

Amidah Meditation

Open. Allow the pulse of Divine Energy to move through you.
Surrender the outbreath. Receive the inbreath.

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח וּפִי יִגִּיד תְּהִלָּתְךָ.
Oh God open up my lips as I begin to pray

1. אמהות ואבות Blessings flow to You and from You, Blessed One, who knew our mothers and our fathers on their soul journeys through this Earthly Realm. You transcend time and space, yet guide and guard our evolution in consciousness. (Inhale the essence. Exhale Amen.)
2. גבורות You are the Source of miracles and wonders, giving us courage and strength to explore the mysteries of life and death.
3. קדושה Your holy Being fills our lives with holiness.
4. בינה You grace us with knowledge, wisdom, and enlightenment.
5. תשובה Draw us near to the wisdom of Torah as we return to You, seeking wholeness.
6. סליחה Forgive our limitations. With humility, we bare our souls before You.
7. גאולה Please notice our struggles and reveal creative solutions to our problems, that we might learn our lessons and move on.
8. רפואה Heal us, save us, help us to choose life.
9. האדמה Bless our Mother Earth and all Her bounty. May we be satisfied by simplicity and see the blessings in our years.
10. חרות Awaken us to the sound of the great Shofar. Gather together and lift up all those who are lost and not yet free.
11. משפט Restore justice and kindness to every land and remind us that You are the focus, the balance, the true judge of all our thoughts and actions.
12. אמונה Bring light to those consumed by darkness, who act from fear and anger because they cannot find You within.
13. צדיקים We ask that righteousness be its own reward. By sharing what we have and who we are, the gates of abundance are opened.
14. ירושלים May we rebuild Jerusalem as a city where brothers and sisters live together in peace. We welcome You, by many Names, to dwell in our midst.
15. ישועה Like wildflowers in springtime, may the transforming power of Love blossom everywhere.

16. שומע תפלה Listen to our voice rise up in prayer and, with compassion, let us know that we are heard.
17. עבודה Receive the prayer of our heart in Your Heart and let our eyes witness the wondrous beauty of Your Presence in this world.
18. הודאה We thank You for the gift of life and we entrust ourselves to your care, Merciful Creator.
19. שלום Bless us with the Peace of knowing that in Your Light, we are all one.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל וְעַל כָּל־יּוֹשְׁבֵי תֵבֵל, וְאָמְרוּ אָמֵן.

Help me to live a life of balance, to look for the good in all things,
and refrain from saying what I perceive as bad in others.
Soften my ego so that I am not defensive or hurt by unkind words.
Open my heart to the revelation of Torah,
so that I breathe, think, walk, and talk with mindfulness.
You, who hear my words and my thoughts,
please help me to make peace
with myself and with all of creation .

פְּתַח לְבִי בְּתוֹרָתְךָ וּבְמִצְוֹתֶיךָ תִּרְדּוּף נַפְשִׁי.
אֱלֹהִי, נִצּוֹר לְשׁוֹנֵי מִרְעַע וּשְׁפָתַי מִדְּבַר מְרָמָה,
וְלִמְקַלְלֵי נַפְשִׁי תְדוּם, וְנַפְשִׁי כְּעֶפֶר לְכָל תְּהִיָּה.