

Following are instructions for performing the Holy Communion Posture Prayer.



1. Prepare Your Space

First, identify the place where you will perform this practice. Try to make this space as special and sacred as possible. It should include a burning candle and a picture or symbol of Jesus Christ that is meaningful to you. Both should be visible to you throughout each entire session of practice.

Next, prepare the communion materials by placing some red wine or grape juice in a small glass or chalice. Also, prepare a small piece of bread or cracker, and place it on a napkin or small plate next to the wine or juice.

2. Prepare Yourself

It is important to enter into this spiritual practice in a mood of sacredness, serenity and surrender. This can be accomplished by performing any devotional practice that will establish such a mood, such as the 'GodSong Chant' or the 'Surrender Prayer.' Any other chanting practice or contemplative meditation could also be used for this purpose.

3. Perform the Communion Prayer

First, recite the 'Communion Prayer' aloud, following the posture icons provided on the attached worksheet. You may find that keeping your attention focused on the movement of your hands throughout the prayer will tend to keep your mind from wandering.

Then, complete the practice by performing an appropriate benediction, such as the 'Lord's Prayer,' or the 'Serenity Prayer.' Another option would be to sing several verses of the 'GodSong Chant' using the lyrics "*Jesus is the Christ that I Am.*"

Finally, it is recommended that you perform this practice on a daily basis. Additionally, it can also be performed anytime throughout the day, whenever you feel the need to be drawn back into communion with the Presence of God in your life.

Additional Comments

- This Communion practice is a 'Ceremony of Gratitude' which initiates your spiritual growth and unfoldment. Be sure to bring a mood of deeply felt intention and appreciation to each occasion of this practice.
- It is suggested that you keep a journal to record meaningful experiences or insights that might occur as a result of your communion practice.
- As you gain deeper insight into your own nature during the performance of this practice, be prepared to alter, augment or expand the practice in whatever way that you might be intuitively guided.
- Although this practice is best performed in solitude, it is advisable to occasionally perform your 'Communion Prayer' before a prayer partner or supportive friend who can stand witness to your commitment to self transformation. When you are finished, have them make a statement of agreement such as, "*(Your Name), I hear you, I see you, I agree with you. And the Christ in me accepts and blesses your Holy Communion with Love.*"



Invocation



I Love you Father, I Love you Mother, I Love you Jesus Christ. I thank you for this Bread and Wine that brings my flesh to Life.



Blessed Father, Holy Mother, Jesus Christ in me... I give thanks for this opportunity to partake of this bread and wine as an affirmation of divine communion and supreme identity with the Lord of my life, Jesus Christ.



I begin...



By first accepting...



And then by blessing...



And then by graciously, and completely releasing now, the 'blood and body' of my ancestors...



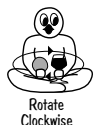
As I open my mind, and my heart, and my flesh, and my blood and my bones to fully accept the 'Blood and Body of Christ' as the Truth of my own being.



For the Blood of Christ is Love, the power to change all things for good.



And the Body of Christ is Jesus, the template of my own perfection.



I offer this bread and wine to be anointed by the Holy Spirit, so I know that it is potent with the Power of the Resurrection, which is Love.



I further offer this bread and wine to be anointed by the Holy Ghost, so I know that it is potent with the power to reveal the perfection of the Father, through my flesh and blood, and bones, and into the 'body of my affairs,' so that God might be glorified and humanity would be served by my presence in the world this day.



I take this bread into my body now, in remembrance of beloved Jesus Christ, whose beautiful body was glorified, so that the Holy Ghost might come upon me and resurrect my flesh, in order to reveal the wholeness, perfection and beauty of youth that is the Truth of my own being in Christ.



I drink this sacred wine in remembrance of beloved Jesus Christ, whose precious Blood was shed so that the 'Living Waters' of the Holy Spirit might flow abundantly through me, in order to reveal the resurrection and the life of Jesus Christ as the Truth of my own being.



It is finished! I am...



The Resurrection and the Life of Jesus Christ...



Come again as my perfect body... And through my flesh...



I now express Wholeness, Virtue and Mercy. For...



God is the Love that I am!



World without end. **Amen.** 🍷