

Gathering In

by Rabbi Shefa Gold

וְהַבִּיאֵנוּ לְשָׁלוֹם מֵאַרְבַּע כַּנְפוֹת הָאָרֶץ

V'Haviayni l'shalom mayarba kanfot ha'aretz

(Bring us in peace from the 4 corners of the Earth.)

Uriel! Mi'cha'el! Rafa'el! Gavri'el!

This phrase comes from the paragraph before the Sh'ma and I use it to prepare myself for that moment of focused attention that the Sh'ma is meant to be. I gather in all the disparate energies so that I can stand in Oneness and receive the mystery of Unity. For me, the archangels personify the energies of each of the direction, the four winds that blow into my life and make me whole. When I face East and call in Uriel, I am opening to the New and allowing myself to be renewed. When I face the South and call in Mi'cha'el, I am calling in warmth, comfort, love and constancy, and allowing myself to be held in that love. When I face the West and call in Rafa'el, I am opening to a vision of where I am called, and allowing the healing power of my path to transform me. When I face the North and call in Gavri'el, I am opening to the power of my ancestors and receiving the challenges of my life with grace and courage.