

Sealed

נִזְכָּר וְנִחְתָּם לְפָנֶיךָ

N'zachayr v' naychataym l'fanecha

May we be remembered and sealed in Your Presence.

These words from our High Holy Day liturgy are said just once, during the pivotal moments of Ne'ila, when the gates are about to close. This the moment when all of our highest intentions are sealed, which means they enter deeply into our core where they will be available for us when we need them. The neuro-scientist, Rick Hanson asks the question, "How do passing mental states become lasting neural traits?" That's my question too as I walk the path of spiritual practice, having experiences of wonder, flashes of Unity-consciousness, moments of deep connection. How will those experiences be planted in me and grow to become my strength, resilience, compassion and abiding love?

These words can be used any time of year when our intention is to seal in the truth of an experience that we want to have access to and remember and integrate.