

Shema of the Seven Directions

Face East (or form a large circle if praying with a group).
Stand in the Mountain Pose, feet solidly rooted in the Earth,
spine straight, shoulders relaxed, head free and extended heavenward.

Shema Arms open upward in a triangle to receive from above.
Separate legs to form a triangle that receives from below.
Feel the two triangles of the *Magen David* meet in the
center of your solar plexus, the “Chai” center.

Yisra'el To wrestle with God, lovingly grasp the energy from above.
Bend your knees and bring your arms to the earth in a downward
and outward motion, like you are giving birth.

Adonai (YaH) Place your hands on your heart.

Eloheynu Make a full circle to the right, arms outstretched, palms up,
feeling God in all that is.

Adonai (YaH) Place your hands on your heart

Ehad Face forward, with arms stretched above head. Move your arms to the
right, down to the ground, up to the left side, and as they return to the top,
allow the energy of the circle to turn you one quarter turn to the right,
following your right elbow. If you started facing East, you will now be
facing South.

Repeat for each direction, completing in the East, with arms raised and open in a triangle.

Stand and pause to receive the full benefit of the *Shema*.

The other three directions are occurring simultaneously. They are above, below, and

within.