Inhale, filling body with light, exhale and project Light upward, left hand pointing up, chanting:

***Sh’ma***(Listen)

Inhale, filling body with light, exhale and project Light downward, right hand pointing down, chanting:

***Yisrael***(Striving for the Divine)

Inhale, filling body with light, exhale and project Light forward, right hand pointing forward, chanting:

***YAdonai***

(Existence, Divine, My Lord)

Inhale, filling body with light, exhale and project Light backward, left hand pointing backward, chanting:

***Eloheinu***

(Our Divinity)

Inhale, filling body with light, exhale and project Light to the right, right hand to the right, chanting:

***YAdonai***

(Existence, Divine, My Lord)

Inhale, filling body with light, exhale and project Light to the left, left hand to the left, chanting:

***Ekhad***(One)

Continue with the Three Portals and *Atah Hu* or *At Yah Hi,* and take some time to meditate in silence.