

## LIGHT SELF MEDITATION

By RABBI Dr. Douglas Goldhamer

The Zohar teaches a wonderful meditation based on a meditation we have done a number of times. We look at the candle, draw it in within us while saying, “*Ner Adonai Nishmat Adam.*” Now, feel yourself filled with God, light from head to toes—legs, arms, head, etc., filled with light of Hashem. Now we stand up, feeling the light of God within us.

Imagine a mirror in front of you, and imagine that this mirror reflects the light of God within you. So you see yourself as a body of light in the mirror. See your head, torso, arms, legs, but you are made of light. This is your LIGHT IMAGE. THE IMAGE OF GOD IS WITHIN YOU. And now, silently, as you visualize your light image in front of you, which is God, do the following:

1. Ask your LIGHT SELF to share with you the happiest scenarios of your life that God is planning for you: the marriage of your children, the birth of new grandchildren. Happy things happening to your children and to yourself.
2. Let God tell you everything you want to know about yourself in your life and see into the future.
3. What is the most important question in your life?
4. You also want to ask God if He will always be available to you in the future, at any time.
5. Now ask your LIGHT SELF, which is God within you, “How do I know when You want to talk to me God? Please answer me.”
6. Feel connected with this light. Very strongly connected, and ask God the Light Image that you see in front of you, to share with you the real choices that lie open to you in your life. What is God’s purpose for you in your life?

Now, close your eyes and allow the Light Image in the mirror that you see in front of you to come into yourself. Again, feel the Presence of God WITHIN YOU once again. Let the mirror disappear from in front of you.

Feel how you have changed now that you spoke to God this morning.

And now you can sit down.