



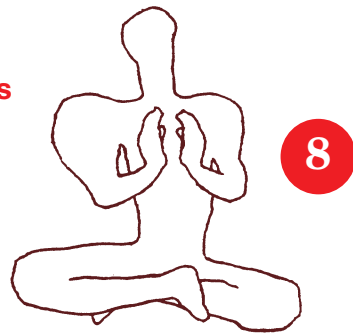
LISTENER RESOURCE
CATALOG.AMERICANCATHOLIC.ORG/GUIDE
A3801
CD #2/Track 13/11 minutes

The Body at Prayer

Guided Meditations Using Gesture, Posture and Breath,
With Original Music for Prayer

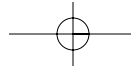
Meditations by Michael Sparough, S.J.
Music by Bobby Fisher
Illustrations by Julie Lonneman

Mudras: A Guided Experiment With Nine Hand and Arm Postures



The Nine Mudras of the Sufi Enneagram

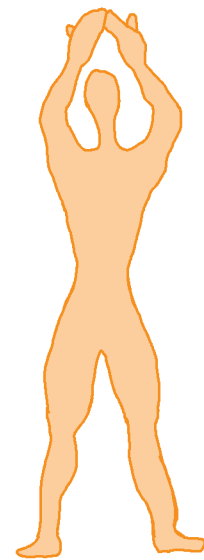
Virtue	Vice
1. serenity	anger
2. humility	pride
3. truth	deceit
4. equanimity	envy
5. detachment	stinginess
6. courage	fear
7. sobriety/moderation	intemperance
8. innocence	arrogance
9. desire for holy action	laziness



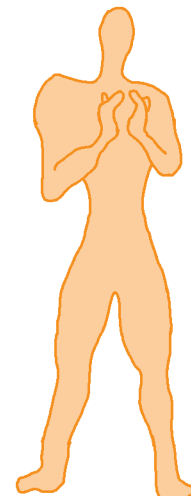
CD #4/Track 1/9 minutes The Lord's Prayer: A Guided Embodied Meditation



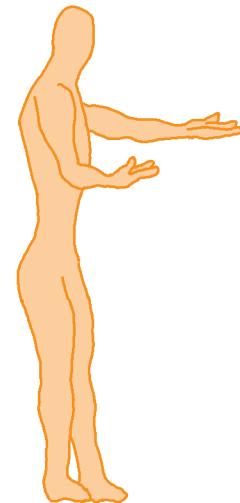
Our Father...



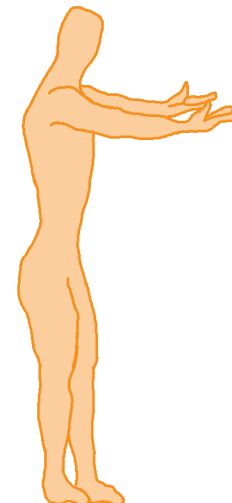
Who art in heaven...



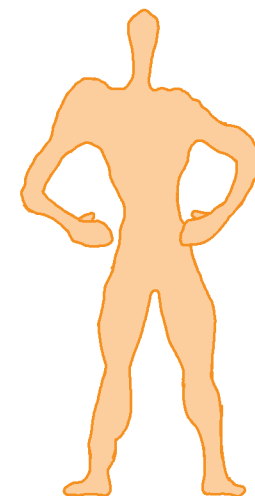
Hallowed be thy name...



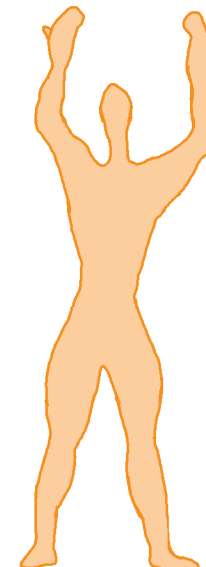
Thy kingdom come. . .



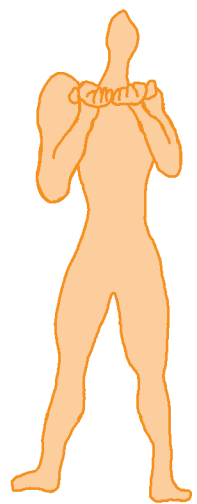
Thy will be done...



On earth...



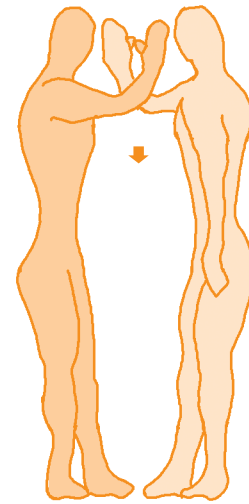
As it is in heaven...



Give us this day our daily bread...



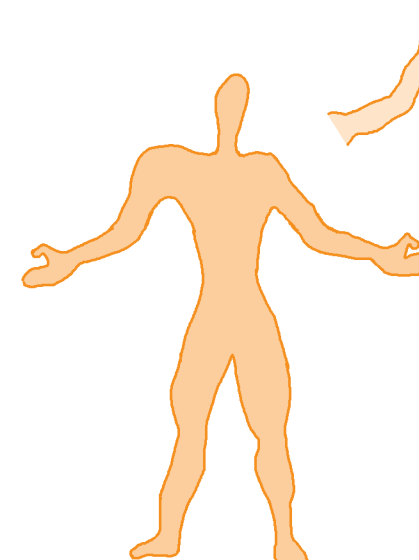
And forgive us our trespasses...



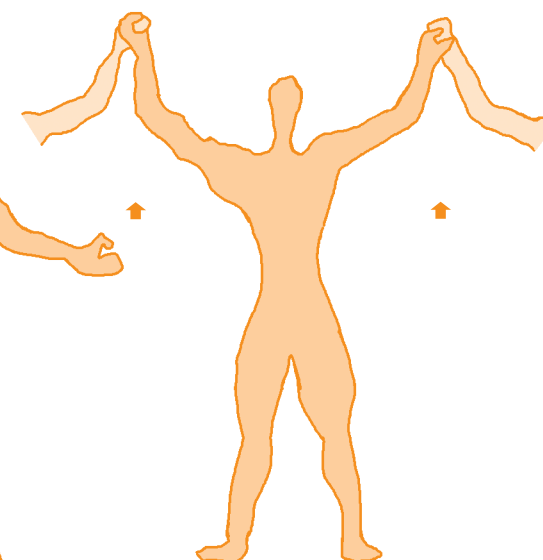
As we forgive those who trespass against us...



And lead us not into temptation...



But deliver us from evil...



For the kingdom and the power and the glory are yours now and forever.

