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BS'D SOUL PRAYER, November 19, 2019<sup>1</sup>

## Inner Temple Meditation

Start by sitting comfortably. Become aware of your breath. Become a master of breath by alternating between soft breathing and hard breathing. Try dilating your throat on the exhale. Close your eyes. Inhale all the way up to full-tank capacity. Hold. Envision your brain bathed in and saturated with oxygen. Exhale slowly either by dilating your throat or pursing your lips. Exhale till you're completely empty. Hold for a few seconds without any breathing. Inhale. Repeat a number of times. Return to normal breathing.

Now, while continuing to breathe normally, imagine that your body has many subtle layers, one within the other. Imagine now that your body is *Eretz Yisrael*. Breathe in and out. Feel the tension of living in *Eretz Yisrael*. Feel the holiness of the land. Bless the land. See the land protected by an angelic dome of light. Feel protected. Breathe.

Enter one layer within, to your inner Yerushalayim. Feel the holiness of your inner Yerushalayim, the City of the *Mikdash*, the Temple of Hashem, the place from which Holiness emanates and spreads to the entire world. Breathe in and out a few times.

Enter one more layer within, to your inner *Har HaBayit* (Temple Mount). As you enter each new level, as opposed to getting smaller and smaller, envision that you are entering a larger dimension. Imagine each new inner level expanding and shining with infinite light.

Breathe and enter one more layer, the inner *Beit HaMikdash*. The more you familiarize yourself with the floor plan of the *Mikdash* the better. Feel the awe of this sacred inner space. Feel the infinite love of the Infinite One. Feel your own love for the Source. Breathe. Breathe.

You are now standing in the *Azarah*, the Outer Courtyard of the *Mikdash*. The Copper Sacrificial Altar corresponds to your digestive system. Dedicated yourself to elevating your desires on this altar.

Enter one more layer within to the inner *Kodesh* (Holy Sanctuary), a large warm comfortable living room with a high ceiling. Feel comfortable. Feel welcome. This is for you.

In the middle of the *Kodesh* is the Golden Incense Altar. Breathe in the subtle fragrance of the inner incense. Become intoxicated with the fragrance of this inner incense. It is yours. No one can take it away from you. It is Hashem's gift to cleanse you, refine you, elevate you.

The Golden Incense Altar corresponds to your solar plexus, your diaphragm.

Standing thus in the middle of the *Kodesh*, face the great *Parokhet*, a magnificent embroidered curtain that separates between the *Kodesh* and the *Kodesh Kodashim* (Holy of Holies).

Between the Incense Altar and the *Parokhet* see the Golden Table to your right and the Golden *Menorah* to your left. The Golden Table has six surfaces divided into two, to hold twelve loaves of special bread. The table corresponds to your heart. Enter deeply into your heart-center. Feel the life-force within you. Allow yourself to be overwhelmed with awe and love. Awe at how wondrous you are made, and love and appreciation for the gift of life. Breathe many times, allowing these feelings to permeate every cell of your being.

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Move to the left to stand before the Seven-Branched Golden *Menorah*. This corresponds to your lungs, your ability to breathe new oxygen into your heart. Breathe. Feel these vital organs protected within your rib cage.

Prepare yourself to enter one more layer deeper, to go behind the *Parokhet*, into the sacred space of your inner *Kodesh Kodashim*. Breathe. This is home. This is your core. This is where you receive the vision of your life. Inhale. Hold. Exhale. Hold. Awe. Love. Gratitude. Connection with the Source of Life.

### The Kodesh



As you step backwards slowly, ask to be able to return. Step backwards through the *Kodesh*, past the *Menorah* and the Table, past the Incense Altar. Step backwards as you leave the *Kodesh* and enter the *Azarah*. Take the fragrance of holiness with you. Step back to stand on the *Har HaBayit*, Yerushalayim, Eretz Yisrael. Open your eyes to see the world shining with the presence of Hashem.