

Eyes, Hearts and Hands

by Rabbi Shefa Gold

וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ, וְדַבַּק לִבֵּנוּ בְּמִצְוֹתֶיךָ

V'Ha'ayr aynaynu b'toratecha, v'dabayk libaynu b'mitzvotcha

Enlighten our eyes with Your Torah,
and connect our hearts to Your Mitzvot.

(Liturgy)

When my eyes are really opened, I see your Torah everywhere! And from the deepest place within, I can connect with and embody that heart wisdom. Then the next step is to allow that deep heart-wisdom to flow out across my shoulders, down my arms and into my hands. These are the hands that will do Your Mitzvot with heartfelt compassion and kindness, instructed always by the Torah that this world reveals to me.