

Kedushah

by Rabbi Shefa Gold

קְדוֹשׁ, קְדוֹשׁ, קְדוֹשׁ, יְיָ צְבָאוֹת,
מְלֵא כֹל הָאָרֶץ כְּבוֹדוֹ

Kadosh, Kadosh, Kadosh, Yah Tziva'ot, M'lo chol haAretz K'vodo

Holy, Holy, Holy, Mother of Multiplicity,
The whole world is filled with your glory! (Isaiah 6:3)

This is the beginning of the Kedusha, an important and oft repeated section of our liturgy which describes the prophet Isaiah's vision of the angels who are chanting to one another. The Talmud (*Sotah*49a) says that "The world is maintained by the Keushah." This is an important proof-text affirming the power of chant.

When I chant the words Kadosh, Kadosh, Kadosh, I lift myself up into the angelic realms, reaching beyond my normal perceptions into the subtle vibrations of "Holiness". When I chant the words Yah Tziva'ot, I open my crown chakra and allow those high and holy vibrations to pour down into my body, filling me. When I chant the words M'lo chol haAretz K'vodo, I let the eyes of my heart open my physical eyes until I can see and point to the Presence of God everywhere.