

I yearn to merge with the Infinite, All-inclusive ONE--with YOU, Beloved, beyond all the divisions and separateness.

I accept upon myself “I am the Lord your God” and “You shall have no other gods before me.”

Listen, Israel, the Eternal Master of All is our God, the Eternal Master of All is One.

*As long as I maintain this individualistic perspective, not realizing that I am **already** joined with You, Beloved, I accept upon myself the responsibilities of the Kingdom of Heaven.*

Blessed is the name of His glorious kingdom, throughout all time and space.

I accept upon myself “You shall not take the Name of the Lord your God in vain.”
Please help us to love You with our entire beings...

You will love the Eternal Master, your God, with all your heart, with all your soul and with all your power.

...even with our human desires and fears, transmuting them into love and awe for You.

These words, which I command you today, should be on your heart.

Help us to always make the words of Your Torah sharp, i.e. exciting, to the child within us...

And you should teach them to your children, and you should speak of them when you sit in your house, and when you walk on the way, and when you lie down, and when you get up.

...that we remain connected to Your will..

And you should tie them as a sign on your hand, and they should be for a symbol between your eyes.

...both internally and externally.

I accept upon myself “You shall not covet.”

And you should write them on the doorposts of your house and of your gates. (Deut 6:4-9)

I yearn to merge with the Infinite, All-inclusive ONE--with YOU, Beloved, beyond all the divisions and separateness.

I accept upon myself "I am the Lord your God" and "You shall have no other gods before me."

שִׁמְעֵ יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ יְיָ אֶחָד:

As long as I maintain this individualistic perspective, not realizing that I am already joined with You, Beloved, I accept upon myself the responsibilities of the Kingdom of Heaven.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

I accept upon myself "You shall not take the Name of the Lord your God in vain."

Please help us to love You with our entire beings...

וְאַהֲבַתְּ אֵת יְיָ אֱלֹהֶיךָ, בְּכָל לִבְבְּךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל מְאֹדְךָ.

...even with our human desires and fears, transmuting them into love and awe for You.

וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם, עַל לִבְבְּךָ:

Help us to always make the words of Your Torah sharp, i.e. exciting, to the child within us...

וּשְׁנִיתֶם לְבַנְיָהּ, וְדַבַּרְתֶּם בָּם בְּשִׁבְתְּכֶם בְּבֵיתְךָ, וּבְלִכְתֹּתְךָ בַדֶּרֶךְ
וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ.

...that we remain connected to Your will...

וּקְשַׁרְתֶּם לְאוֹת עַל יְדְךָ, וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ.

...both internally and externally.

I accept upon myself "You shall not covet."

וּכְתַבְתֶּם עַל מִזְוֵת בֵּיתְךָ וּבְשַׁעֲרֶיךָ:

*Please help us to love You with our **entire** beings, expressing this by serving You enthusiastically, lovingly, adoringly, **passionately**.*

And it will be, if you will listen well to My commandments which I command you today, to love the Eternal Master, your God, and to serve Him with all of your hearts and with all of your souls...

I accept upon myself "You shall not steal."

Please give us a goal of this world: to engage our energy, joy and wisdom to bring all of the dualities back into the Unity by using them to serve You.

...that I will give the rain of your land in its season, the first rain and the last rain, and you will gather in your grain, your wine and your oil.

Enable us to enjoy the physical necessities that You give us...

And I will place grass in your field, and you will eat and be satiated.

...without turning them into ends in and of themselves...

Be careful, that your hearts not go astray, and you turn aside and worship other gods, and bow down to them.

...for if we're not careful in this way, we will stop perceiving the Divine flow, and we will have lost the purpose of our earthly existence: to infuse the material with spirit, and to recognize Your Spirit, which is within all.

I accept upon myself "You shall not murder."

For if not, the Eternal Master will be angry with you, and He will stop up the heavens, and there will be no rain, and the land will not yield its produce, and you will disappear quickly from the good land which the Eternal Master is giving you.

Please help us to be particularly attentive to this in how we feel about, interact with and perceive the world.

And you should put these words upon your hearts and upon your souls, and you should tie them for a sign on your hands, and they should be for symbols between your eyes.

*Please help us to love You with our **entire** beings, expressing this by serving You enthusiastically, lovingly, adoringly, **passionately**.*

וְהָיָה אִם שָׁמַעַתְּ תִשְׁמְעוּ אֶל מְצוֹתַי, אֲשֶׁר אֲנֹכִי מְצַוֶּה אֶתְכֶם
הַיּוֹם, לְאַהֲבָה אֶת יי אֱלֹהֵיכֶם, וּלְעֲבֹדוֹ בְּכָל לִבְבְּכֶם וּבְכָל
נַפְשְׁכֶם.

I accept upon myself "You shall not steal."

Please grant us a goal of this world: to engage our energy, joy and wisdom to bring all of the dualities back into the Unity by using them to serve You ~ exuberantly!

וְנָתַתִּי מִטֶּר אֶרְצְכֶם בְּעֵתוֹ, יוֹרֵה וּמִלְקוֹשׁ, וְאַסִּפְתָּ דְגָנְךָ וְתִירְשֶׁךָ
וְיִצְהַרְךָ.

Enable us to enjoy the physical necessities that You give us...

וְנָתַתִּי עֵשֶׂב בְּשִׂדְךָ לְבַהֲמֹתֶיךָ, וְאָכְלֹתַי וְשִׁבְעֹתַי.

...being careful not to turn them into ends unto themselves...

הִשְׁמְרוּ לָכֶם פֶּן יִפְתָּה לְבַבְכֶם, וְסָרְתֶם וְעַבַּדְתֶּם אֱלֹהִים
אַחֵרִים וְהִשְׁתַּחֲוִיתֶם לָהֶם.

...for if we're not careful in this way, we will stop perceiving the Divine flow, and we will have lost the purpose of our Earthly existence: to infuse the material with spirit, and to recognize Your Spirit, which is within all.

I accept upon myself "You shall not murder."

וְחָרָה אַף יי בְּכֶם, וְעָצַר אֶת הַשְּׁמַיִם וְלֹא יִהְיֶה מָטָר, וְהִיאָדָמָה
לֹא תִתֵּן אֶת יְבוּלָהּ וְאַבְדֹתֶם מִהָרָה מֵעַל הָאָרֶץ הַטְּבֵה אֲשֶׁר יי
נָתַן לָכֶם:

Please help us to be particularly attentive to this in how we feel about, interact with and perceive the world.

וְשִׁמְתֶם אֶת דְּבָרֵי אֵלֶּה עַל לְבַבְכֶם וְעַל נַפְשְׁכֶם וּקְשִׁרְתֶם
אֶתְכֶם לְאוֹת עַל יְדְכֶם, וְהָיוּ לְטוֹטְפוֹת בֵּין עֵינֵיכֶם:

Teach us to see You in all...

And you should teach them to your children, speaking about them when you sit in your house, and when you walk on the way, and when you lie down, and when you get up.

...that we may internalize this understanding...

And you should write them on the doorposts of your house and of your gates.

...that every day may have an increase in the awareness of the spiritual riding upon the material.

I accept upon myself "Honor your father and mother."

In order that your days and the days of your children will be increased upon the land which the Eternal Master swore to your ancestors, to give them as the days of heaven upon the earth.

(Deut. 11:13-21)

Please help us to hear and understand Your messages--as love!

And the Eternal Master spoke to Moses, saying:

Just as we're on the corner/verge of rebelling, please give us a peek at the cord that bonds Heaven to Earth bestowing the ability to remain connected to You, even when facing powerful desires, fears and habits...

Speak to the children of Israel, and say to them that they should make fringes for themselves on the corners of their garments throughout their generations; and they should put a sky-blue strand with the fringes on each corner.

...and through this peek, remind us what Your commandments are for, that we may choose not to go off the path..

I accept upon myself "You shall not commit adultery."

And the fringes will be for you, that you may look at them, and you will remember all of the commandments of the Eternal Master, and you will do them; and you will not stray after your hearts and after your eyes, which you lustfully follow.

Teach us to see You in all...

וְלַמְדֶתֶם אֹתָם אֶת בְּנֵיכֶם, לְדַבֵּר בָּם, בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלִכְתֹּךָ
בְּדַרְךָ, וּבְשֹׁכְבְךָ וּבְקוּמְךָ:

...that we may internalize this understanding...

וּכְתַבְתֶּם עַל מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

...that every day may have an increase in the awareness of the Heavenly within everything Earthly.

I accept upon myself "Honor your father and mother."

לְמַעַן יִרְבוּ יְמֵיכֶם וַיְמֵי בְנֵיכֶם עַל הָאָדָמָה אֲשֶׁר נִשְׁבַּע יי
לְאֲבֹתֵיכֶם לָתֵת לָהֶם, כִּימֵי הַשָּׁמַיִם עַל הָאָרֶץ:

Please help us to hear and understand Your messages--as love!

וַיֹּאמֶר יי אֶל מֹשֶׁה לֵאמֹר:

Just as we're on the corner/verge of rebelling, please give us a peek at the cord that bonds Heaven to Earth bestowing the ability to remain connected to You, even when facing powerful desires, fears and habits...

דַּבֵּר אֶל בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם, וַעֲשׂוּ לָהֶם צִיצִית עַל כַּנְּפֵי
בְּגָדֵיהֶם לְדֹרֹתָם, וְנִתְּנוּ עַל צִיצִית הַכָּנָף פְּתִיל תְּכֵלֶת.

...and through this peek, remind us what Your instructions are for: that we may choose not to go off the path..

I accept upon myself "You shall not commit adultery."

וְהָיָה לָכֶם לְצִיצִית, וּרְאִיתֶם אֹתוֹ וַיִּזְכַּרְתֶּם אֶת כָּל מִצְוֹת יי,
וַעֲשִׂיתֶם אֹתָם, וְלֹא תִתּוּרוּ אַחֲרַי לְבַבְכֶם וְאַחֲרַי עֵינֵיכֶם, אֲשֶׁר
אֹתָם זָנִים אַחֲרֵיהֶם:

I accept upon myself "Remember the Sabbath day to keep it holy."

Remind us that You gave us the commandments to enable us to sanctify ourselves, for YOU, Beloved, (for like attracts like in the spiritual realm)..

In order that you will remember and you will do all My commandments, and you will be holy for your God.

...and that they are a way to avoid being trapped by this material world; on the contrary, they help us to uplift its pieces into vessels for spiritual growth--the only lasting truth..

I accept upon myself "Do not bear false witness against your neighbor."

I am the Eternal Master of all, your God, Who brought you out of the land of Egypt to be God for you; I am the Eternal Master of All, your God ~ (Numbers 15:37-41)

This matter (which we have asserted during the "Shma" prayer) is perpetually true and stable, correct and enduring....

I accept upon myself "Remember the Sabbath day to keep it holy."

Remind us that You gave us Your guidelines to enable us to sanctify ourselves - for YOU, Beloved (since like attracts like in the spiritual realm)..

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת כָּל מִצְוֹתַי, וְהֵייתֶם קְדוֹשִׁים
לֵאלֹהֵיכֶם:

...and that they are a way to avoid being trapped by this material world; on the contrary, they help us to uplift its pieces into vessels for spiritual growth--the only lasting truth..

I accept upon myself "Do not bear false witness against your neighbor."

אֲנִי יי אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם, לְהִיּוֹת
לָכֶם לֵאלֹהִים, אֲנִי יי אֱלֹהֵיכֶם:

אָמֵת וַיִּצְיֵב...