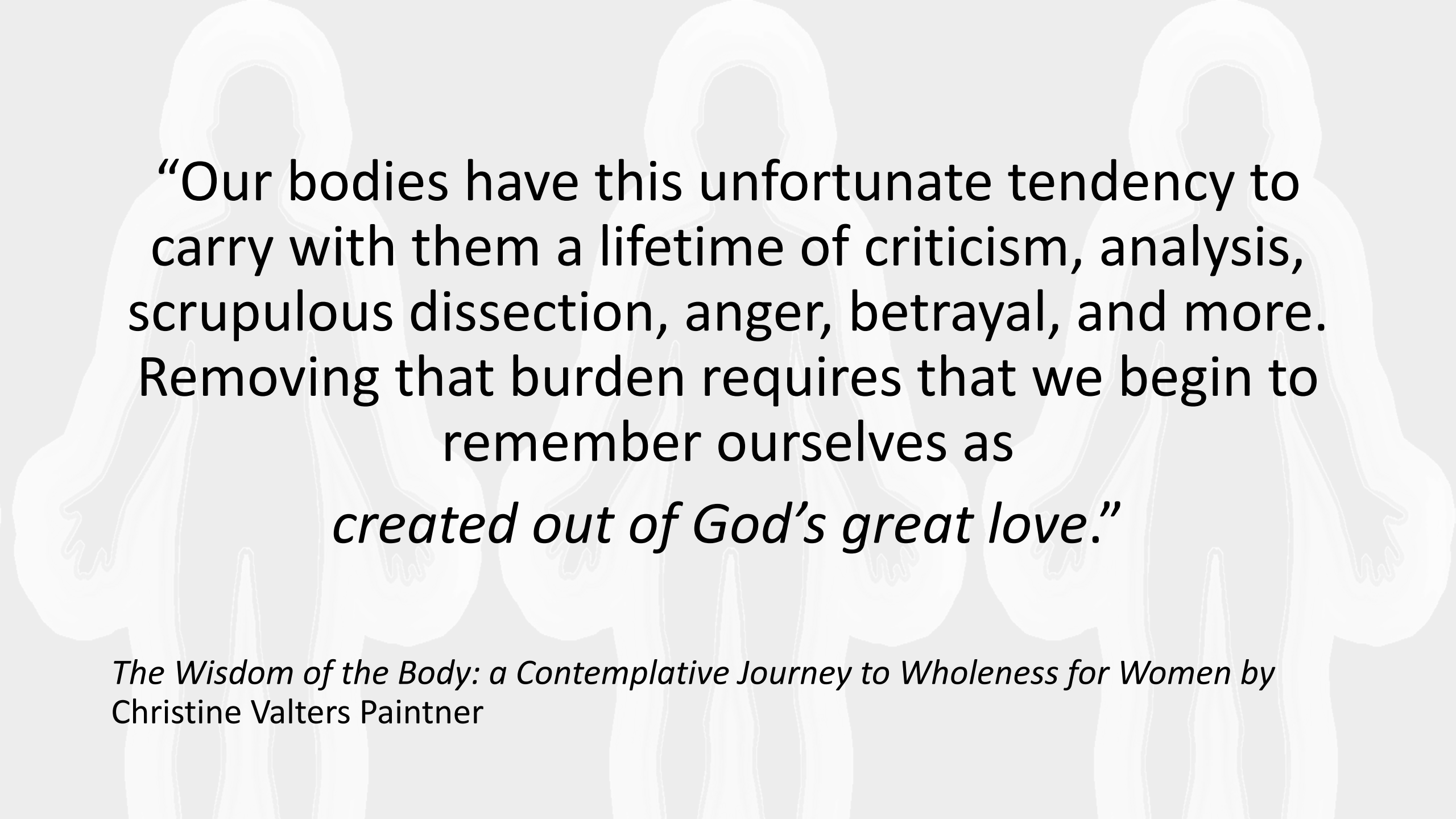
## The Human/Divine Connection





# Who I am

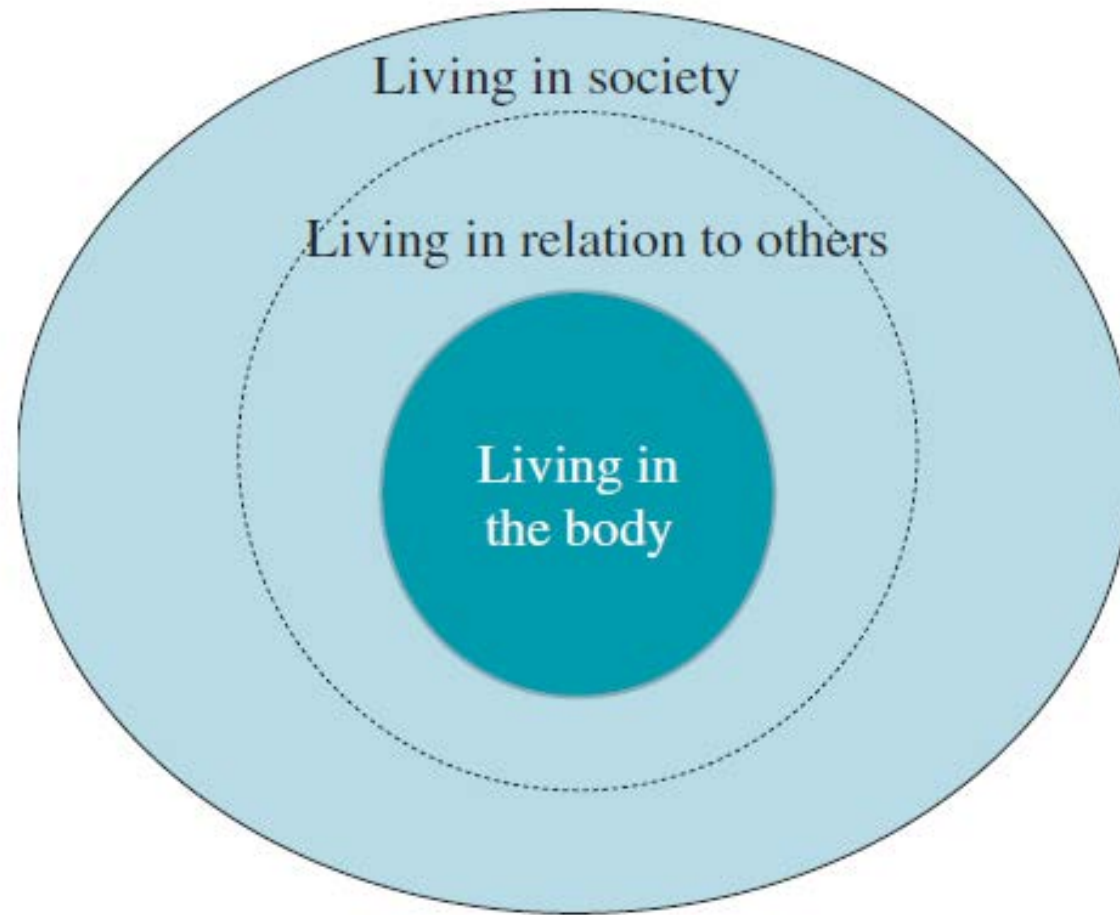
Roy de Leon



“Our bodies have this unfortunate tendency to carry with them a lifetime of criticism, analysis, scrupulous dissection, anger, betrayal, and more. Removing that burden requires that we begin to remember ourselves as  
*created out of God’s great love.*”

*The Wisdom of the Body: a Contemplative Journey to Wholeness for Women* by  
Christine Valters Paintner

# Embodied Identity





# Embodiment is Felt in Multiple Relationships:

Time

Consumerism

Food

The earth

Health care

*Christine Valters Paintner*



## 1 John 4:16

So we have known and believe the love that God has for us. God is love, and those who abide in love abide in God, and God abides **in them**.

*Inviting the body to prayer often leads to appreciation of the body and love for the body*





# **Human/Divine Connection: Incarnation**

En-flesh-ment of Jesus

Contemporary and Classic Christian perspective



**Do we primarily think of Jesus as Divine?**

Christ was one of us/human

Individual differences are present

*Fully Human, Fully Divine: An Interactive Christology by  
Michael Casey OSB*



# **We Awaken in Christ's Body**

*Symeon the New Theologian*  
(949-1022)



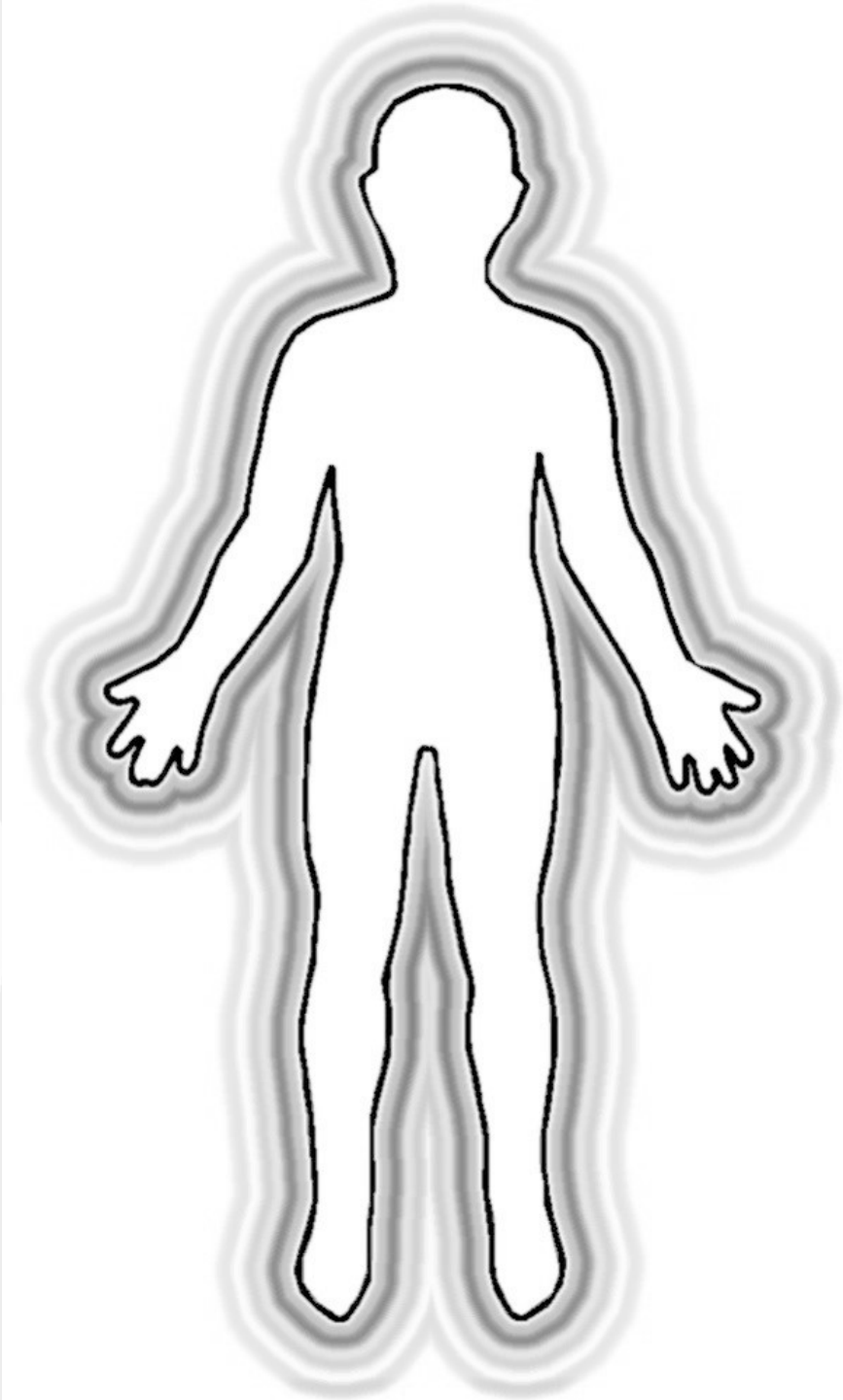
**“We are called to embody the love of  
God in our lives**

...Not just talk about it or think about it or pray about it.  
We must live it in our guts, our muscles, our hearts, our  
eyes, our ears, and our tongues.”

*From “The Divine Dance: The Trinity and Your Transformation” by  
Richard Rohr*

# Savoring

The Human/Divine  
Connection





# Embodied Prayer Anchor

- Starting/reset point
- Quick, simple, easy
  - Individualized



# **Body Awareness Experience**



## Take Note:

- If there is tension in my body, I am aware of the tension
- It is difficult for me to identify my emotions
- I notice that my breathing becomes shallow when I am nervous
- I notice my emotional response to caring touch
- I notice how my body changes when I am angry

*Scale of Body Connection*





## Take Note:

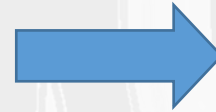
- I take cues from my body to help me understand how I feel
- When I am physically uncomfortable, I think about what might have caused the discomfort
- I distract myself from feelings of physical discomfort
- When I am tense, I take note of where the tension is located in my body
- I notice that my body feels different after a peaceful experience

***Scale of Body Connection***

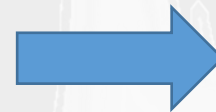
# Caution

*Preoccupation with bodily sensations*

*Self-focus + rumination*



**Anxiety symptoms**



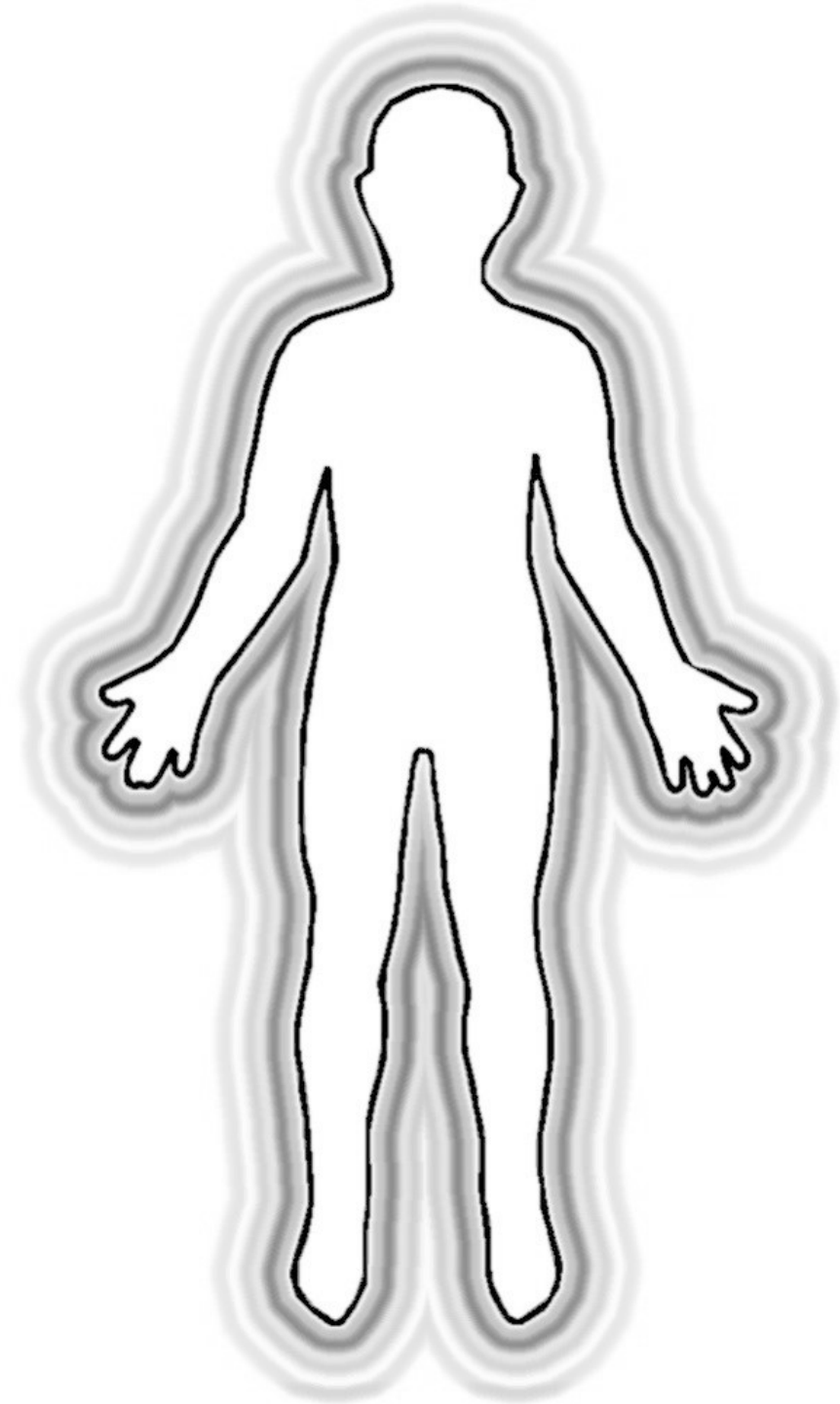
**Depressive thinking**

**\*\*Trauma history\*\***

“The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma “

# Living

## The Human/Divine Connection



# Daily Tasks in Prayer



Breathing

Arising

Eating

Bathing

Working

Moving the body

Curiosity

Playfulness

Creativity

Wonder



**Emotions  
Feelings  
and  
Gestures  
in Prayer**





## Romans 8:26-28

... the moment we get tired in the waiting...

...**Spirit does our praying** in and for us...

...*wordless sighs, our aching groans...*



# Remembering Your Baptism

**Crossing yourself--Orthodox tradition**

3 fingers: The Trinity

2 fingers: Dual nature of Christ

Hand from head to belly button  
shoulder to shoulder





# Appreciating the Idiosyncrasies of the Body

Digestion—*“hot/cold drink and a snack”* prayer

Involuntary musical imagery—*“earworm”* prayer

The *“dry eye”* prayer

The *“yawn/stretch”* prayer





# Inviting

The *uncomfortable*

the *painful*

the *emotional*

the *difficult*

into prayer

**...Through BioSpiritual Focusing**



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# Moving Forward with Embodied Prayer



- Choose only 1 or 2 practices

*Body Awareness highly recommended*

- Journal
- Talk with a trusted person
- How/where to begin?



# **F.I.R.S.T.**

## **Steps to Starting a Spiritual Practice**

**F—Faithful**

**I—Intentional**

**R—Regular**

**S—Sacred**

**T—Time**

*By Carol Olson*



# Resources

*on handout*



# Responses, Questions, Sharing