

HASHEM SEFATAI

HASHEM SEFATAI TIFTACH OOFEE YAGEED TEHILATECHA

G-D! OPEN MY LIPS AND MY MOUTH WILL SPEAK YOUR GLORY

This verse from Tehillim (51:17), the Psalms of King David, has profound mystical significance and is discussed in great detail in the holy books of the Kabbalah.

This verse is recited as the opening to the *Amida*, the silent prayer, recited 3 times a day: at sunrise, sunset, and nighttime. In the meditational practice of the *Amida* a person prays standing with ones feet together. The focus of the meditation is directed towards the consciousness of standing intimately in the Divine presence of G-D. We begin the meditation of the *Amida* with this verse, which can be seen on one level as a prayer for our prayer- the realization that G-D is at the source of everything, including our prayer.

It is discussed in the Kabbalah that we are always praying. The deepest desire at the center of our heart is our constant prayer. The Kabbalah discusses 2 directions of all prayer: a prayer of wanting to receive, or a prayer of wanting to be able to truly give. Our natural tendency is to be praying in the direction of wanting to receive. The Kabbalah explains that the root of our spiritual work is working towards the transformation from praying to receive, to reach the prayer of pure giving. This elevated consciousness is the spiritual state of unconditional love.

This verse can be seen as a prayer for G-D to bring us to the deepest prayer of the heart- the prayer of pure giving and thankfulness in the state of unconditional love and oneness.

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