

Lift Up Your Head (Consciousness)

שָׁאוּ שַׁעְרֵי רְאֵשֵׁיכֶם וְשָׁאוּ פִתְחֵי עוֹלָם

TS'u Sh'arim roshaychem, u's'u pitchay olam

Lift up your head, oh you gates;

lift them up you everlasting doors! (Psalm 24:9)

We are the gates; we are the doorways. God enters the World through us when we “lift up our heads”... when we raise our consciousness. With a Sunday chant, we begin the week with an intention to listen for the call to awareness that lifts us up out of our small concerns into a wide perspective and compassionate responsiveness. By answering that call, we become everlasting doorways between the finite and infinite realms.