

Stretch and Prayer Practice – Quadratos

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Sylvia often encourages people who struggle with so called "self-care" to try thinking of themselves as members of the "Altar Guild for the Temple of the Holy Spirit" so that they can begin to recognize that careful attention to eating, sleeping, exercise etc. is not an expression of selfishness, but rather an expression of deep faithfulness to the ministry to which God has called each one of us.

What the secular world might call "self-care", we in the Church might better call "good stewardship."

Here is one prayer to support you in ensuring that the temple of God's Spirit, your body, remains as open, expansive, and flexible as possible as you move through your life and ministry. It is called the Fourfold "Quadratos" Prayer, a simple 4-fold prayer from Alexander Shaia who views the gospels as a spiritual guide for a 4-part journey he calls Quadratos.

Quadratos is four paths, one journey – It is a new name for an ancient, universal, four path journey of growth and transformation. Recognized by every religious faith and school of psychology, the four-part journey was at the very heart of early Christian belief and practice.

I bow to release

This movement is our body-prayer answer to the universal spiritual question: How do we face change? Read it in Matthew's Gospel.

I rise up to wait

This movement is our body-prayer answer to the universal spiritual question: How do we move through suffering? Read it in Mark's Gospel.

I open to receive

This movement is our body-prayer answer to the universal spiritual question: How do we receive joy & union? Read it in John's Gospel.

I step out to serve

This movement is our body-prayer answer to the universal spiritual question: How do we persevere & mature in service? Read it in Luke's Gospel.