

All is One

(Shabbat Mincha Practice)

by Rabbi Shefa Gold

אַתָּה אֶחָד וְשִׁמְךָ אֶחָד

Atah Echad v'Shimcha Echad

(You are One and Your Name/Essence is One)

מְנוּחַת אַהֲבָה וְנִדְבָה

Menuchat ahavah u'n'davah

(Rest of Love and Generosity)

מְנוּחַת אֱמֶת וְאֵמוּנָה

Menuchat Emet ve'emunah

(Rest of Truth and Faith)

מְנוּחַת שְׁלוֹם וְשִׁלְוָה

Menuchat Shalom v'shalvah

(Rest of Peace and serenity)

מְנוּחָה שְׁלֵמָה שְׂאֵתָה רוֹצֶה בָּהּ

Menuchat sh'laymah she'Atah rotzeh bah

(A Perfect Rest in which You find favor)