

Sabbath Eve Purifying Meditation

Rabbi Zev-Hayyim Feyer

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It is recommended that this meditation be practiced every Friday, as part of your preparation for lighting the Sabbath candles, or, if you do not light Sabbath candles, just before sunset. If you are of other than the Jewish tradition, you may wish to practice this meditation (you may wish to adapt the words of the first paragraph, and you may wish to omit the Hebrew expressions in the latter half of the meditation, using only the English) just as you enter into your Sabbath (or whatever time of the week provides your tradition with an equivalent concentration of spirituality).

You may find this meditation difficult – or meaningless – at first. If you practice it regularly, however, you will find that, over the course of time, it will become more and more real and realistic.

Tonight is Shabbat, the Sabbath, the end of another week. In order properly to enter the Sabbath and to participate in its holiness, I shall begin by purifying my feelings toward others and toward myself.

During the past week, I have suffered numerous hurts. As I now picture the person who has hurt me this week more than any other, I know that all the hurts I have felt are symbolized by this person, represented by this person, embodied in this person. I now greet this person:

I greet you. . . .

I welcome you to my presence. . . .

I welcome you to my mind. . . .

I feel that you have wronged me. . . .

Now, in the spirit of holiness which is the Sabbath, . . .

I declare that your wronging of me is no more: . . .

I declare that your wronging of me has never been; . . .

I affirm that you have never wronged me. . . .

I do not forgive you, . . .

For you have done nothing to require forgiveness. . . .

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You are pure . . .

And perfect . . .

And divine, . . .

And I love you. . . .

Thank you for being here.

I have purified my feelings toward the other, and I now turn within, examining my inner self, to purify my feelings toward myself.

Ashamtee . . .

Bagad'tee . . .

Gazaltee . . .

Dibartee dofee. . . .

I have been wrong; . . .

I have done foolish things; . . .

I have hurt myself; . . .

And I have hurt others. . . .

I put this aside; . . .

I turn from my foolishness; . . .

I cleanse my slate . .

As I cleanse my soul.

Vayomer Ad*nai salakhtee kid'varecha; and the Eternal says, "I have cleansed the record, just as thou hast declared."

As you continue to practice this meditation week after week, you will find your hurts easing and eventually vanishing altogether. As you come to know that you will banish your hurts every Friday evening, you will find that you no longer feel the hurt, even at the very moment you are being treated wrongfully. You will eventually come to realize that no-one can ever hurt you, spiritually or emotionally, without your permission and consent.