

# With My Life

by Rabbi Shefa Gold

כִּן אֲבָרְכֶךָ בְּחַיֵּי בְּשִׁמְךָ אֲשָׁא כַפֵּי

Kayn avarech'cha v'chayai; b'shimcha esa chapai  
I will bless You with my very life; through Your Name I will  
raise my hands.

(Psalm 63:5)

This practice asks, “What are you withholding? What more can you give to this present moment?” In accessing the fullness of my presence, I can lift myself up into holiness. I can raise my level of vibration, so that whatever my hand touches is blessed by my holy intentions. As I chant these words, the word shimcha (Your Name) changes into Simcha (Joy)... so that I am singing the Truth that Joy will lift my hands; with Joy I will raise my actions to the level of my abundant Blessing.