

Affirmations

I open to the wild, oceanic, wondrous expanse,
and tap into that immense energy as the source of my creativity.

יָרַעַם הַיָּם וּמְלֵאֵוֹ יִתְבַּל וַיִּשְׁבִּי בָּהּ

Yiram hayam um'lo'o, tevel v'yoshvay vah. (Psalm 98:7)

The sea in its fullness will roar, (also) the world and all its inhabitants.

I receive every challenge as the cornerstone of my inner work
as I build the *Mishkan* of open-hearted Presence.

אֶבֶן מְאָסוּ הַבּוֹנִים הִיְתָה לְרֹאשׁ פִּנֵּה

Even ma'asu habonim ha'y'tah l'rosh pinah (Psalm 118:22)

The Stone the builders rejected has become the cornerstone.

I open to the flow of Divine Love that holds me,
and to the beauty that guides me through every challenge.

יוֹמָם יִצְוֶה יְהוָה חַסְדּוֹ וּבַלַּיְלָהּ שִׁירָה עִמִּי

Yomam y'tzaveh Adonai chasdo, u'va'laila shirah imi (Psalm 42:9)

By day: Your Love ... By Night: Your Song

By day God commands his love and by night her song is with me.

I am attentive to the voice of Wisdom within, guiding me to careful and conscious
consuming, and the savoring of each moment of pleasure.

שִׁמְעוּ שְׂמוֹעַ אֵלַי וְאֶכְלוּ-טוֹב

Shim'u shamoah aylai, v'ichlu-tov

If you really listen to Me, then you will eat what is good.

(And your souls will delight in richness.) Isaiah 55:2

I live generously, grateful for the opportunities of loving God/Reality
through this world, this life, this very moment.

Sham eten et dodai Lach

There I will give You my love. (Song of Songs 7:13)

This steadfast loving energy of my heart anchors the soaring beauty of my song,
and unlocks the fullness of my soul's glory.

נִכּוֹן לִבִּי אֱלֹהִים אֲזַמְרָה וְאֲזַמְרָה אֶף-כְּבוֹדִי
Nachon libi Elohim, Ashira va'azamra af k'vodi (Psalm 108:2)

My Heart is steadfast, Oh God; I will sing and chant even with my soul.

I receive every challenge as the cornerstone of my inner work
as I build the *Mishkan* of open-hearted Presence.

אֶבֶן מְאֻסָּה הַבּוֹנִים הִיְתָה לְרֹאשׁ פִּנֵּה
Even ma'asu habonim ha'y'tah l'rosh pinah (Psalm 118:22)

The Stone the builders rejected has become the cornerstone.

In each moment, I choose to accept the gifts, challenges, opportunities and
responsibilities that are given to me. I choose Life and Blessing.

וּבְחַרְתָּ בְּחַיִּים
Uvacharta Bachayyim (Deuteronomy 30:19)

I have set before you Life and Death, blessing and curse. Choose Life!

I am connected to the Divine resources of strength and resilience as I receive
God's trust in me. My faith in the essential goodness of Reality grows each day.

רַבָּה אֱמוּנָתְךָ
Raba Emunatecha (Morning liturgy, Lamentations 3:23)

How great is Your Faithfulness.

My life as song connects me with a Mystery. There I can experience the Essence
of soul which was there before "I" was born and will be there beyond death.

וְאֲזַמְרָה שֵׁם-יְהוָה עֲלִיּוֹן
Va'azamra Shaym-Havaya Elyon (Psalm 7:18)

I will sing praise so that I may know the highest Essence of Divine Existence.

As I let go of my resistance, and surrender to “what is,” gratefulness takes me to whole-hearted presence. I give the fullness of my heart. I stop withholding. And I open wider to receive the heart of God.

אוֹדֶה יְהוָה בְּכָל־לִבִּי
Odeh Yah b'chol libi

I thank God with my whole heart. (Psalm 9:2)

When I activate my resilience, then imagination, the possibilities of joy, curiosity, insight, and a wider perspective are revealed moment by moment. I connect with inner and outer resources that were always there; I reignite my enthusiasm for the journey.

אִם־אֵלֶיךָ בְּקֶרֶב צָרָה תִּחְיֶינִי
Im aylech b'kerev tzarah, t'chayayni (Psalm 138:7)

Even when I walk in the midst of trouble, you are giving me Life.

As I turn to God with all my yearning, all my highest and deepest hope, I will be strengthened in the work that needs to be done. I have the strength and courage to face difficult situations and feel supported by Divine Love.

קִוְיָה אֶל־יְהוָה חֲזַק וַיֵּאֱמַץ לִבְּךָ וְקִוְיָה אֶל־יְהוָה
Kavay el Yah, Chazak v'ya'amaytz libecha, Kavay el Yah

Turn your hope to God; be strong and be filled with courage;
turn your hope to God. (Psalm 27:14)

I honor my passions and keep the fire on the altar of my heart burning with exactly the fuel it needs to burn clearly, brightly and true.

אֵשׁ תָּמִיד תּוֹקֵד עַל־הַמִּזְבֵּחַ לֹא תִכָּבֵה
Aish tamid tukad al hamizbayach; lo tichbeh (Leviticus 6:6)

Fire always shall be kept burning on the altar; it shall not go out.

I step on to the Path of Love and allow all that is not Love dissolve and fall away in the light of this great and only force, so that I might achieve Clarity and find my true Power.

כָּלֵם אַהוּבִים, כָּלֵם בְּרוּרִים, כָּלֵם גְּבוּרִים
Kulam Ahuvim, Kulam B'rurim, Kulam Giborim,

All Love, All Clarity, All Power

(from the *Kedusha* of *Yotzer* in our *Shachrit* liturgy)

I commit myself to the expression of my unique and authentic joy, a joy that is not dependent on changing circumstance but rather is rooted in my core identity as a Divine Being forever embarking on a human adventure. I allow that joy to resound in varied forms that it may touch the whole of Creation, and connect me to the Cosmos.

וְרָנְנוּ וְזָמְרוּ

זָמְרוּ לַיהוָה בְּכִנּוֹר בְּכִנּוֹר וְקוֹל זָמִרָה

V' ran'nu v'zamayru, Zamru l'Yah b'kinor, B'kinor v'kol zimra

(*Psalm 98:4-5*)

Sing your joy, and chant, connect with joy to God,
With the harp and the sound of chanted praise!

I open to the flow of goodness allows me to relax, and then when I relax, I open even further to that flow which fills me and satisfies a deep yearning for connection to my Source. I let go of struggle, tension and attachment to outcome; I am freed to embrace this moment just as it is, and receive the gift that I am being given. When I open to this moment's gift, I become available to receive the ongoing flow, which is always flowing.

פִּתַח אֶת־יָדְךָ וּמַשְׁבִּיעַ לְכֹל־חַי רַצּוֹן

Poteach et Yadecha u'masbiah l'chol chai ratzon

You Open Your Hand and satisfy all life with favor. (*Psalm 145:16*)

I open to the startling clarity of a wide array of color, texture, beauty and a vast expanse of Soul beyond the constrictions of personality, beyond the confines of my limiting conditioning. I glimpse the Divine Presence that is shining through all of Creation.

גַּלְעֵינִי וְאַבִּיטָה נִפְלְאוֹת מִתּוֹרַתְךָ
Gal aynai v'abitah nifla'ot mi'toratecha (Psalm 119:18)
Unveil my eyes that I might see the miracles of Your Torah

Through my loving attention and passionate expression, I am making the essential spark of Divinity, visible and known. As I share that essential Divinity through prayer, it makes itself available to me as Truth and Love, so that I can live from the highest essence that is in me.

רוֹמְמוּ יְהוָה אֱלֹהֵינוּ
Romemu YHVH (Havayah, Adonai, Shechina) Elohaynu (Psalm 99:5)
Raise up the Truth; lift up our love; honor the God within us.

With all my love, I follow the glimmers of the Divine, bringing my heart, soul, commitment, effort, skill, wisdom and grace to the adventure. AND... I lean back, and surrender into the Divine embrace. I totally relax to receive this support. I open in the stillness to the gift of this moment and let myself feel held, encouraged, nourished and supported.

דְּבַקָה נַפְשִׁי אַחֲרֶיךָ
בִּי תַמְכֶּה יְמִינְךָ
Davkah nafshi acharecha, bi tamchah y'minecha (Psalm 63:9)
My soul with love goes after You; while your strong hand supports me.