A prayer for the world

Reconnecting to the power of unity and prayer

G-d, please open our hearts and together help us turn to You like never before

Psalms 121:(recite together) "A song to the ascents. I lift up my eyes onto the mountains; from where will come my help? My help is from Ado- noi, maker of heaven and earth. He will not allow your foot to falter; your Guardian will not slumber. Behold He neither slumbers nor sleeps – the Guardian of Israel. Ado- noi is your Guardian; Ado-noi is your shade at your right hand. By day the sun will not harm you, nor the moon by night. Ado- noi will protect you from every evil; He will guard your soul. Ado- noi will guard your departure and your arrival, from this time and forever."

Personal prayer (quietly): G-d, in the merit of this Psalms and in the merit of Your great love for me, please answer me amongst the house of Israel and all those who turn to You, and please bless me with:

Please fulfill my prayer in the way that is best for me. Please show me and all Your children gently what we need to see, bless us with the clarity, courage, and strength we need to correct that which needs correction. We only want to pray for what's right, we only want to do what's right. Please bring us all closer to You.

(Out laud one by one)
G-d, please answer me _____the daughter of _____

And please bless our world with:

Psalms 130: (recite together) "A song of ascents. From the depths I called You Ado- noi. My Lord, hear my voice, may Your ears be attentive to the sound of my pleas. If You preserve iniquities, O G-d, my Lord, who could survive? For with You is forgiveness, that You may be feared. I put confidence in Ado- noi, my soul put confidence and I hoped for His word. I yearn for my Lord, among those longing for the dawn, those longing for the dawn. Let Israel hope for Ado- noi, for with Ado- noi is kindness, and with Him is abundant redemption. And He shall redeem Israel from all its iniquities"

(together) "Please G-d, send the right salvation to all who need it and wipe the tears off the faces of Your children.
Please G-d, send the right healing and redemption to the Jewish people and the world, we so desperately need it.

(together) "Our brothers, the entire family of Israel, who are delivered into distress and captivity, whether they are on sea or dry land – Please G-d have mercy on them and remove them from distress to relief, from darkness to light, from subjugation to redemption, now, speedily, and soon – and let us say: Amen.

Psalm 121

א. שִׁיר לַמַּעֲלוֹת
אֶשָּׂא עֵינַי אֶל־הֶהָרִים
מֵאַיִן יָבֹא עֶזְרִי:
ב. עֶזְרִי מֵעִם יְהוָה
עֹשֵׂה שָׁמַיִם וָאָרֶץ:
ג. אַל־יִתֵּן לַמּוֹט רַגְלֶךָ
אַל־יָנוּם שֹׁמְרֶךָ:
ד. הִנֵּה לֹא־יָנוּם
וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל:
ה. יְהוָה שֹׁמְרֶךָ
יְהוָה צִלְּךָ עַל־יַד יְמִינֶךָ:
ו. יוֹמָם הַשֶּׁמֶשׁ לֹא־יַכֶּכָּה
וְיָרֵחַ בַּלָּיְלָה:
ז. יְהוָה יִשְׁמָרְךָ מִכָּל־רָע
יִשְׁמֹר אֶת־נַפְשֶׁךָ:
ח. יְהוָה יִשְׁמָר־צֵאתְךָ וּבוֹאֶךָ
מֵעַתָּה וְעַד־עוֹלָם:

Psalm 130

א. שִׁיר הַמַּעֲלוֹת
מִמַּעֲמַקִּים
קְרָאתִיךָ יְהוָה:
ב. אֲדֹנָי שִׁמְעָה בְקוֹלִי
תִּהְיֶינָה אָזְנֶיךָ קַשֻּׁבוֹת
לְקוֹל תַּחֲנוּנָי:
ג. אִם־עֲוֹנוֹת תִּשְׁמָר־יָהּ
אֲדֹנָי מִי יַעֲמֹד:
ד. כִּי־עִמְּךָ הַסְּלִיחָה
לְמַעַן תִּוָּרֵא:
ה. קִוִּיתִי יְהוָה קִוְּתָה נַפְשִׁי
וְלִדְבָרוֹ הוֹחָלְתִּי:
ו. נַפְשִׁי לַאדֹנָי
מִשֹּׁמְרִים
לַבֹּקֶר

CLARITY series exercise (Dec ,09):

1. you are standing in line when someone shoves you from the back so hard that you nearly fall over

what are you thinking?
how do you feel?

2. You turn and start to say something when you notice the tall man is wearing dark glasses and has a “seeing” stick (the one used by blind to find their way)

What are you thinking?
How do you feel?

3. just then, a young guy next to you tells you that this man just pretends to be blind and likes to play practical jokes on people

what are you thinking?
How do you feel?

4. you are about to say something when a lady interrupts and tells you that the tall man is really blind and the young guy is the one playing practical jokes

what are you thinking?
How do you feel?

Our emotional experience of life is shaped by the thoughts we choose to focus on repeatedly- not by external circumstances/ people

Whenever we get emotionally flooded in a negative way we are focusing on certain thoughts repeatedly- our lower self perspective

This blocks all other insights

The only way to get clarity is to be willing to **let go** of our lower self perspective as the only perspective

JEWISH WISDOM ON

THE PATH TO INNER PARADISE-

SUMMARY

1. Operating from a quiet mind- quieting our personal, analytical, limited, busy mind opens us to receive insights from a higher, infinite source.

2. Imagine most positive experience with another person or on your own. What are you doing? How do you feel? What are you like in that moment? How present are you to the beauty in yourself, the beauty in another human being? The beauty in life? What's the impact on yourself? What's the impact on others? How much access do you have to thinking clearly and making sound decisions?

3. Imagine most negative experience with another person or on your own. What are you doing? How do you feel? What are you like in that moment? How present are you to the beauty in yourself, the beauty in another human being? The beauty in life? What's the impact on yourself ? What's the impact on others? How much access do you have to thinking clearly and making sound decisions?

4. Notice how our thoughts cause our emotional experience of life and not life circumstances, not other people's behavior, and not our own performance.

5. Realize our power to choose thoughts every moment (You are 1 thought away from a completely different emotional experience).

6. One of the Jewish principles of reality includes the following perspectives:

6.1. Everything that happens is from G-d (who is all powerful, all knowing and all good- loves us more than we can comprehend) except for our free will choices to make an effort.
6.2. Everything that happens is for our ultimate benefit and getting us to where we really need to get to in life.

Internalizing this perspective can alter our experience of life regardless of the circumstances.
a. lessen a negative charge towards ourselves and our loved ones (anger, resentment)
b. lessen a negative charge about life (helplessness, annoyance, depression, bitterness)
c. increase our experience of gratitude and awe
d. allow us to grow from situations
e. allow us to be present to life and to our loved ones
f. allow us to access a place of clear thinking and an ability to make sound decisions
g. allow us to access clear perception of reality and inner knowledge of what is true (must check with mentor)

7. At the root of every negative (unproductive/ disempowering) emotion is a mistaken perception of reality/ untrue thought.