

You are my God

by Rabbi Shefa Gold

אֱלֹהֵי אֲתָהּ וְאוֹדֶךָ אֱלֹהֵי אֲרוֹמְמֶךָ

Eli Atah v'odeka Elohai arom'meka (Psalm 118:28)

You are my God and I will thank You; Oh my God, I will exalt You!

This is a practice that has the power to raise your vibrational frequency, allowing a greater flow of life-force through your body and mind.

Turning to God in gratefulness allows us to then raise up the Divine spark in our world. When we raise up that Divine spark, we can move to an even more refined level of gratefulness. With this practice, we can spiral into new places of joy, ease, peace and harmony, while staying grounded in an immediate experience of this moment's grace.