

Complete Practice

Inhale, filling body with light, visualizing letters in body:

Yod – Hei – Vav (head, chest, belly).

Exhale and project Light upward, left hand pointing up, chanting:

Sh'ma שְׁמַע
(Listen)

Inhale, filling body with light, visualizing letters in body:

Yod – Vav – Hei (head, belly, chest).

Exhale and project Light downward, right hand pointing down, chanting:

Yisrael יִשְׂרָאֵל
(Striving for the Divine)

Draw circle #1, left moving forward-down, right hand backward-up, coming to rest with right pointing forward, left pointing backward.

Inhale, filling body with light, visualizing letters in body:

Hei – Yod – Vav (chest, head, belly).

Exhale and project Light forward, right hand pointing forward, chanting:

YAdonai יְהוָה
(Existence, Divine, My Lord)

Inhale, filling body with light, visualizing letters in body:

Hei – Vav – Yod (chest, head, belly).

Exhale and project Light backward, left hand pointing backward, chanting:

Eloheinu אֱלֹהֵינוּ
(Our Divinity)

Draw circle #2, left circling left, right circling right, coming to rest with left pointing right, right pointing left.

Inhale, filling body with light, visualizing letters in body:

Vav – Yod – Hei (belly, head, chest).

Exhale and project Light to the right, right hand to the right, chanting:

YAdonai יְהוָה
(Existence, Divine, My Lord)

Inhale, filling body with light, visualizing letters in body:

Vav – Hei – Yod (belly, chest, head).

exhale and project Light to the left, left hand to the left, chanting:

Ekhad אֶחָד

(One)

Draw circle #3 as you chant the “Aaaa” of *EkhAaaad*, right circling up and left circling down. When right is pointing up and left is pointing down, glance upward and then downward, with the intention of “unifying heaven and earth.” Then continue circle so that right points right and left points left. When you chant the *dalet* of *ekhad*, pronounce it as *th__* and lean in the four directions. (*Dalet* has the numerical value of four.)

Bring in Light from left with left hand, chanting:

Barukh בָּרוּךְ

(Blessed)

Bring in Light from right with right hand, chanting:

Shem שֵׁם

([is the] Name)

Bring in Light from behind with left hand, chanting:

K'vod כְּבוֹד

([of the] Glorious)

Bring in Light from front with right hand, chanting:

Malkhuto מַלְכוּתוֹ

(Kingdom)

Bring in Light from below with right hand, chanting:

LeOlam לְעוֹלָם

(Forever)

Bring in Light from Above with left hand, chanting:

VaEd וְעַד

(And Ever)

Ve'ahavtah, Three Portals

Bring hands to your heart, chanting:

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ

Ve'Ahavtah Et Adonai Elohekha

(And You shall love Existence, your Divinity)

Offer awareness as a gift, chanting:

בְּכָל לִבְבְּךָ

B'khol LeVav'kha

(With all your heart)

לְךָ

L'kha _____

(For You)

Bring left hand to belly, bringing awareness into body, chanting:

וּבְכָל נַפְשְׁךָ

Uv'Khol Naf'shekha

(and with all your soul)

נַעֲשֶׂה

Na'aseh _____

(We will do)

Bring right hand to forehead, aware of awareness as vast field beyond the body, chanting:

וּבְכָל מְאֹדְךָ

Uv'Khol Me'odekha

(and with all your expansiveness)

וְנִשְׁמָע

V'Nishmah _____

(and we will hear)

Silent Meditation

Hands in lap, meditate silently and chant mentally:

אַתָּה הוּא

Atah HU, At YAH HU

(You are It, Now is the Divine)

After silent period, close again with the Three Portals.