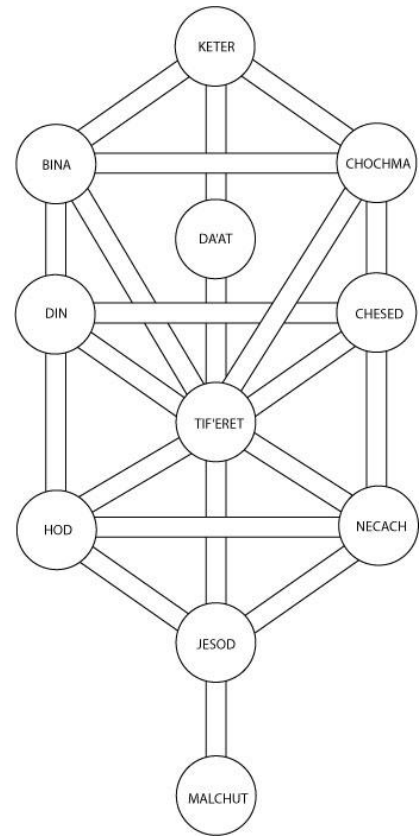
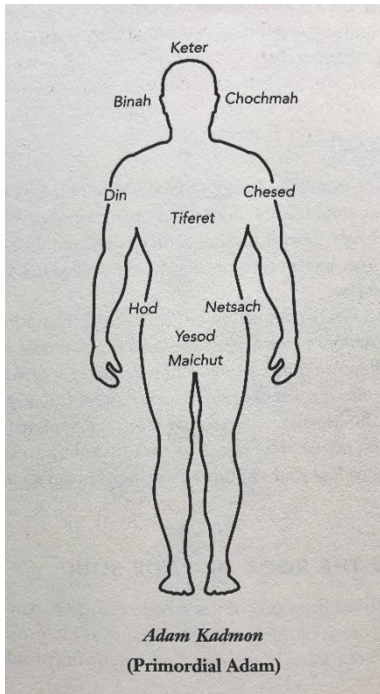


Kabbalah Meditation on the Body

Safely place a lighted candle on the table, or view a lighted candle online. Take 3 deep inhalations and exhalations while focusing on the candle flame. Close your eyes, imagining the flame of the candle, bringing your attention to:

1. Your right eye, surrendering any resentment and anger you may be carrying, so that you might serenely behold the flawless perfection of God's **Wisdom** embodied in all creation and all reality (*Chochmah*, 1).
2. Your left ear, surrendering any pride and separation you may be carrying, so that you might uncover the humility and willingness to listen and hear with God's **Understanding** to all of the needs of all God's creatures (*Binah*, 2).
3. Your right arm, surrendering any unworthiness and worldly images you may be carrying, so that you might with confidence and authenticity grasp the profound **Greatness** of God (*Gedulah*, 3).
4. Your heart, surrendering any envy and longing you may be carrying, so that you might be open to spaciousness and completeness of the **Beauty** of God and God's creation (*Tiferet*, 4).



5. Your left arm, surrendering any scarcity and withholding you may be carrying, so that you might release ego attachments and know the abundance and discerning **Judgment** of God (*Din*, 5).
6. Your right leg, surrendering any uncertainty and angst you may be carrying, so that you might walk courageously with sacred connection and faith in the **Enduring Nature** of God (*Netsach*, 6).
7. Your left leg, surrendering escapist planning and appetites you may be carrying, so that you might embrace clear-headedness and expansiveness that are the **Splendor** of God (*Hod*, 7).
8. The place on your body where you associate male generativity, surrendering any effort, forcefulness and vengeance you may be carrying, so that you might be anchored in the truth, emotional innocence, and vitality that are the foundational **Aliveness** of God (*Yesod*, 8).
9. The place on your body where you associate female generativity, surrendering any inertia, resistance and resignation you may be carrying, so that you might be receptive to love, inclusiveness and right action in the engagement of the unitive and profound **Presence** of God (*Shechinah*, 9).