**MEDITATION SHABAT MISHPATIM**

**Welcome:**

***Chant:*** *Kol Ha’neshema* Every breath shall praise You.

In the *Zohar,* the 13th century text on *Kabbalah*, the central figure, Rabbi Shimon bar Yochai, taught that the union between humans and God is best effected through the medium of breath. According to Rabbi Shimon bar Yochai, King Solomon learned from his father, King David, the breathing techniques involved in invoking the Holy Breath, the inspiration of the Divine. “By learning and practicing the secrets inherent in breath,” he said, “Solomon could lift nature’s physical veil from created things and see the spirit within.”

**Breathing Meditation: Heaven and Earth Breaths**

Center yourself with your legs uncrossed and your feet comfortably on the ground. Let your body relax into your seat while you maintain a comfortable posture. Breathe in: up from the earth, through your feet and into the heart. Breathe out: from the heart, up through the crown of your head and out into the heavens.  Inward from the heavens, down from the crown of your head, into the heart, and out from the heart into the earth. Let each cycle take you deeper. Let your eyes remain closed. ( from R. Shefa Gold), (5-10 min) Amen

**Sacred Phrase Meditation**: **HINEINI** (Here I am) Paula Donahue In the Torah, when God calls out to Abraham, he answers "Hineini." When God speaks from the burning bush, Moses replies "Hineini." This word can help us to be present in the moment, to be here, now! It suggests a readiness to offer ourselves fully and openly to what is being asked of us by the Divine; to be aware of our body, mind and spirit, to be open to the holiness always around us. Inhale "I am here," exhale "Hineini". (5 minutes) Let the words go, sit quietly, be present. Be in the moment. (5 minutes) Amen

**Shema:** (Chanted slowly one breath per word)

שמע ישראל י"י אלהינו י"י אחד

***SHEMA YISRAEL, ADONAI ELOHEINU, ADONAI ECHAD***

**(Listen Israel, the Eternal One is our God, the Eternal One is One)**

Repeat two more times

**MISHPATIM**

This week's Torah portion deals with the covenant code that God gave Moses, after the 10 Commandments. God said to Moses, "Come up to Me on the mountain and **be there**. I will give you the Torah and mitzvot I have composed, so that you might teach them." Exodus 24:12 But Moses was already on the mountain, having received the Ten Commandments. Some Jewish mystics have said that the redundant "Be there" means to be completely present to what's happening (although your body is there, your head may be somewhere else).  **God is saying, Be Here, NOW!**

In our meditation, we will explore "being there," being present to the moment of Holiness. Sit with feet on the floor, hands in your lap. With closed eyes, breathe slowly, and with each exhalation, let your body relax. Notice the air as it enters and leaves your nostrils.

Imagine that you are standing at the foot of Mount Sinai. Hear the voice saying to you, Come up to Me on the mountain and be there. I will give you the Torah I have composed"...Imagine yourself ascending into the cloud upon the top of Mount Sinai, **being very present and open,** feeling wrapped in the Presence of Love which is the Divine. Be aware of the feeling of oneness that is our union with the *Ain Sof,* the One which is all.

Be here NOW! Surrounded by cloud, enveloped by divine love. Without limitation of time or space. Be present in the moment! (10 minutes)

Now descend the mountain, knowing that you are always guided by Divine wisdom, and it is up to you to be aware of it.

Become aware of your body in the chair in this room. When you are ready, open your eyes. The feeling of closeness to the Divine will stay with you all day. Amen

**Chant: Modeh Ani Lefanecha. Melech Chai V’Kayam**

**Join us as we walk quietly into the sanctuary to join the ongoing Torah service.**