

## A MEDITATION/KAVANNAH FOR YIZKOR

**[To be read slowly]**

*Jewish tradition, in its wisdom, teaches us that between the world of the living and the world of the dead is a window and not a wall. Raised in a culture of scientific materialism, many of us have been led to believe that dead is dead, and after death, the channels of communication between us and our loved ones who have died are forever ended - a brick wall! But, like the rituals of Shiva, Kaddish, and Yahrzeit, Yizkor opens windows to the unseen worlds of the dead. Yizkor creates a sacred space and time wherein we can open our hearts and minds to the possibility of a genuine inter-connection with beloved family members and friends who have left behind the world of the living. Yizkor is a window. Prepare to open that window. [Pause]*

**[Read slowly].**

*As you recite Yizkor prayers today, allow let your senses and imagination serve as the vehicle of inter-connection. For whom are you saying Yizkor today? There may be many people who come to mind. Perhaps there is one person who comes to your strongly today.... Can you imagine that person's face before your eyes? Or perhaps there are the faces of a few loved ones you can visualize right now. See their smile, imagine how they might be carrying their body standing next to you. Can you recall the sound of their voice? Hear their words as you stand in prayer. Feel their presence right in this moment. In your mind, in the depths of your heart, allow a conversation between the two of you to unfold. What needs to be communicated this year? What's the message you need to hear today? What are the silent prayers of the heart? What remains unspoken? [Pause] Speak. Listen. Share the truth of this moment, knowing you are being heard in the sacred realms of the ancestors who are bound up in the Source of Life. Take your time. There is no reason to hurry. This is a timeless moment. Allow the radiance of their love to be with you right now. [Pause]*

*Yizkor teaches us to remember the dead. Long after people die, their sacred legacy lives on inside of us. Within the wellsprings of our infinite souls we find the window of connection between the living and the dead.*

*Traditional Yizkor prayer and silent reflection follows.*

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