

Final week toward Sinai.....

Hi Beloved Family,

Seven weeks ago we ate matzah as part of a Passover Seder, symbolizing our desire to free ourselves (and others) from our "narrow places"--that part of each of us that is constricting, tight, "dust-filled" and not skillful. We danced with Miriam at the crossing of the Reed Sea into a higher state of consciousness.

There are then seven weeks "in the wilderness", each week with a different spiritual energy (e.g., love, strength, beauty...and now we are in the energy of Malkhut, which means both Majesty and surrender.

What do we notice this week that has been majestic? What do we notice about where there has been a spiritual wisdom involving the energy of surrender?

The energy of this week is essential for our final climb toward and up the Mountain, the holy day of Shavuot, the sacred encounter at the top of the mountain.

As I've shared before, there is a lovely guided meditation, which I again invite you to join me in...imagine ourselves at the base of Sinai, a holy place, a holy mountain. With a few cleansing breaths, prepare for a climb, and allow yourself to then climb, in your own way, up that symbolic mountain, leaving behind all "baggage" and "narrow places.

When you reach the top, open yourself to receive from the highest source of wisdom (within you, within the universe, depending upon belief systems), whatever it is you most need--let it be a word, phrase, color, feeling, sound. Just open yourself to invite in that sacred wisdom which is what you need from a sacred, holy, spiritual place.

Sending you all love and blessings.....poppers of awe

PS, here's what happened last night in my climb
2015 Last night I did the "climb" up Sinai.

As I was climbing, I could feel all the "baggage" what was unnecessary but dropped by the wayside. As I neared the top, I felt an incredible lightness and freedom, really ready to receive, with no expectations, the Universe's message.

It was not words or colors, but a feeling....and the feelings conveyed the message that what I most needed now (and which I actually experienced in that moment of grace) was to recapture the heart of love and openness, the seeing the spark of beauty, grace, joy in each person, and I felt my heart melting in openness and love. All is forgiven, all is healed, all negativity has fallen away. There was just a feeling of pure spirit and love. I felt so purified, beautiful, and free as I reached the top. I paused to just bathe and refresh myself in this joy and beauty.

But then a thought entered. Hmm, I looked up, quizzically, and said, "does this mean I should have fewer boundaries, or just let them go completely. That's what got me to this state of consciousness, right? "

There was silence, then a bit of a sardonic laugh, and a voice whispered, with a thick Oy vey Yiddish accent (A Jon Stewart Interpretation?!):

“Vat, are you stupid. Didn’t you read my book. Look, dude, this is Sinai, where I gave the 10 commandments: Have you forgotten.....all the “Thou shalt nots” and “Remember the Sabbath to keep it holy.” Of course boundaries are part of my holy teachings. Both/and....now, onward.... (and I could have sworn that somehow just at that moment a cloud winked at me....”

2016:

My experience at the top of Sinai, June 11, 2016

6.11/16 the climb; at top, felt vulnerable, alone, big world, sky, high mountain, I just a little shadowy speck with hands raised skyward; wanted to retreat but no place to retreat to, so stayed there; then noticed a softening; two things came to mind: the softening of “big mind game” starts in night sky; and “drop the bundle”; more as feelings along with the thoughts; I felt this calm, peaceful breathing, beyond the vulnerability or in and through it; hiding nothing, one part of it; stayed there a long time; then I thought now is it time to “pick up the bundle” and continue the journey; nah! Instead the song from last nights singing, mom’s glorious voice as we sang Havana shira (let’s all sing praise God” ;..somehow we could do that, create joy, channel sacred energy (her angelic voice); seeing mud, seeing the lotus flower; and surrounding them all with love and joy and surrender and peace.....and I saw the first glimmers of the sun beginning to rise over Sinai and you could see the shadowy dark outline of a very small figure standing with his arms stretched upon in supplication and surrender to the universe....

Comment [UCI1]: Love this, so vulnerable

Comment [UCI2]: What an incredible experience of Oneness with the universe, with what is

Comment [UCI3]: The context for bundles and burden and pain and suffering is love and peace

Comment [UCI4]: So beautiful – you are still supplicating, but you are also surrendering to the unknowable mystery of the universe

2018 the chakra meditation! clarity, - wisdom, insight, clarity; security; self-expression/freedom; peace ,loving compassion, kindness, and joy; energy, power; passion, emotions, good relationships; strength, connected to the earth. calming safe, supportive, healing;secure, letting fears go; all negative energy breathing out, cleansing, releasing....allow all worries and concerns to completely recede...filled with pure, safe healthy life force. Recharging. Confident....smiling....