

Tal Orot: Meditations for *Hashkatah* and *Emunah* in a Time of Crisis

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The current coronavirus pandemic is a great challenge to all of us. It requires us to stay **alert** to healthcare mandates and recommendations, and stay **vigilant** in our daily behavior. We need to **rethink** and change many of our routines and habits, be more **attentive** to our surroundings and social environment, and to increase our **thoughtful** care for others. This crisis requires us to increase our general **awareness** and be more **mindful** of every move we make. We may also be struggling with anxiety over physical and economic well-being or suffering a general sense of unease or emotional distress.

With all these challenges in mind, I think it might be valuable to share two basic meditations techniques which can help us cultivate a sense of emotional balance, to feel both **calm and alert**, and with a deeper sense of what Torah tradition calls **Emunah**. These videos describe the meditation and the Torah it's based, which you can then practice on your own. A separate video presents just the meditation for Emunah in a guided form, for those who would like to follow along in that way. There is also a meditation already on our website, under "videos," called "Vocal Meditation," which has a calming and toning effect on our whole being and can be valuable as well.

This meditation for Emunah won't cure a virus. And you should follow all official health directives. But meditation can help us reduce anxiety, help us stay calm and alert, be more mindful in our actions and have care for the health and welfare and lives of others – because are all in this together. And with HaShem's guaranteed continuing commitment to our welfare, in this world and all worlds, may our troubled world find healing and brother-and-sisterhood to work together in a bond of unity, sharing the gift of being together.

תהלים פרק קמה פסוק ט

טוב יקוק לכל ורחמיו על כל מעשיו: