

Integral Kabbalah Meditation Level I

Three Portals of Presence – Basic Instructions

Come into a comfortable position seated, standing or lying down.

I

Awakening

Place your right hand on your heart, offering your awareness devotionally to the fullness of whatever arises in the present, to the Divine *as* the present, and chant:

לְךָ – *L'kha*

(“For You”)

Bring left hand down to your belly, over the navel area, seeing your belly glow with light, radiating outward to fill your whole body with the light of awareness, and chant:

נַעֲשֶׂה – *Na'aseh*

(“We will do”)

Bring right hand up and touch fingers to forehead, bringing awareness to the space around you, noticing that everything you perceive both within your body and in the space around your body is all arising within your own awareness, and is actually not separate from your awareness, and chant:

וְנִשְׁמָע – *V'Nishma*

(“We Will Hear”)

Kiss your fingers and relax your arms, feeling the three major centers of your body- heart, belly, mind- alive and radiant with presence, and rest your awareness on the flow of your breathing.

II- Presence

Begin repeating the power words, אַתָּה הוּא, אַתָּה יְהוָה – *Atah Hu* and/or *At Yah Hi* in your mind.

(*Atah* means both “You” masculine, but also “Now” when spelled differently. *Hu* means He or It. *At Yah Hi* means “You are the Divine” in the feminine.)

If your mind wanders from the words, gently bring your mind back to repeat the sacred phrase, without judgment. If your mind feels like letting go of the words, you can rest in silence, simply being with your breathing.

III- Awakening

When you're finished meditating, repeat the Awakening practice above.

It's good to meditate for at least seven minutes per day, and up to twenty minutes twice per day. You can also meditate briefly any time, and use “Atah Hu/At Yah Hi” to stay present in anything you're doing that doesn't take thought, such as walking, cooking, driving, cleaning, and so on...