

## Amidah: Standing Up & Stepping In

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Source: Pasadena Jewish Temple and Center



## **Amidah** עמידה

**Meditation:** When will you stand up and speak out? When will you step back and allow others to shine?

**Practice:** Take a private moment. Visualize any challenge in your life. See it in front of you, and stand up tall and face it. Take 3 steps backward, starting with your weak foot. Once completed, pause, standing with your feet together. Then take 3 steps forward, starting with your strong foot. Stand tall and erect, with your feet together, and breathe. The next move is yours.