

INFINITUM

Daily Prayer.

From - To

(a process and a confession)

If you are using the hand postures as a way to help you position your intention towards an Infitum Life then you might find this process of "from and to" really helpful.

It came as an idea from the Vancouver gathering where we were together discovering the necessary movements we all invariably need in our lives.



From Fists up to Hands Up

Lord I confess that I spend too much time defending and fighting my position, my attitudes, my opinions and my behaviour.

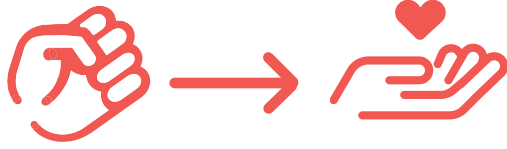
I confess that I often fight against you - your plans and your will.

I confess that these hands do not reflect how you lived, and how I have experienced you.

Instead I choose to hold my hands up. I surrender all I have to you today

I choose surrender

INFINITUM



From Hands Clenched to Hands Open

Lord I confess I spend too much time desperately trying to hold onto what I believe to be mine.

I confess that I am fooled into thinking that I am defined by what I have and what I do.

I confess that these hands do not reflect how you lived, and how I have experienced you.

Instead I choose to hold my hands open. I choose to receive from you and give to others today.

I choose generosity



From Arms Folded to Arms Open

Lord I confess that I spend too much time preoccupied with my own issues.

I confess my cynicism, entrenchment and entitlement.

I confess that these hands do not reflect how you lived, and how I have experienced you.

Instead I choose openness to your ways and your mission. I choose to embrace the adventure you call me into.

I choose mission.