



## **Meditation for Lighting a Yahrtzeit Candle**

Reader: *Ner Hashem Nishmat Adam* – The candle of God is the soul of a person (Proverb 20:27). As we light this candle, I remember my loved one, who was a source of light

Response: *The Candle of God is the Soul of a Person*

Reader: I gaze into the heart of the flame, and try to recapture the essence of my beloved. My beloved was my spouse, my parent, my child, or my friend. I feel these bonds stronger today than ever before.

Response: *The Candle of God is the Soul of a Person*

Reader: I remember the light, the joy, the comfort, the support, the smiles, and the gentle touch of my loved one. As I gaze into the essence of the flame, I can hear the voice of my loved one.

Response: *The Candle of God is the Soul of a Person*

Reader: I remember that just as this flame brings warmth and illumination during this long dark night I must travel, I hope to feel the soul of my beloved in ways large and small, reminding me that I am not alone.

Response: *The Candle of God is the Soul of a Person*

Reader: I remember that although our loved one no longer has a body, his or her spirit is eternal. As I gaze into the flame, I experience the loss, but also the consolation in the knowledge that my beloved will endure.

Response: *The Candle of God is the Soul of a Person*

Reader: I realize that beloved is like this flame, reaching upwards and heavenward, searching and seeking its source

Response: *The Candle of God is the Soul of a Person*

Reader: This flame reminds me that we do not have a spirit, but we are spirit. The flame may flicker and burn out, but its source is eternal.

Response: *The Candle of God is the Soul of a Person*

Reader: I feel the responsibility today of carrying the light of my loved one with me, sharing it with all. In this way too, the soul of my loved one will endure the inexorable passage of time.

Response: *The Candle of God is the Soul of a Person*

Reader: In my dark places, I will remember this candle, this light, and I will be graced with hope. I will carry the light of my loved one with me throughout my life.

Response: *The Candle of God is the Soul of a Person*

Reader: In lighting this candle, I pray that God will accompany me with His light, blessing me with the knowledge that in spite of the pain I feel, I feel God's hand on my shoulder, as I travel the road towards wholeness and renewal. I pray that I feel God's comforting light today and every day of my life.

Response: *The Candle of God is the Soul of a Person*

-Rabbi Frederick L Klein