

Preparation for Healing

אַתָּה עוֹזִי, אַתָּה חַיִּי, אַתָּה אוֹרִי, אַתָּה לְפָנַי

Atah Ozi

Atah Chayai

Atah Ori

Atah L'fanai

You are my Strength

You are my Life

You are my Light

Ever before me. (inspired by Psalm 27)

In the practice of healing we leave the “small-mind” place of fear and separation, and enter into the “big mind” place of infinite possibility, and gratefulness for the blessing that is already flowing. We take the journey from “small-mind” to “big mind” by addressing God as YOU. We must become calm enough and spacious enough to receive God's presence in response to our invocation. When we are filled with that presence, then we can open to the healing power that flows through us.