



## EMBODIED AFFIRMATION

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From **Rachel Miller Jacobs**, Associate Professor of Congregational Formation

I am grounded.	<i>stand up straight, hand facing forward and at your sides</i>
My roots go deep.	<i>bend from the waist and reach as far down as you can</i>
I am flexible,	<i>raise arms above head and bend to the right</i>
I am resilient.	<i>then bend to the left</i>
I am receiving the world as it is,	<i>extend your upturned hands in front of you, elbows bent</i>
and following the Holy Spirit's guidance for my yeses and my nos.	<i>cup your hands together</i>
I am honoring God with my body and soul.	<i>from a bent position, straighten up while sweeping your hands up your body, then extend them into an <u>orans</u> posture</i>

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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Anabaptist Mennonite Biblical Seminary  
3003 Benham Avenue, Elkhart, IN 46517 • 574.295.3726 • [www.ambs.edu](http://www.ambs.edu)