Motions for the prayer: **O Lord, I am a child**

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| **O Lord** | both hands up toward the sky, as you look up |
| **I** | point to yourself |
| **am a child** | put your right hand out to your right side with palm facing down, as if touching the head of a small child |
| **enable me to grow** | move both hands, with palms facing towards your body, from your hips all the way to above your head, while you move your body from side to side |
| **beneath** | put both hands on your head and put your chin down to your chest as you look down |
| **the shadow** | keep chin down and move both hands and arms until they are outstretched to both sides in a T position, with palms down |
| **of Thy loving-kindness** | look up and make a heart with both hands and arms, rounding your hands above your head so your fingers come together at the top of your head, forming the top part of a heart |
| **I am** | point to yourself |
| **a tender plant** | put left hand out in front of you with palm up and then put your right index finger up against the side of your left hand, where your pinky is (as if your index finger is a little plant coming out of the soil) |
| **cause me to be nurtured through** | put both hands together, palm to palm, and then wiggle your fingers as you move them upwards towards the sky |
| **the outpourings of the clouds of** | move both hands down, with palms facing down and elbows bent, wiggling your fingers as you move your hands until they are at your side (as if you are mimicking rain falling) |
| **Thy bounty** | move both hands out to your side, with palms facing up and elbows bent, while you smile |
| **I am** | point to yourself |
| **a sapling** | put your right thumb and index finger close together |
| **of the garden** | move both hands to both sides, with palms down in front of you while wiggling your fingers |
| **of love** | form a small heart with both hands in front of you |
| **make** | clasp both hands together in front of you |
| **me** | point to yourself |
| **into a** | move both hands from your sides all the way to above your head, keeping your palms facing out |
| **fruitful tree** | move both hands from side to side above your head, while moving your hips from side to side |
| **Thou art** | point with both fingers up to the sky |
| **the Mighty** | put both arms out and show your muscles |
| **and the Powerful** | elbows bent but both arms in front, hands up, and slightly bow your head toward your hands |
| **and Thou art**  | point with both fingers up to the sky |
| **the All-Loving** | form a heart with your hands in front of your chest |
| **the All-Knowing** | put your right index finger up to your right temple on your head and tap it several times |
| **the All-Seeing** | put both index fingers up to your eyes and move your head from side to side as you look from side to side |