

MEDITATION

Here is a meditation I would like you to do before you pray to God.

A word of explanation: ultimately, we learn that our universe—its basic component is energy. Actually, we are all energy and everything that surrounds us and within us is made up of energy. We may perceive we are separate beings; but we are all one. Furthermore, this energy that makes up all living and nonsentient beings is vibrating at different rates of speed. The human being has, as part of her make up, 10 Transformers of Energy, which the Jewish mystics call Sefirot. Here is a meditation to experience the Presence of God's energy being transformed in your body and soul.

First, imagine a slight vibration at the crown of your head, and then a beam of light shining on the crown. This energy area is called KETER. Then feel a slight vibration with the light on the right forehead. Feel this vibration and light for a moment, and then imagine this light extending down the whole right side of your face. This energy transformer on your right forehead is called CHOCHMA. Experience the same phenomena on your left forehead, and the left side of your face. This energy center is called BINA. Now feel the three energy points of KETER, CHOCHMA and BINA.

Feel your energy transformer on your right shoulder, which is called CHESED. Also, visualize a light on your right shoulder. Let this slight vibration and light extend down your right arm and right hand, through your fingers. Stay with this feeling a little bit. Experience the same phenomena on your left shoulder and arm. The energy center on your left shoulder is called GEVURAH. Now, feel a slight vibration and light around the sternum. This energy transformer is called TIFERET. Now try to feel all the energy centers we have discussed so far, one at a time.

Experience a new vibration on your right hip, together with a light. Let this light extend down under your right thigh, down under your right calf. This energy transformer is called

NETZACH. The same experience is intuited on your left hip, down your left leg. This is called HOD. Now feel a sense of vibration and a little light at the base of your abdomen or sexual area. This is called YESOD. And now move your awareness to the base of the spine, and again feel this energy moving through your legs, through your feet, into the earth. This is called MALCHUT. On the top of each foot I would like you to visualize the name of God, spelled in Hebrew characters: