

Meditation Tefila: Introduction

SAR High School, Room A406; 8:00-8:30

1. Welcome

- a. What is meditation?
 - i. Breathing in a body, Watching a mind
 - ii. constricted ->expansive consciousness
- b. What are the goals for this tefila?
 - i. Study, practice, and integrate
 - ii. Pray within various meditative traditions: breath, chant, visualize, watch, pray
- c. Why rush through tefila?
 - i. Why not allow tefila to be a meditation?

2. Policies

- a. No phones, no chatting
- b. Sign-In: Independent and Mandatory
- c. Boys: Tefilin or RPT

3. What to Expect:

- a. **Introductory Prayers:**
 - i. Mantra Shin / Mem / Ayin : White Noise / Harmony / Nothingness (Sefer Yetzira)
 - ii. Quietening the Mind (Zen Breathing)
 - iii. "The Soul is constantly praying" (Rav Kook)
 - iv. Wordless-Song
- b. **Verses of Praise:** "With Every Breath, I Praise the Lord"
 - i. Breathing meditation
 - ii. Recite P'sukei D'zimra (Baruch She'amar, Ashrei, Yishtabach)
 - iii. Chant: Poteach
- c. **Birchot K'riat Sh'ma: Unifying the world, Unifying the Name**
 - i. Sing Kaddish and Barchu
 - ii. YHVH: Visualization
 - iii. Kirtan Chant: Sh'ma
- d. **Shmone Esrei: Let the Universal Desire Speak Through You**
 - i. Posture: Like a tree, or like a candle flickering
 - ii. Stand: Mountain Pose
 - iii. Desire and Accept: Wish and Know.
- e. **Conclusion:** Song, Breathing, Shared Reflection

אין התפלה באה כתקונה כי-אם מתוך המחשבה שבאמת הנשמה היא נמיד מתפללת. הלא היא עפה ומתרפקת על דודה בלא שום הפסק כלל, אלא ובשעת התפלה המעשית הרי התפלה הנשמית התדירית היא מתגלה בפעל. זהו עידונה ועינוגה, הדרה ותפארתה, של התפלה, שהיא מתדמה לשובנה ופותחת את עליה הנאים לקראת הטל או נכח קרני השמש המופיעים עליה אורה, ולכן "הלואי שיתפלל אדם כל היום כולו".

Tefillah is only wholesome when it arises from the idea that in truth the soul is always praying. She (the prayer of the soul) flies and embraces her lover without any break or separation. At the moment of actual prayer the perpetual soul-prayer is revealed in action. This is her pleasure, her joy, her glory and crown, of tefillah. She then resembles a lily that opens her gentle petals toward the dew or towards the presence of the rays of the sun that shine upon her. "If only one would pray the entire day long."