

Meditation on the Blessings that are Streaming toward Us

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Read this silent prayer one phrase at a time, with pauses between phrases. Let your lips move, giving life to your words.

This meditation may be recited before or after the Sim Shalom prayer in the morning Amidah

<p>Picture the sun on a clear day ... imagine the sun's rays warming your arm ... as the sun radiates heat and light and energy ...</p> <p>Those rays reach each blade of grass ... commanding it to grow ... each bird, reminding it to chirp ...</p> <p>Picture the sun as it shines ... and now look behind the sun, beyond the sun ... and see a greater source of energy ... the life of the universe ... chei ha·o·la·mim ...</p> <p>This source of energy provides life to the sun ... and to all of us ...</p> <p>This source of energy ... commands the sun to shine ...</p> <p>Imagine the rays from this source streaming toward us ... warming all parts of our being ... bringing energy to our souls ...</p> <p>Ba·r'chéi·nu, a·vi·nu, kul·lá·nu k'é·chad, b'or pa·né·cha.</p> <p>You bless us ... loving parent ... each of us individually ... all of us simultaneously ... with the light of Your face ... with the light of Your presence ...</p>	<p>Imagine God's blessings streaming constantly like the rays of the sun ...</p> <p>imagine the variety of energies that flow ... directly from God's face ...</p> <p>One is Torat chayyim ... teachings that enable us to live ...</p> <p>Turn your face toward the source ... and imagine this energy of Torat chayyim ... streaming to you from the source ... providing meaning and direction to your life ...</p> <p>Turn your face toward the source of all life ... and as we mention each blessing in the shalom b'rachah ... picture it as streaming to you from the source ...</p> <p>ahavah – Your unconditional love for each of us streaming to us at every moment ... You love us with ahavah rabbah ... with unbounded love</p> <p>chésed – loving kindness – You show us by Your example how we should love others ...</p> <p>tz'dakah – a sense of what's right ... a passion for justice streaming toward us ... encouraging us to pursue justice ...</p> <p>b'rachah – blessing ... so many blessings come to us each day ... streaming to us from the source of all blessings ...</p> <p>rachamim – compassion ... through Your boundless compassion for us ... we learn to feel compassion for all ...</p> <p>chayyim – life ... Your energy energizes us ... commanding us to grow, to live ...</p> <p>and shalom – peace ... serenity ... wholeness ... You help us find harmony in our spheres ... echoing the harmony in Your spheres ...</p>
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	<p>Turn your face to the source of shalom ... feel the peace that God generates ... peace inside us ... peace around us ... peace streaming to us ... at every moment ...</p>
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