

Shema Yisrael

שמע ישראל יהוה יהוה אחד

Godliness is Everything

Understand, Contemplate, Absorb Lift up your eyes!	Listen	שמע	Sh'ma
"Because you struggled with angels and won." Prince over the highest beings. The breath of God within you.	Israel	ישראל	Yisrael
The creative energy Who continually brings all things into being and yet does not change.	Havaye	יהוה	Adonai
...is our force, the power within us, the power to overcome any challenge and even to transform darkness into light.	Is Our God	אלהינו	Eloheinu
Reality. Is, was and will be in perfect unity, entirely transcendent of all creation...	Havaye	יהוה	Adonai
...is one in time and in space. For all change is not change for Him and darkness does not conceal. There is nothing else but Him.	Is One	אחד	Echad

Please do not discard or deface this document, as it contains sacred names

ברוך שם כבוד מלכותו לעולם ועד

Everything is Godliness

Let us draw downward and inward	Blessed Be	ברוך	Baruch
a glimmer of	the Name of	שם	Shem
the transcendence	the Glory of	כבוד	K'vod
of this oneness as we find it in each thing and everything	His Kingdom	מלכותו	Malchuto
into the world	Forever	לעולם	L'olam
in a fixed and settled way.	and Ever.	ועד	Va-ed

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