## A Kaddish Meditation

אָמֵן	Amen!	True!	It is a reality in this world!
יְהֵא	Y'hay	Let be	Bring into being a state whereby
שְמֵה	Shmai	His Name	His Unbounded Light
רַבָּא	Rabba	which is great	—which transcends time and space—
מְבָרַרְ	Mevorach	be blessed	will break through, flow downwards and nurture
לְעָלַם	L'olam	forever	the world as it is a thought,
וּלְעָלְמֵי	U-l'olmai	and ever	the world as it is a spoken thought,
עַלְמַיָּא	Olmaya	and ever	and the world as it is an actual reality.