

כל עצמותי תאמרנה ה' מי כמוך - A Full Body Experience

Before Davening:

- Find a quiet place
- Pause and clear mind
- Remember Hashem is all-powerful and we need Him

During Davening:

1. Body/Posture

- a. Stand - like kohanim doing avodah in the Beis HaMikdash
- b. Shuckle - trembling or awakening ourselves
- c. Being Still - standing at attention
- d. Bow - submission and gratitude

2. Head

- a. Covered - free of distractions
- b. Bent - humility

3. Eyes

- a. Looking down - humility
- b. Closed - imagine speaking to Divine; Picture the words
- c. Looking in Siddur - keeps focus

4. Hands

- a. Holding Siddur
- b. Folded together - in distress
- c. Placed over heart - beseeching
- d. Striking Chest - contrition

5. Feet

- a. Feet Together
 - i. Like an angel free of distraction
 - ii. To show we are set and not running anywhere
 - iii. We are bound like servants
 - iv. Cannot move without help
- b. 3 Steps Forward - Approaching to ask for our needs
- c. 3 Steps Backward - Respectfully taking leave

***Try different ones and see what works for you. Try alternating to break up the monotony.**