

**SIGN OF THE CROSS:
HEALING PRAYER GESTURE**

Hand on forehead:
"In the name of the father"
(dedicating my mind and intellect);
hand on abdomen:
"In the name of the Son"
(dedicating my passions and compassion);
hand on larynx: *
"In the name of the Holy Spirit, one God mother of us all" **
(dedicating my breath and voice).

*Try holding your hand on the larynx area a full minute or more—a prayer that you can speak with your true voice, not the voices of others, a prayer for the healing of your voice and that your voice may create healing. I do this every a.m.

**These words preserve the traditional Trinitarian baptismal formula (Matthew 28:19), yet they add: "...one God"—(the *Shema*, Deuteronomy 6:4), the true meaning of Trinity (tri-unity), also the scriptural phrase used by Julian of Norwich (see Psalm 131:2; Isaiah 49: 15; 66:13), "mother of us all"—creating a genuinely inclusive paradox.

Kent Ira Groff © Permission granted to use for educational purposes with proper citation.
www.LinkYourSpirituality.com