
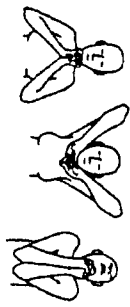


<p>Awareness of the divine presence. Reflect on light, love, unity and dissolve.</p>	<h1>שְׁכִינָה</h1>	<p>Boruchu, Dear one, Shektinah, Holy Name When I call on the light of my soul I come home</p>	<p>standing head to knee</p>
<p>Opening to the love of the whole Universe, including, of course, each other.</p>	<p>Ahava rabba ahavtanu אהבה רבה אהבתנו</p>	<p>We are loved by a great love.</p>	<p>Dance!</p> 
<p>Concentrating on and merging with the presence of God</p>	<p>Shema Yisra-el Yah (Adonay) Eloheynu, Yah (Adonay) Echad שְׁמַע יִשְׂרָאֵל יְהוָה אֶחָד</p>	<p>Listen Israeli! Our God is God is One.</p>	<p>Let the whole body resonate with the sound of creation.</p>
<p>Opening to holiness</p>	<p>Kadosh, Kadosh, Kadosh, Yah (Adonoy) Tzeva-ot, melo kol ha- aretz k'vodo קדוש קדוש קדוש :: צבאות. מלא כל העולם כבודו:</p>	<p>Holy, Holy, Holy, Shaper of all the Powers of the Universe. The whole earth radiates Your glory.</p>	<p>Heart, third eye, open to the Universe (from the thousand petal lotus)</p>
<p>Continue in main booklet</p>			

<p>Integrating our soul into our awareness</p>	<p>Elohai Neshama Sheh Natata Bi T'horaha Hee אלהי נשמה שנתת בי כחורתי חיה</p>	<p>My God, The life and soul which you placed within me are pure.</p>	<p>Feel your connection to the Earth and the energy rise through you. Bring your hands overhead so that you are in the form of a flame.</p>
<p>Morning Blessings Baruch ata Yah Eloheynu ruakh/melekh Ha Olam asher natan la sekhvivi bina I'havhin beyrn yom u'vayn layla. Mateer asurim. Zokayf K'foofilm Ozar Yisrael Beegvuarah Sheh astani b'zalmah</p>	<p>ברוך אתה יהוה אלהינו מלך העולם אשר נתן לשכחי בינה להבחין בין יום ובין לילה: מתיר אסורים: זוקף קפופים: אזר ישראל בגבורה: שעצמתנו בצלמה</p>	<p>Blessed is the Source of Life of all the World who: enables us to distinguish between night and day Who releases us from our prisons to be free. Whose love calls us to lift the fallen Who gives us strength Whose image is mirrored in my own</p>	<p>half moon turning into sun Eagle pose - especially the opening sciatic stretch warrior standing bow (with partner)</p>
<p>Getting in touch with the breath</p>	<p>Nishmat kol khai t'varech Shimmacha Yah Eloheynu נשמת כל-חי תברך את-שמך יהי אלהינו.</p>	<p>You who's very name is the breath of Life. The breathing of all life gives joy and blessing to Your Name</p>	<p>Ujai Seagull Breath </p>

