

The Lady's Prayer Created by Kathy Jones



The Lady's Prayer Practice

Practice three cycles of the Prayer in any one session.

Stand or sit comfortably with legs lightly apart, hands with palms touching each other in the prayer position at the heart.

Ground and centre yourself by sending threads of light from your heart down through your legs and feet into the earth, spreading out like the roots of a great tree. Feel the energy of the earth coming back up through your body back to your heart, filling your heart with the energy of the earth. Send threads of light from your heart up through your body and out through your crown into the sky, spreading out like the branches of a great tree. Feel the energy of the sky coming down through your branches back to your heart. Feel the energy of earth and sky meeting and mingling in your heart. Feel your heart open and your own Soul energy radiate outwards from inside of you, through your body into the space around you.

Hold your hands together in the prayer position. Breathing in, slowly raise your hands and arms, lifting them up above your head and then parting them. Breathe out. Open the chest, lean slightly back, stretch the back, reach up to the heavens with your hands. Look upwards, eyes closed or open. Feel your Crown Chakra open. Feel your connection to Her. Breathe in.

"Lady, awaken my spirit in you."

Breathing out bring your hands together with palms facing outwards, down to your forehead, to cover the Ajna Chakra between the eyebrows. Breathe in.

"Lady, open.....,"

Slowly draw the hands apart a little, creating an open upward-facing triangle by connecting the tips of your thumbs and first fingers, over the Ajna. Rest your thumbs on your nose, spread the other fingers outwards. Pause. With eyes closed or open, look through the triangular gap created. Feel your Ajna Chakra open. Breathing out slowly draw your hands apart, extending them outwards on either side of your body, sending your energy out to your fingertips and beyond, expanding your mind horizontally outwards on either side of your body, as you say,

"And expand my vision."

Bring your hands back together on a level with your mouth, with the palms facing upwards.

“Lady, be in my breath,”

Take a deep breath in and a slow breath out, feeling the air moving over the palms of your hands. In the first prayer cycle take one conscious deep breath in and out, in the second cycle take 2 breaths in and out, and in the third cycle take 3 breaths in and out. Feel the Throat Chakra open.

Breathe in,

“My voice,”

Hear your own voice, soft or loud, speaking for Her. Breathe out.

Breathe in extending your body, hands and arms forwards, circling your arms outwards and around on the level of the shoulders, taking them back so that you can feel the squeeze on your shoulder blades, and bring the hands back together at the heart, breathe out while saying,

“And all my actions in service to you today.”

Cup your hands together at the heart, creating a Chalice for Her love. Breathe in.

“Lady, fill my heart with Your love.”

Feel your Heart Chakra opening further. Breathe out.

Bring your hands down palms facing inwards, spread out over the Solar Plexus/belly button area.

“Lady, heal my dis-ease.”

Breathe in and out. Feel your Solar Plexus soften and open. Envision your physical, emotional, mental or spiritual dis-ease being healed in Her love.

Palms facing inwards, create a downward-facing triangle by touching the tips of the thumbs and first fingers, and spreading the other fingers outwards over the belly. Move the triangle slowly downwards over your belly and womb. As you move your hands gently begin to bend your knees a little. Breathe in.

“Lady, bless my womb/hara of creativity,”

Feel your Sacral Chakra opening. Breathe out.

Move the triangle down over your genital area. Breathe in.

“Bless my sexuality,”

Feel your Base Chakra opening.

Bend your knees further and move your hands down over your legs and feet to touch the Earth.

“And ground me in your love.”

Breathe out, and feel your connection to Mother Earth.

Breathe in. Extend and circle the arms outwards to the sides. Straightening the legs bring the hands in a sweeping heart-shaped circle back to the prayer position at the heart. Breathe out.

Breathe in. Open your arms wide, hands and palms facing forwards to encompass the whole world. Think of all those in need of healing at this time – those who are ill, those who are caring for the sick. Send healing energy out to the people through the palms of your hands.

“Lady, heal the people”

Breathe out.

Breathe in. Bring the arms into a circle of embrace in front of you. Consider the communities of which you are a part.

“Lady, heal our communities”

Breathe out.

Breathe in. Hold the arms extended out in front of you with your palms facing downwards. Send healing energy down to the earth through the palms of your hands.

“Lady, heal your Earth”

Breathe out.

Breathe in. Hold arms out wide

“Lady, Bring your MotherWorld into being upon your Earth”

Bring your hands back to your heart. Breathe out.

You are ready to begin the next cycle holding the hands at the heart in the prayer position.

This Lady’s Prayer can be adapted as a Prayer Practice for any Goddess, substituting Her name for ‘Lady’, and changing words as you prefer.