

This is the day that God has made; Let us rejoice and be happy in it.	<i>Zeh HaYom asa Adonai; Nagila v'nis'm'cha vo.</i>	זֶה-הַיּוֹם עָשָׂה יְהוָה נְגִילָה וְנִשְׂמְחָה בוֹ: Shefa Gold
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How beautiful is your temporariness <i>Ya'akov,</i> And the places where Eternity dwells within you, <i>Yisrael!</i>	<i>Ma toe-vu o'ha lecha Ya'akov mishk'notehchah Yisrael.</i>	מָה טֹבוֹ אֱהָלֶיךָ יַעֲקֹב, מִשְׁכְּנוֹתֶיךָ יִשְׂרָאֵל.  Translation and transliteration by Herb Levy
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Blessed is the One who removes sleep from my eyes and slumber from my eyelids.	Barukh atah Adonay Elohenu khay ha'olamim Ha'mah'ahveer shayni may'ay'ni ut'numan may'ah'pahpie.	בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הָעוֹלָמִים הַמַּעֲבִיר שְׁנָה מֵעֵינַי וּתְנוּמָה מֵעַפְעָפַי:
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Blessed is the One who removes our blindnesses.	Barukh atah Adonay Elohenu khay ha'olamim po'kay'akh eevreem.	בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הָעוֹלָמִים פוֹקֵחַ עֵוְרִים:
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Blessed is the One who frees the enslaved.	Barukh atah Adonay Elohenu khay ha'olamim mah'tear ah'soo'reem.	בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הָעוֹלָמִים מַתִּיר אֲסוּרִים:
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Blessed is the One who makes the unsure confident.	Barukh atah Adonay Elohenu khay ha'olamim zokafe k'foo'feem.	בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הָעוֹלָמִים זוֹקֵף כְּפוּפִים:
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Blessed are you, THE IMAGELESS, who made me in your image.	Barukh atah Adonay Elohenu khay ha'olamim sheh'ah'sa'nee b'tsalmo.	בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הָעוֹלָמִים שֹׁעֲשֵׂנִי בְּצַלְמוֹ:
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Blessed is the One who made us free.	Barukh atah Adonay Elohenu khay ha'olamim sheh'ah'sanu b'nai khoreen.	בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הָעוֹלָמִים שֹׁעֲשֵׂנוּ בְּנֵי חוֹרֵין:
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Blessed is the One who gives us strength.	Barukh atah Adonay Elohenu khay ha'olamim hanotane l'yah'afe co'akh.	בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הָעוֹלָמִים הַנוֹתֵן לַיַּעַף כֹּחַ:
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G!d, the soul you have given me is pure.	Elohi neshamah sheh'nah'tah'tah bee t'horah hee.	אֱלֹהֵי, נְשָׁמָה שְׁנַתַּת בִּי טְהוֹרָה הִיא.
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Partners in Creation

<p>Every moment God recreates the world whispering over and over again the ten Divine utterances that first gave birth to existence, the way a child's world is renewed</p>	<p>when he comes home from school and his father and mother still live in the same house, and he hears them talking at the kitchen table. Yehoshua November</p>
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<p>I lift my eyes up to the hills. From where does my help come? My help is from the The Unseen One, the maker of the heavens and the Earth.</p>	<p><i>Esa eynay el heharim me'ayin yavo ezri Ezri ma'im adoni oseh shamayim va'aretz</i></p>	<p>אֲשָׂא עֵינַי אֶל הַהָרִים מֵאֵין יבֵּא עֲזָרִי עֲזָרִי מֵעַם יְהוָה עֹשֶׂה שָׁמַיִם וָאָרֶץ</p>
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<p>Hallelu/Yah! Call out to Yah in Heaven's holy place! Boom out to Yah across the firmament! Shout out for Yah, for all God's mighty deeds! Cry out for Yah, as loud as God is great! Blast out for Yah with piercing shofar note! Pluck out for Yah with lute and violin! Throb out for Yah with drum and writhing dance! Sing out for Yah with strings and husky flute! Ring out for Yah with cymbals that resound! Clang out for Yah with cymbals that rebound! Let every living thing Yah's praises sing, Hallelu/Yah! Let every living thing Yah's praises sing, Hallelu/Yah!</p>	<p><i>Halleluyah halelu el bekodsho. Halleluhu beerkey'ah oozoe Halleluhu beeg'voo'roe'tov Halleluhu k'rove goud'loe Halleluhu betay'kah shofar Halleluhu b'nayvale v'khee'noor Halleluhu b'tofe oo'mah'khole Halleluhu b'mean'neem v'oo'gahv Halleluhu b'tseal'tsah'lay shah'mah Halleluhu b'tseal'tsah'lay t'roo'ah Kole ha'neshamah t'hallel yah Halleluyah. Kole ha'neshamah t'hallel yah Halleluyah.</i></p>	<p>הַלְלוּיָהּ, הִלְלוּ אֶל בְּקֹדֶשׁוֹ, הַלְלוּהוּ בְּרִקְיעַ עֵזוֹ הַלְלוּהוּ בְּגִבּוֹרָתוֹ, הִלְלוּהוּ כְּרֹב גְּדָלוֹ: הַלְלוּהוּ בְּתַקַּע שׁוֹפָר, הִלְלוּהוּ בְּנִבְל וְכִנּוֹר: הַלְלוּהוּ בְּתֵף וּמְחוֹל, הִלְלוּהוּ בְּמִנִּים וְעִגְבִּי: הַלְלוּהוּ בְּצִלְצְלֵי שְׁמַע, הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה: כֹּל הַנְּשָׁמָה תִהְיֶה יְהִי הַלְלוּיָהּ. כֹּל הַנְּשָׁמָה תִהְיֶה יְהִי הַלְלוּיָהּ.</p>
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<p>Forever dwelling in the heights, forever holy is God's name! And it is written: "Sing joyously, you fervent ones, about THE FOUNT OF LIFE, for, from the upright, praise is fitting!"</p> <p>By the mouths of all the upright you are raised! And in the words of all the just ones you are blessed! And on the tongues of all the fervent you are sanctified! And in the midst of all the saintly, you are praised!</p>	<p><i>Shokhane odd mahrome v'kadoshe sh'moe. V'khatoov, rah'n'nu tsah'dee'keem b'Adonay lah'shah'reem nah'vah t'heelah. B'fee y'shah'reem teet'roe'mom, oove'deev'ray tsah'dee'keem teet'bah'roch, oo'veel'shone khasidim teet'kah'dosh, oove'keh'rehv k'dosheem teet'hah'lahl.</i></p>	<p>שׁוֹכֵן עַד, מְרוֹם וְקָדוֹשׁ שְׁמוֹ: וְכַתּוּב, רַנְנוּ צְדִיקִים בִּיהוָה, לְיִשְׂרָאֵל נְאֻה תְּהִלָּה. בְּפִי יִשְׂרָאֵל תִּתְרוֹמֵם, וּבְדַבְרֵי צְדִיקִים תִּתְבָּרַךְ, וּבְלִשׁוֹן חֲסִידִים תִּתְקַדֵּשׁ, וּבִקְרֹב קְדוּשִׁים תִּתְהַלֵּל.</p>
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<p>May Your Great Name, through our expanding awareness and our fuller action, lift You to become still higher and more holy. For your Great Name weaves together all the names of all the beings in the universe, among them our own names, and it is we who give You the strength to lift us into holiness. (<i>Amein</i>) Throughout the world that You have offered us, a world of majestic peaceful order that gives life to the Godwrestling folk through time and through eternity. And let's say <i>Amein</i>.</p>	<p><i>Yitgadal v'yit'kadash shemay rabah. Be'alma divra chirutey veyamleech malchutey Bekhayaychone uvyomaycone uvkhahyay dekhole beyt yisrael Ba'agalah uvizman kariv ve'imru amen. Yehey shemey raba mevarak le-alam ulalmey almaya. Yitbarak veyishtabakh veyitpa'ar veyitromam veyitnasey veyit-hadar v'yeet'ah'leh veyithahlal shemey dekudsha bereek hu. Le'ela meekol birkhata veshirata tushbekhata venekhemata da-amiran be'alma ve'imru amen.</i></p>	<p>וַיִּתְגַּדַּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא בְּעֲלָמָא דִּי בְרָא כְרַעוּתֵיהּ, וַיִּמְלִיךְ מַלְכוּתֵיהּ בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֲגָלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן: יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא: וַיִּתְבָּרַךְ וַיִּשְׁתַּבַּח, וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלֵּל שְׁמֵהּ דְקָדְשָׁא בְרִיךְ הוּא לְעָלָא מְכָל בְּרַכְתָּא וְשִׁירְתָּא, תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְאָמִירָן בְּעֲלָמָא, וְאָמְרוּ אָמֵן:  Transliteration by Herb Levy. Translation by Arthur Waskow</p>
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Blessed is the Face of G!d the faces of All.	Barchu et Yah ha'm'vorach	בְּרַחוּ אֶת יְהוָה הַמְּבֹרָךְ:
Blessed Holiness in All Things	Baruch Yah ha'm'vorach l'olam va-ed!	בְּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד. Translation and transliteration by Herb Levy

**Meditation for Tzitzit**

As you gather the tzitzit to the center, open to your own fringes, the edges, margins and knots. Open to immerse in wholeness, in shalom. As you hold the tzitzit, open your heart wide. Open yourself to welcome, to offer shalom for All	at the edges, the margins, & those in exile, refugees. Open to all beings at the fringes of our worlds. Open to the wisdom of compassion and courage. Breathe deep and honor sacred presence. Sharon Shosh Lulyanit
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Look, Smell, Taste, Touch, Listen: All that you experience is G!d, the Wonder of Oneness!	Shema ha'kole adonay eloheyenu adonay echad.	שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד:
Blessed be every Name, which is God's name, the Majesty of Infinite Beingness!	<i>Baruch shem kevod malchuto le'olam va'ed.</i>	בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

You fell in love with Yah, the Interbreathing of all things, with all your passion and with every fiber of your being. Let the <i>Shema</i> nest in your heart and sanctify you as a mirror of the Love between Yah and <i>Shekinah</i> , the intimate connection between the External and the Internal. Renew these vows by your every thought and action. Sometimes you will lose the Consciousness of the Connection of All Things. Symbols help as reminders of the Oneness of All.	Ve'ahavta et Adonay Elohecha bekole levecha uvechole nafshecha uvechole me'odecha. Vaha'yu hadevarim ha'eleh asher anochi metzavecha hayome al levahvehcha. Vishinamtam levanecha vedibarta bam beshivtecha beveytecha evelechtechah vahderek ooveshochbecha oovekumecha. Ookeshartam le'ot al yadecha vehayu letotafote beyn eynehcha ooketavtam al mezuzot beytecha oovisharecha	וְאַהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ, בְּכָל-לִבְבְּךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוֶּה הַיּוֹם, עַל-לִבְבְּךָ: וְשָׁנַנְתָּם לְבְנִיךָ, וְדַבַּרְתָּ בָם בְּשַׁבְתְּךָ בְּבֵיתְךָ, וּבְלַכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ. וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ, וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ, וּכְתַבְתָּם עַל מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:  Translation and transliteration by Herb Levy
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How can anyone be as great as the Whole! Whose holiness, praiseworthiness and wondrous actions equal everyone's?	Mi chamokah ba'elim Adonay. Mi chamokah nedor bakodesh, Nora tehilot osey feleh.	<p>מי כְּמִכָּה בְּאֵלִים יְהוָה  מי כְּמִכָּה נְאֻדָּר בְּקִדְּשׁ,  נוֹרָא תְהִילַת, עֲשֵׂה פְּלֵא:</p> <p style="text-align: right;">Translation/transliteration by Herb Levy</p>
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### עֲמִידָה Amidah

Blessed are You, our God, God of our ancestors!	Barukh atah Yah Elohenu ay'lohay avotenu v'emoetaynu	<p>בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ  אֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ</p>
Blessed are You, the shield of Abraham and help of Sarah!	Barukh at Yah magane Avraham v'ehzraht Sarah.	<p>בְּרוּךְ אַתָּה יְהוָה מִגֵּן  אֲבֹרָהּ וְעֲזַרַת שָׂרָה:</p>
Blessed are You who bestows life on all the living!	Barukh atah Yah m'khai'yay khol khai.	<p>בְּרוּךְ אַתָּה יְהוָה  מְחַיֶּה כָּל חַיִּי:</p>
Blessed are You Ruler of the Earth who sanctifies Shabbat!	Barukh at Yah Malkah ol kol ha'aretz m'kadashe ha'Shabbat.	<p>בְּרוּךְ אַתָּה יְהוָה  מְלֶכֶה עַל כָּל הָאָרֶץ  מְקַדֵּשׁ הַשַּׁבָּת:</p>
Blessed are You whose presence can be felt in Zion!	Barukh atah Yah ha'makhazeer sh'khee'na'to l'tsion	<p>בְּרוּךְ אַתָּה יְהוָה  הַמְּחַזֵּיר שְׁכִינָתוֹ לְצִיּוֹן.</p>
Blessed is the One whose Name is Goodness and to whom we give thanks!	Barukh at Yah ha'tov sheemkha ulkha na'eh l'hodot	<p>בְּרוּךְ אַתָּה יְהוָה הַטּוֹב שְׁמֶךָ  וְלֵךְ נָאֵה לְהוֹדוֹת.</p>
Blessed are You who makes peace.	Barukh atah Yah oseh shalom.	<p>בְּרוּךְ אַתָּה יְהוָה עוֹשֵׂה הַשְּׁלוֹם.</p>

ה	All is perfect.
ו	You are loved.
ה	All is clear.
ו	I am holy. Zalman Schachter-Shalomi

### Seven Breath Meditation

Breathing in, I take breath into myself. Breathing out, I join the web of being. Breathing in, I rest in the present. Breathing out, I am part of past and future. Breathing in, I honor the shrine of my body. Breathing out, I honor the shrine of the cosmos. Breathing in, Presence fills me. Breathing out, Presence enfolds me.	Breathing in, I witness what is broken. Breathing out, I bow to what is perfect. Breathing in, I offer gratitude for what is. Breathing out, I accept that all changes. Breathing in, I pray for peace for myself. Breathing out, I pray for peace for all beings.  <p style="text-align: right;">From Siddur HaKohanot</p>
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### Wild Geese

Tell me about your despair, yours, and I will tell you mine. You do not have to be good. You do not have to walk on your knees For a hundred miles through the desert, repenting. You only have to let the soft animal of your body love what it loves. Tell me about your despair, yours, and I will tell you mine. Meanwhile the world goes on.	Meanwhile the sun and the clear pebbles of the rain are moving across the landscapes, over the prairies and the deep trees, the mountains and the rivers. Meanwhile the wild geese, high in the clean blue air, are heading home again. Whoever you are, no matter how lonely, the world offers itself to your imagination, calls to you like the wild geese, harsh and exciting – over and over announcing your place in the family of things.  <p style="text-align: right;">Mary Oliver</p>
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God's only desire is to reveal unity through diversity  
That is, to reveal that all of reality is unique  
In all of its levels and in all of its details,  
And nevertheless united in a fundamental oneness  
Aharon HaLevi Horowitz

When a person recognizes the One in the many then that person perceives the unity in the midst of diversity. The person who suppresses the senses and closes eyes to the ways of the world, believes that they form something apart from and in opposition to God, and must be kept at a distance. Spirituality is not self-contained, a private possession not to be shared with the world. Instead, its essence lies in reaching beyond self to others, to the world of work, extending holiness to everything touched, without fear of placing faith at risk, without the thought that this or any situation lies outside the domain of God.

Menachem Schneerson

### My Soul Aspires

My Soul Aspires For the mysteries, For the hidden secrets of the universe. It cannot be content	With much knowledge That probes The trivialities of life.  <p style="text-align: right;">Abraham Isaac Kook</p>
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**We Weren't Just at Sinai**

<p>We weren't just at Sinai.          We were there at Tsimtsum, at B'reishit.          When Elohim emerged          As the heavens and the Earth.          We were the nothing that became          Everything          Every thing          Every every</p>	<p>We were the dust and the firmament.          We were the waters below and the waters above.          We shaped into plants and animals.          We grew into the Earth: Adome: Adam and Chavah.          We rested and we continued to change.          We were Creation.          We still are.</p> <p style="text-align: right;">Herb Levy</p>
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<p> May God bless you          and guard you.          May God shine his faces          upon you and grace you.          May God lift up her faces to          you and give you peace.</p> <p>May you be filled with the          Divine Flow          and may its essence          transform you          so that you are protected          from your habits of distortion          May the fierce and loving          light of God shine          through all illusions of self,          dissolving the walls          that seem to keep out the          miracle of grace.</p> <p>May the face of God that is          hidden in everything          remove its mask and reveal          the truth          of inter-connectedness.          And may the love that shines          through          the face-of-all-things give you          peace.</p> <p style="text-align: right;">Shefa Gold.</p>	<p>Y'va'reh'cha'chah Adonay          v'yeesh'ma'reh'cha. (Kane          yehi ratzone)          Ya'are Adonay pahnov          alechah vee'koo'neh'ka.          (Kane yehi ratzone)          Yeesah Adonay panov          alechah v'yasame lechah          shalom. (Kane yehi ratzone)</p>	<p></p> <p>יְבָרְכֶךָ יי וַיְשַׁמְרֶךָ.          (כֵן יְהִי רְצוֹן)          יָאֵר יי פָּנָיו          אֱלֹהִים וַיַּחַנְךָ.          (כֵן יְהִי רְצוֹן)          יִשָּׂא יי פָּנָיו          אֱלֹהִים וַיִּשֶׂם לְךָ שְׁלוֹם.          (כֵן יְהִי רְצוֹן)</p>
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<p>May the one who creates          harmony above make peace          for us and for all Israel, and          for all who dwell on earth.          And say: Amen.</p>	<p>Oseh shalom bimromav hu          ya'aseh shalomaleynu ve'al          kol Yisrael ve'al kol yoshvey          tavale ve'imru amen.</p>	<p>עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו          הוּא יַעֲשֶׂה שְׁלוֹם          עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,          וְעַל כָּל יוֹשְׁבֵי תֵבֵל          וְאָמְרוּ אָמֵן:</p>
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## Torah Study

### Holy connection

Aching for the loving touch of friends,  
of family.  
Hugs withheld but felt.  
My love glows in the dark,  
makes the unseen visible.  
Zoom teaches me I can  
wink out of existence  
and right back in.  
I seek to plant stakes marking the edges of an unbounded world.  
May the healing net we cast bind all in its loving embrace.  
May we rest secure knowing that we touch those we love  
deeply  
instantly  
even though we may be far away  
without physical touch.  
Holy connection doesn't require physical proximity.

Herb Levy

Torah is a Tree of  
Life to those  
whose actions are  
rooted in harmony  
with the All. Its  
ways balance the  
small with the  
whole and restore  
peace. Remind us  
of the  
Preciousness of  
All. Renew us, as  
is the way of the  
Cycle of Life!

Atze khaim hee  
lah'mah'khah'zee'keem  
bah, v'tome'kheh'hah  
m'oo'shar.  
D'rah'kheh'hah.  
Dahr'khay'no'am v'khole  
n'tee'voe'teh'hah  
shalom. Hasheevanu  
Adonay alecha  
v'nahshoovah khadashe  
yamaynu k'kedem.

עץ חיים היא למחזיקים בה,  
ותמכה מאשר: דרכיה דרכי נעם,  
וכל נתיבותיה שלום.  
השיבנו יי, אליך ונשובה  
חדש ימינו כקדם.

Translation/transliteration by Herb Levy

Aleynu leshabe'ah la'adon hakol  
Letet gedulah leyotzer bereshit  
shenatan lanu torat emet  
vekhayey olam nata betohenu

Va'anachnu korim, u'mishtakhavim,  
u'modim, lifnei melekh, malkhei  
ham'lakhim, hakadosh barukh Hu.  
She'hu noteh shamayim, ve'yoseid aretz,  
u' moshav yikaro bashamayim mi-ma'al,  
u'sh'khinat u-zo be'gavhei me'romim. Hu  
Eloheinu, ein od.

Emet malkeinu, efes zulato.  
Kakatuv be'torato,  
ve'yadata hayom, ve'yadata hayom  
ve'hashevota Eil le'vavekha.  
Ki Adonai, Hu ha-Elohim,  
bashamayim mi-ma'al,  
ve'al ha'aretz, ve'al ha'aretz mi-takhat. Ein  
od. Ein od.

V' nehehmar, v'hawyaw Adoenoy l'melek ol  
kole ha'ahretz. B'yome hahoo, b'yome  
hahoo,  
yee-heh-yeah Ahdoenoy ehkhad, oo'shmoe,  
oo'shmoe, oo'shmoe ehkhad.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,  
לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,  
שָׁנַתָּן לָנוּ תוֹרַת אֱמֶת  
וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ;  
וְאַנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים  
וּמוֹדִים, לְפָנֶי מֶלֶךְ, מַלְכֵי  
הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא.  
שֶׁהוּא נוֹטֵה שָׁמַיִם וְיִסַּד אֶרֶץ,  
וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל,  
וּשְׁכִינֵת עֵזוֹ בְּגִבְהֵי מְרוֹמִים,  
הוּא אֱלֹהֵינוּ אִין עוֹד.  
אֱמֶת מִלְכָּנוּ אֶפֶס זִוְלָתוֹ,  
כְּכַתוּב בְּתוֹרָתוֹ:  
וַיִּדְעַת הַיּוֹם  
וְהִשְׁבַּת אֶל לְבָבָהּ,  
כִּי יְיָ הוּא הָאֱלֹהִים  
בְּשָׁמַיִם מִמַּעַל  
וְעַל הָאָרֶץ מִתַּחַת, אִין עוֹד:  
וְנֹאמַר: וְהָיָה יְיָ לְמֶלֶךְ עַל  
כָּל הָאָרֶץ: בַּיּוֹם הַהוּא  
יְהִיָּה יְיָ אֶחָד וּשְׁמוֹ אֶחָד.

Death is not a punishment, nor does it lead to punishment. Reward and punishment after death assumes that there is a “you” that survives the return. This is simply your egoic self insisting that it cannot die, even if eternal life means eternal torment. But such thinking is in error. There is no “you” separate from the One, just as there is no wave separate from the ocean. When you die, you are still what you were and are: God.

Rami Shapiro

Kaddish

<p>The great essence will flower in our lives and expand throughout the world. May we learn to let it shine through so we can augment its glory. We praise, we continue to praise, and yet, whatever it is we praise is quite beyond the grasp of all these words &amp; symbols that point us towards it. We know, and yet we do not know. May great peace pour forth from the heavens for us, for all Israel, for all who struggle toward truth. May that which makes harmony in the cosmos above, bring peace within and between us, and to all who dwell on this earth, and let us say, Amen.</p> <p style="text-align: right;">Burt Jacobson</p>	<p>Yitgadal v'yit'kadash shemay rabah. Be'alma divra chirutey veyamleech malchutey Bekhayaychone uvyomaycone uvkhahyay dekhole beyt yisrael Ba'agalah uvizman kariv ve'imru amen. Yehey shemey raba mevarak le-alam ulalmey almaya. Yitbarak veyishtabakh veyitpa'ar veyitromam veyitnasey veyit-hadar v'yeet'ah'leh veyithahlal shemey dekudsha bereek hu. Le'ela meekol birkhata veshirata tushbekhata venekhemata da- amiran be'alma ve'imru amen. Yehay sh'lamah rahbah meen sh'may'yah v'khaim aleynu v'al kal Yisrael ve'imru amen. Oseh shalom bimromav hu ya'aseh shalom aleynu ve'al kol Yisrael ve'al kol Yishmael ve'al kol yoshvey tavale ve'imru amen.</p>	<p>יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא בְּעֵלְמָא דִּי בְרָא כְרַעוּתְהָ, וְיִמְלִיךְ מַלְכוּתְהָ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֵגְלָא וּבְזִמְן קָרִיב וְאִמְרוּ אָמֵן: יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא: יְתַבְרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא לְעֵלְא מְכָל בְּרַכְתָּא וְשִׁירְתָּא, תְּשַׁבְּחַתָּא וְנַחֲמַתָּא, דְּאִמְיָרָן בְּעֵלְמָא, וְאִמְרוּ אָמֵן: יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן: עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יִשְׁמַאֵל וְעַל כָּל יוֹשְׁבֵי תַבֵּל וְאִמְרוּ אָמֵן:</p>
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<p>What a beautiful day. Good Shabbos!</p>	<p><i>Mah ya-feh ha-yom Shabbat shalom!</i></p>	<p>מָה יָפָה הַיּוֹם שַׁבָּת שְׁלוֹם</p>
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