

## SHEMA MEDITATION

This art is inspired by the holiest of Jewish prayers — *Shema*.

The art was made by sounding a shofar through software that analyses the sound. Images of the sound waves were used to make the art.

*Shema* is a powerful meditation on oneness practiced since ancient times.

During the meditation we close our eyes to perceive beyond what we can see.

The meditation involves chanting six Hebrew words:

*SHEMA YISRAEL AHDOWNAI ELOHEYNU AHDOWNAI ECHAD*

The first two words *Shema Yisrael* are in Hebrew at the top center of the art.

The first word *Shema* means “listen”.

We quiet our thoughts and awaken to higher consciousness.

The second word *Yisrael* means “Israel” and represents experiencing our inner spirit.

The next three words *Ahdownai Eloheynu Ahdownai* are divine names with many layers of meaning. We focus on the unconditional love and infinite goodness at the source of all reality.

The last word *Echad* means “one”. We open our heart to experience the oneness.

The six words of *Shema* have a connection with the six points of a Star of David.

Above the Star of David in the art is written אהבה — LOVE.

The Jewish people have been practicing *Shema* meditation every day for thousands of years.

*Shema* is traditionally chanted at sunrise and after sunset.

The meditation can also be practiced anytime.

Excellent books about the spiritual practice of *Shema* meditation are:

*Shema Yisrael* by Rabbi Avraham Aryeh Trugman

*Jewish Meditation* by Rabbi Aryeh Kaplan

**Tzfat Gallery of Mystical Art**

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