EMBODIED AFFIRMATION

From Rachel Miller Jacobs, Associate Professor of Congregational Formation

I am grounded.  
stand up straight, hand facing forward and at your sides

My roots go deep.  
bend from the waist and reach as far down as you can

I am flexible,  
raise arms above head and bend to the right

I am resilient.  
then bend to the left

I am receiving the world as it is,  
extend your upturned hands in front of you, elbows bent

and following the Holy Spirit’s  
cup your hands together

guidance for my yeses and my

nos.

I am honoring God  
from a bent position, straighten up

with my body and soul.  
while sweeping your hands up your body,

then extend them into an orans posture

Adapted from a STAR (Strategies for Trauma Awareness and Resilience, Eastern Mennonite University  
http://www.emu.edu/cjp/star/) guided meditation.

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