

# Clean Hands

by Rabbi Shefa Gold

מִי -יַעֲלֶה בְּהַר יְהוָה וּמִי יִקּוּם בְּמִקּוֹם קֹדֶשׁוֹ  
נְקִי כַפַּיִם וְבֵר לֵבָב

(Psalm 24:3-4)

Mi ya'aleh v'har Adonai umi yakum bim'kom kodsho?

N'ki chapayim uvar layvov

Who may ascend the Mountain of God and who may establish the Place  
of His Holiness?

One with clean hands and a pure heart.

As we prepare for the work of holiness, we can listen for this question from Psalm 24, that asks us to step forward, raise our consciousness and enter the Place where God's Presence can be known and experienced. The requirements are clean hands and a pure heart. Clean hands represent the purity of our intention as we do our work. A pure heart is who we are.