Torah Meditations

**1.** **A Psalm by David. The L-rd is my shepherd, I shall lack nothing.**

*I am guided and protected at all times by G–d, who cares for me as a shepherd cares for his flock. Due to His love and benevolence, I should never worry that I will be left alone and lack something that I need.*

**2. He lays me down in green pastures; He leads me beside still waters.**

*My relationship with G–d allows me to experience calmness and relaxation. At times, I will be able to sleep calmly, as if I am taking a nap on the grass in a park on a beautiful spring day. Other times, I will sense a feeling of tranquility, like someone sitting by the lake and enjoying the calmness of nature.*

**3. He revives my soul; He directs me in paths of righteousness for the sake of His Name.**

*Despite the difficulties life may bring, each day I wake up feeling renewed with optimism to face and overcome any obstacles. G-d wants me to succeed and opens up opportunities for me to make good choices, enabling me to follow my conscience by doing what’s right and meaningful.*

**4. Though I walk in the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff-they will comfort me.**

*Even if I face adversity, I can turn towards my Shepherd who will hold me and ensure that He is with me at all times. Although I may face emotional “enemies,” I’m still “anointed with oil,” meaning that I’m granted protection from Above.*

**5. You will prepare a table for me before my enemies; You have anointed my head with oil; my cup is full.**

*Although at times my thoughts may be painful, You have opened up other possibilities that life may improve for me. You have given me unlimited opportunities to experience spirituality and positivity in the world.*

**6. Only goodness and kindness shall follow me all the days of my life, and I shall dwell in the House of the L-rd for many long years.**

*There is ample goodness in the world, and goodness is pursuing me at all times. I just need to open my eyes to become aware that abundance and goodness are surrounding me every moment. I am a child in G-d’s “home,” protected and cared for by my Father in heaven.*

In addition to this meditation there are many examples of how various passages in the Torah can be used therapeutically. Some of the most important ideas appear in the following lines in Tanach:

• I trust in your kindness, I rejoice in your salvation. (Tehillim 13)

“You shelter me, You preserve me from distress, with songs of deliverance to envelop me.” (Tehillim 32:7)

• G-d is my strength and my shield, my heart trusted in Him and I was helped. (Tehillim 31)

• G-d is with me, I shall not fear, what can man do to me? (Tehillim 118)

• Hear O Israel, the Lord our G-d, the Lord is one. (Devarim 6:4)

Choose a stanza in the Torah and meditate on its meaning slowly for 5 minutes a day.