

Weekday 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. אֲמָהוֹת וְאָבוֹת. 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. גְּבוּרוֹת. You are the Source of miracles and wonders, giving us courage and strength to explore the mysteries of life and death.
3. קְדוּשָׁה. Your holy Being fills our lives with holiness.
4. בִּינָה. You grace us with knowledge, wisdom, and enlightenment.
5. תְּשׁוּבָה. Draw us near to the wisdom of Torah as we return to You, seeking wholeness.
6. סְלִיחָה. Forgive our limitations. With humility, we bare our souls before You.
7. גְּאוּלָּה. Please notice our struggles and reveal creative solutions to our problems, that we might learn our lessons and move on.
8. רְפוּאָה. Heal us, save us, help us to choose life.
9. הַאֲדָמָה. Bless our Mother Earth and all Her bounty. May we be satisfied by simplicity and see the blessings in our years.
10. חֲרוּת. Awaken us to the sound of the great Shofar. Gather together and lift up all those who are lost and not yet free.
11. מְשָׁפֵט. 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. אֲמוּנָה. Bring light to those consumed by darkness, who act from fear and anger because they cannot find You within.
13. צְדִיקִים. We ask that righteousness be its own reward. By sharing what we have and who we are, the gates of abundance are opened.
14. יְרוּשָׁלַיִם. 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. יְשׁוּעָה. Like wildflowers in springtime, may the transforming power of Love blossom everywhere.
16. שׁוֹמֵעַ תְּפִלָּה. Listen to our voice rise up in prayer and, with compassion, let us know that we are heard.

17. עבודָה Receive the prayer of our heart in Your Heart and let our eyes witness the wondrous beauty of Your Presence in this world.
18. הוֹדָאָה We thank You for the gift of life and we entrust ourselves to your care, Merciful Creator.
19. שְׁלוֹם 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־יְיֹשְׁבֵי 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 .

פֶּתַח לְבִי בְּתוֹרָתְךָ וּבְמִצְוֹתֶיךָ תִּרְדּוֹף נַפְשִׁי.
אֱלֹהִי, נִצּוֹר לְשׁוֹנֵי מִרְעַע וּשְׁפַתִּי מִדִּבֵּר מְרָמָה,
וְלִמְקַלְלֵי נַפְשִׁי תְדוּם, וְנַפְשִׁי כְּעֶפֶר לְכֹל תְּהִיָּה.

Petah libi b'Toratekha uv'mitzvotekha tirdof nafshi

Open my heart to the path of love.
Open my mind to the practice of peace.

(from TIFERET * Heart of Compassion CD)