

# Baruch Atta...

## a word by word meditation

Blessed, Praised, A drawing inward and downward	בָּרוּךְ	Baruch
You, Your Essential Being	אַתָּה	Attah
The Creative Energy Who continually brings all things into being and yet does not change.	יהוה	Adonai
Our G-d, Our Force, Our Vitality	אֱלֹהֵינוּ	Eloheinu
King of the Universe, He Who generates a reality as though it were something other than Him	מֶלֶךְ הָעוֹלָם	Melech Ha-Olam
Who, Happiness, Good Fortunate	אֲשֶׁר	Ashair
has made us holy, betrothed us, made us His bride	קִדְּשָׁנוּ	Kidishanu
With His mitzvahs that He Himself does	בְּמִצְוֹתָיו	B'mitzvotav
And He commanded us, bound us, connected us, rendered us significant	וְצִוָּנוּ	V'tzivanu

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