

Hidden Gospel book body prayers

Title	Use	Words used	Page	Notes
The presence of Unity	For feeling the presence of Unity (inner and outer).	ALAHA	29	Use breath and heartbeat to experience a harmony of feeling
Breathing with the First Beginning	Feeling compassion for the unresolved, chaotic and wild aspects of ourself - the denied aspects.	ALAHA	38	
Honouring the Sacred Breath	For noticing the unique aspects of our own breathing; learning how to use breath as a barometer.		46	
The breath in action	For using breath awareness to be more present to the needs of the moment - especially useful when walking.	ALAHA RUHAU	53	Alaha ruhau = Unity is Breath
The nature of Sacred Breath	For creating a sense of sacred spaciousness inside and outside. Best done in nature.		59	
Finding the Holy Centre	For linking a life goal with the centring of heart and breath, to make the pursuit of goals a holy pursuit.		67	
Darkness shines	For feeling a link to the shem of the vibrating cosmos, of the sacred.	SHEMA	73	
A meditation on light and dark	For focussing on both the light and dark places within, and how we need both.		82	
Asking for the "I can" to come	For when needing new vision in our life. For feeling a sense of empowerment.	TEYTEY MALKUTAKH	89	
Planting a seed	For when needing to change our life, both inner and outer.	MALKUTA	95	
The Cross of Heaven and Earth	For feeling a closer connection to Alaha, an expression of our unique purpose in life.		105	A way of experiencing shemaya and ar'ah at any moment
A meditation on the 'I AM'	For bringing into focus various aspects of our life at one 'table'.	HOKHMAH	113	
A meditation on the Inner Neighbour	For offering unconditional love to ourselves, then our outer community, too.		119	
Opening the Door of Return	For offering the chance for our innermost aspects of being to be transformed when they are ready.	RAHM, HAYYE	127	Rahm = deep unconditional love. Hayye = life energy.
Meditation on Sacred Ground	For feeling the blessing of ripeness, of our unique gift, to give back to the cosmos.	ALAHA	137	
The shepherd of ripeness	For getting into our natural rhythm, our sense of ripeness, so that we can fully be ourselves at any moment.		142	
The centre holds	For feeling bathed in divine love - imagine the Universe as the womb of Sacred Creation, giving birth to a new sense of self at every moment.	RAHM	147	Rahm = deep unconditional love.

An abundance of love	For feeling love for the divine, then for our naphsha.	RAHM, AHABAH, SABA ANA	156	Ahabah = love that is a gradually kindled love, a transformation. A giving-and-receiving kind of love. Saba ana = " I have the desire-power the pleasure of the cosmos works through all of me."
An inner Shalom	For feeling fulfilled, complete. For feeling all aspects of our inner being fulfilling their purpose.	SHALOM, SHALAMA.	169	