

I like to stretch in the morning. One of my stretches is lying on my back and bringing my legs up and sideways like a frog to stretch the groin muscles. It also happens stretching is a wonderful time for meditation and letting your mind go free to anything it would like.

My mind recently wandered to a visit to London last summer for two main reasons: to see what Oxford University was really like (I was a big fan of *Brideshead Revisited*) and to visit the famed RAF museum (I am also fascinated by World War 2)

While in London I visited St. Clement Danes which is the official RAF Church in London. As it happens the Royal Court of Justice and the Inns of Court were nearby so I gave them a look.

Quite unexpectedly, in the middle of all these legal buildings and offices from various centuries I came upon a round church that was 800 years old: the church of the Knights Templar. It was bombed during the blitz of the Second World War but withstood the punishment and has been restored.

Inside is quite an amazing sight: in addition to the church are a circle of knights lying in effigy laying on the ground. And on closer examination a number of knights were represented with their legs crossed. What, I thought, could that mean?

After returning to the States I did my homework with my trusty Apple computer and Google. (By the way — do kids really realize how easy they have it today?) Although I am not a great believer in the

psychological reading of a person's posture, I came across an article called "How The Legs Reveal What the Mind Wants To Do." I thought it might pertain to the 13th century knights.

For example:

**LEGS APART:** A clear statement and signal of dominance by men giving them a macho-looking attitude.

**STANDING LEG CROSS:** The opposite; a submissive or defensive attitude.

**LEFT OVER RIGHT CROSS WHILE SEATED:** This is actually the normal leg cross for European and Asian cultures.

**BOTH ARMS AND LEGS CROSSED:** Emotional withdrawal.

Anyway, it didn't give me any great understanding why the Knights' legs were crossed.

Then I came across an article that noted this look was a peculiarity of English Knight effigies possibly indicating they had been involved in a crusade or pilgrimage. In fact it may even signify, in a covert sense, the Sign of the Cross.

That made sense to me.

Now we all are also, of course, Knights. And I would suggest it's not too early to think of a possible effigy representing our life after we pass from this world.

For me, my effigy would be a lying down statue with my legs in a frog position — let future generations try to figure that one out.

Charles Ettari, Lecturer