

Shekhina Prayer

Shekhina,
when we speak to You, we speak to ourselves,
when we speak to You, we speak to each other,
when we speak to You, we speak to Life itself
and to the world around us.

Shekhina,
You live in our souls, our centers
our communities, our homes.
You dwell in the curves of the hills
and the waves of the oceans.
You are with us in the cities and the forests,
in the fields and in the towns.

You speak to us in the breath of the wind
and in the breath of our bodies.

You lie with us and within us
when we are awake and alone,
with us and within us
when we dream,
within us and among us
when we make love.

You laugh with us when we laugh,
play with us when we play,
mourn and celebrate with us
when we celebrate and mourn.

When we open our hearts and hands and eyes
we know that You are Life
and that the life within us
and around us is good.

Shekhina,
give us all you can give
that we may give in return.

Give us the courage to see
how the world must change
and the patience and will
to change it.

Give us the sight
for ever changing visions,
for visions that wisen
as we age.

Help us appreciate our souls
that we may feed them.

Help us to appreciate our bodies
that we may eat with pleasure,
make love with joy,
walk and move and dance
with freedom in our hearts

and help us understand our pain
so we might heal our wounds,
so we might help others heal,
so we can heal this aching world.

Shekhina,
give us strength.

Give us the strength to be tender
and tenderness so we can be strong.

Give us the strength to cry
and to know our tears
help heal and cleanse us.

Give us the love of ourselves
to be with each other,
and the love of ourselves
to be alone.

Give us the courage
to love and let go
and the courage
to hold on to love.

Shekhina,
when we raise our glasses
and break our bread,
may the taste of Life
be on our tongues,
may our friends be at our sides,
may the world be at peace.

May we find in each day
something glorious and new,
may we cause a new world
to be born.