

# Lift Your Hands

שְׂאוּ-יְדֵיכֶם קֹדֶשׁ וּבְרַכּוּ אֶת-יְהוָה

*S'u-y'daychem Kodesh u'varchu et Yah*

Lift your hands into holiness  
and bless the What is/God. (Psalm 134:2)

The mysterious unpronounceable name of God can be understood as BEING itself. When we bless God, we are blessing "What Is." And if we are to bless God/what is, in this very moment, we must lift our hands into holiness. Raising our hands in blessing, requires using our earthly instruments to touch the heavenly realms. Our hands then become the channels with which we transmit holiness into the world. Every touch becomes a blessing.