

Path #23:



MEM – *Water*
Surrender, Forgiveness, Purification
Parshat Hukat

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לַעֲסֹק
בְּדִבְרֵי תוֹרָה:

*Barukh Atah Adonai Eloheinu Melekh HaOlam, asher
kid'shanu b'mitzvotav vitzivanu, la'asok b'divrei Torah*

Blessed are You, Divine Existence, Who sanctifies us with
sacred practice and the *mitzvah* of immersing in words of
Torah.

זֹאת הַתּוֹרָה אֲדָם כִּי־יָמוּת בְּאֶהָל כָּל־הַבָּא אֶל־הָאֶהָל וְכָל־אֲשֶׁר בְּאֶהָל יִטְמָא
שִׁבְעַת יָמִים:

This is the Torah (teaching): When a person dies in a tent, whoever enters the tent and whoever is in the tent shall be tamei seven days...

- *BaMidbar (Numbers) 19:15, Parshat Hukat*

זאת התורה אדם *Zot HaTorah, Adam*

“This is the Torah, a person!”

Story of Reb Yitzhak of Vorki...

אָדָם כִּי יָמוּת בְּאֹהֶל *Adam ki yamut ba'ohel* – *When a person
dies in a tent...*

אֹהֶל *Ohel – Tent* – the body, the “tent” of consciousness

יָמוּת *Yamut*, “dies” is יָם *yam*, “ocean,” וְ “and” תַּ *tav*, which is the “end” of the *alef bet*.

יָם *yam*, “ocean,” is a metaphor for consciousness.

Seen this way, יָמוּת בְּאֹהֶל *yamut ba’ohel* can be read:

*The End of the “Ocean” of Consciousness
in the “Tent” of the body*

That is, loss of Presence in the body...

The irony is that though we may be eager to hear a teaching so that we rush or push and shove and get stressed, aggressive, and so on, that creates the state of *tamei* – disconnection from Presence in the body, which is the opposite of spiritual teaching...

The remedy is the Path of ॐ MEM – letting go of time, not reaching after the future, not holding on to the past, and merging with the moment...

MEM מ Chant:

חֹן חֶשֶׁרֶת מַיִם ; אֵל תִּמְנַע מַיִם

Hon Hashrat Mayim! (4x)

Al Timna Mayim! (4x)

Grant Abundant Water! Do Not Hold Back Water!

- Prayer for Rain, *Sh'mini Atzeret* (Scale b2, b3, b7)

Three Portals ~ Awakening

(Bring right hand to heart, offering awareness as a gift)

L'kha འདྲི་བ་
("For You")

(Bring left hand to belly, bringing awareness into body)

נַעֲשֶׂה

Na'aseh _____

("We will do")

(Bring right hand to forehead – the field of awareness
beyond the body)

וְנִשְׁמָע

V’Nishmah _____

(“We will hear”)

Presence

*(Hands in lap, chant out loud,
then mentally and meditate silently)*

את יה הוא

At YAH Hu

You, *YAH* – All Forms, All Beings, All Experience
You are *HU* – Underlying Beingness, not separate from this
Awareness I am

(Or, feel free to use the masculine and/or feminine forms)

אתה יה היא *and/or* את יה היא

Atah HU, and/or At YAH Hi

Healing Chant

אל נא רפא נא לה

El Na Refa Na La

Divine Source –heal now!

Mourners Kaddish

Mourners:

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא

Yitgadal v'yitkadash sh'mei raba!

May the Great Name grow exalted and sanctified!

Congregation: Amein אמן

Mourners:

בְּעֶלְמָא דִּי בְּרָא כְרַעוּתֵיהּ וַיִּמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל
בֵּית יִשְׂרָאֵל בְּעִגְלָא וּבְזִמְנ קָרִיב, וְאָמְרוּ אַיִן

B'alma di v'ra khirutei, v'yamlikh malkhutei, b'hayeikhon
uvyomeikhon uvhaye d'khol beit Yisrael, ba'agala
uvizman kariv. V'imru: Amein

*In the world created as the expression of the Divine,
may Divine Reality be revealed in your lifetimes and in
your days, and in the lifetimes of the House of Israel swiftly
and soon, and say: Amein.*

Congregation: Amein אמן!

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עָלְמַיָּא

Y'hei sh'mei raba m'vorakh l'olam ulalmei almay.

*May the Great Name be blessed forever and for all
Eternity.*

Mourners:

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ
דְּקֻדְשָׁא. בְּרִיךְ הוּא.

Yitbarakh v'yishtabakh v'yitpa'ar v'yitromam v'yitnasei
v'yit'hadar v'yit'aleh v'yit'halal sh'mei d'kudsha brikh Hu

*Blessed, praised, glorified, exalted, extolled, mighty,
upraised and lauded be the Name of the Holy One – It is
blessed.*

Congregation: בריך הוא Brikh Hu

It is blessed.

Mourners:

לְעֵלָא מִן כּוֹל בִּרְכָתָא וְשִׁירָתָא תַּשְׁבְּחָתָא וְנַחֲמָתָא דְאַמִּירוֹן בְּעֵלְמָא. וְאָמְרוּ
אָמֵן

L'eila min kol birkhata v'shirata tushb'hata v'nehemata,
da'amiran b'alma. V'imru: Amein.

*Blessed is the One beyond all blessing and song, praise and
consolation that are uttered in the world, and say: Amein*

Congregation: Amein אמן

Mourners:

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ אָמֵן

Y'hei shlama raba min sh'maya, v'hayim aleinu v'al kol Yisrael, v'imru: Amein

May there be abundant peace from heaven and a good life for us and for all Israel, and say Amein.

Congregation: Amein אָמֵן

Mourners (*take three steps back*):

עוֹשֵׂה שְׁלוֹם בְּמִרְוַמָּיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן

(Bow left) Ose Shalom bimromav, *(bow right)* Hu ya'ase shalom aleinu, *(bow forward)* v'al kol Yisra'el, v'al kol yoshvei tevel, v'imru: Amein

The One who makes peace in the heights, make peace upon us, upon all Israel, upon all who dwell on earth, and say amen

Congregation: Amein