



# AWAKENING YOUR UNIQUE SELF

## Meditation on the Holy YES

*The following is an excerpt from a 7-day series of Christmas meditations that Dr. Marc Gafni led in Holland in 2011. Transcription by senior student Chahat Corten, a founding member of the Venwoude Retreat Center in Holland.*

Know this first knowing: It's all here right now!

In Hebrew when you call the Name, the name of God, the name of essence, the word is SHEM. A Shemite is one who submitted. It comes from the Hebrew word Shem = Name. The word for 'Name' in Hebrew, Shem, (like so often in Hebrew), also contains the opposite meaning. Often in Hebrew, the original Hebrew is a magical dance of language. A word contains its meaning and its opposite.

So the word Shem is also Sham, which means "over there." So the word 'Shem' means the Name, Essence, the Name of God and it means 'Sham', or 'that which is over there.' The word contains itself and its opposite; i.e. the *opposite* of essence is 'over there.' Essence IS here, right now.

Being here, right now.

Which is why the name of God is Yud Hei Vav Hei. Yud means in Hebrew, the divine point in the future. Yud points to the future. It is what will be. And 'Hei Vav Hei' is Hoveh, the present.

So actually, in the original mystical Hebrew, it's an impossible conjugation of tenses. The Divine name is an impossible conjugation of tenses. (Tenses means 'past, present and future'.)

The Divine name is a divine point in the future. HOVEH is here, right now, in the present. The future and the present collapse into One. It is not a present that has no past or future; no it's something different. The power of the Now is the Now that contains within it both the past and the future. Here, right now, that's the Name. Shem, the Name.

And all through the week we'll occasionally refer in meditation to sexuality, because sexuality is the model for meditation.

Someone once said that sex is a poor man's meditation. But really, sex is only a meditation if it's practiced by a rich man and woman (rich in the sense of a person of depth, and 'on the inside'), to realize its full teaching.

But this is not our subject this morning. We are merely using it in the language of King Solomon, author of the Song Of Songs as our model for meditation.

So in sexing, in the moment of maximum expression, what is sometimes referred to as climax or orgasm we cry out the name of the other, 'Jack, Jack, Tim, Thomas, Eileen.' The deeper meaning is, that in the Name (it's a beautiful and gorgeous, Holy of Holies teaching) in the moment of maximum expression, in every language and every culture, we cry out one or two things. Either we say the name of the other, or we say O God, Elohim, the name of God. In every culture, in every language.



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Listen Holy brothers and sisters with your eyes shut. I invite you, and if I am in the way, then let me go out of the way and forgive me any shortcoming or fault. Listen with open heart and eyes shut. It's the third eye, the inner eye, the hidden eye open!

The reason at the moment of maximum sexual expression or orgasm we cry out the name of other, or the name of God, is because in that moment we realize that it is the same name. The name of God and the name other are indeed ONE. We are not separate in any way!

Shem, which is your name, which is my name, which is the name of essence, which is the name of God, Shem, Name, contains in it also the opposite form, as we said several moments ago. And the opposite form is Sham, 'that which is over there'.

So the real moment of the word Shem is 'that which is over here!' Right here! Right now! It all is right here, right now. There is no place to go.

The original Hebrew word is 'Hee Nai Nee' and 'Hee Nai Nee' means: Here I am. Wow, Here I am. Shem as my Name, which is my essence, which is the opposite of Sham, which means 'that which is over there.' It's happening now; you can't be late!

Holy Sister, Holy brother, you can't be late! It's happening NOW, right here. There is no place to go, it's the opposite feeling, the second part of the pointing-out-instruction. It's the opposite of the feeling of being late. You are perfectly on time because the time is NOW.

In the last piece of our language meditation, the word 'Time' in Hebrew is 'Zman', and its second meaning is Invitation. Time and Invitation are the same word because, Holy brothers and sisters, because Time is an Invitation.

It's an invitation to say the Holy YES to the Holy NOW.  
Time is an invitation to cry out ecstatically the Holy YES to the Holy NOW.

YES, YES, YES, YES, that is the Holy of Holies. What does a person say at the moment of maximum sexual expression, erotic expression, (what Salomom calls the Holy of Holies)? There is actually a third word that people say.

People say the name of other: 'O Jack, O Thomas, O Jasmin.'  
People say 'O God, O God.'  
And of course, the third thing in every language people say, is 'YES, YES, YES!'

Because it's the response of the full showing up, the full Presence, the Holy Yes, to the Holy now, which is Adonai; Ye HO VAH. The YE, the divine point, HOVAH, which moves in the present, which contains the past and the future, wich is not overthere, but right here.

HEE NAI NEE. Here I am, showing up right now. YES!!