

RISING IN BODIES AND SPIRITS TOWARD JUSTICE: A DAILY PRACTICE FOR CULTIVATING RADICAL POSSIBILITY & OBLIGATION

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This offering was developed as an invitation into communal learning on reparations for slavery, indigenous genocide and systemic racism in North America/[Turtle Island](#).

The opening of the gates of repentance on the High Holy days doesn't arrive unannounced. Daily prayer can serve as a resource to come home to our values. Our weekday prayers illuminate our interdependence. The petitionary blessings of the daily [Amidah](#) invite us to move from understanding to action, from mistakes to repair, from the spiritual to the material, and from the individual to the collective.

How to use these Petitionary Blessings for Collective Liberation:

- Integrate this text into a morning, mid-day or evening practice.
- Read these words during the weekday Amidah (following the opening three blessings).
- Chant the anchor words, pausing for repetition on those that call forth a deeper longing or need for attention.
- Use them as guides for a movement practice or journaling.

PETITIONARY BLESSINGS FOR COLLECTIVE LIBERATION

Binah // Understanding

Guide us to know what time it is on “the clock of the world”.

Blessed are you, THE FOUNT OF WISDOM, who deepens our understanding.

Kavanah: “What time is it on the clock of the world?” - Grace Lee Boggs

What does this specific moment in history demand of us, invite us into, call upon us to envision and to create? Knowing in this way means seeking to understand how history shapes us and moves through us.

Our capacity to learn, to reflect, and to integrate insight from our many teachers, anchors our entry into our spiritual relationships with ourselves, each other, and the Divine.

Teshuvah // Repentance

Welcome us home to sacred learning, to holy work, and to interconnected belonging.

Blessed are you, RECEPTIVE ONE, who takes joy in our returning to the sacred work of transformation.

Selichah // Forgiveness

Hold our imperfections, our missing the mark, our wrong-doing.

Blessed are you, ALL-MERCIFUL ONE, source of abundant potential for forgiveness.

Geulah // Redemption

Claim us, claim our inherent belonging, our inherent holiness.

Blessed are you, ABUNDANT ONE, our well of redemption.

Kavanah: Repentance, forgiveness and redemption flow from practicing being in sacred relationships, with ourselves, each other, and the Divine. These spiritual relationships form the foundation of our individual liberation, and point us towards the work of collective liberation.

Refuah // Healing

Guide us to reach for connection, joy, and resilience amid our pain and our grief.
Blessed are you, NURTURING ONE, Holy Source of networks of care.

Birkat Hashanim // Abundant Futures

Expand our imaginations, water our gardens, nourish our dreams of abundance.
Blessed are you, ALL BOUNTIFUL, who blesses the years ahead.

Kavanah: Honoring networks of care, blessing abundance, and taking time for *Halleluyah*, opens us into building collective futures.

Kibutz Galuyot // Gathering Our People

Gather us up from the corners, from the closets, from the fringes, draw those who have been outcast into the center.

Blessed are you, REDEEMING ONE, who gathers the dispossessed among our people.

Kavanah: We enact our spiritual longings for liberation through our material relationships with power, systems, and land.

Din // Envisioning Transformative Justice

Strengthen our capacities for interdependence, trust, and collective care.
Blessed are you, WISE ONE, who loves righteousness and justice.

Birkat Haminim // Overcoming Destruction

Let all who speak and act unjustly find no hope for ill intentions.

Blessed are you, SOURCE OF TRANSFORMATION, who subdues our inclinations towards destruction.

Tzadikim // Honoring Our Righteous

Entwine us within the lineage of our movement elders, our righteous, our ancestors.
Blessed are you, DEAR ONE, who fortifies righteousness.

Binyan Yerushalayim // Building A Transformed Jerusalem

Rebuild our relationship to land, home, and sacred space beyond borders and dispossession.

Blessed are you, SOURCE OF RIGHTEOUSNESS, who rebuilds our belief in the transformation of Jerusalem.

Yeshuah // Liberation

May liberation come speedily and in our day, through our collective strength in concert with the sacred power that makes for transformation.

Blessed are you, HOLY ONE, who plants the seeds within us for our collective liberation.

Kavanah: Just as collective prayer releases us from the ego-prisons of our mind into the collective life of our people, collective liberation releases us from the individual life of our people into the collective life of all people.

Kabbalat Tefilah // Accepting Prayer

Hear us, meet us with mercy and compassion, be moved by our words.

Blessed are you, ATTENTIVE ONE, who listens to the meditations of our hearts.

Why pray for collective liberation? We all get stuck at different points along the intersecting paths of individual and collective liberation. In prayer, first we petition, and then we bless the Source of Transformation for enabling the potential for liberation. Going through a daily cycle of declaring our deepest desires for liberation re-grounds us in the ultimate purpose of our political work. Paying attention to which pieces generate resonance or resistance invites us into reciprocal relationships with ourselves, others, and the Divine.

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[RETURN TO MENU](#)

