

## **“You Shall Love”, a guided meditation**

Ari Yovel, 4/24/19

**And You Shall Love.** What an impossibly vast and challenging charge. How do we fulfill the commandment to feel? How can we begin to embody the directive to embrace the Eternal “with all our heart, with all our soul, and with all our being”?

Close your eyes and breathe with me. In...out. Now, imagine yourself standing on a path, a single point in a lineage stretching forward and backwards into infinity.

In your mind’s eye, look behind you, and imagine your ancestors, your family, your teachers, your friends, and all those in your past who have shaped who you are today. Look at the vast network of people, communities, and connections that have, in ways big and small, loved you into being. Affirm your commitment to remember them well and live by their example. Now, repeat after me: I will love with all my heart.

*I will love with all my heart.*

In your mind’s eye, look to your sides, and see all those who you stand beside and who have stood beside you. Consider all the loyalties you have nurtured and the causes you have uplifted, big and small, every person and idea that you have helped love into being. Affirm your commitment to speak truth and stand with them, even when your voice is quiet and your legs falter. Now, repeat after me: I will love with all my soul.

*I will love with all my soul.*

In your mind’s eye, look ahead, and envision your path moving onwards and splitting outwards, from your own children and out to the countless future multitudes reaching across the earth. Envision the impact your values, words, and deeds will leave in the world, from those who look to you by name for leadership and counsel, all the way to the broader institutions and networks shaped by the love you’ve invested into their being. Affirm your commitment to live each moment and make every decision with a

mind to bringing healing and wholeness to all the life that will come after you. Now, repeat after me: I will love with all my being.

*I will love with all my being.*

When you are ready, open your eyes.

May the love we receive, sustain, and give forth into Creation and all its creatures ever be a reflection of our love for Adonai- all-encompassing, enduring, and Eternal.

And together we say, Amen.