Endnotes

All prayers in this book were translated from the Hebrew by the author. Readers interested in more complete versions of the prayers can refer to *The Complete Artscroll Siddur-Sefard* (Brooklyn, N.Y.: Mesorah Publications, 1985), or to other traditional Siddurim (prayer books).

Introduction

1. Rashi on Deuteronomy 33:2.
10. Daily Prayer Book, Evening Service, second blessing before the Shma (Hear, O Israel…).

Using This Book

Chapter One: The Hidden Light

2. Malbim on Song of Songs, Chapter 8: HeCharash VeHamasger (The Craftsman and the Locksmith).
8. *Yalkut Shimoni* 1:4 on Genesis.
10. *Rabba Genesis* 6:3, for example.
17. Sfat Emet on Genesis, p.204.

Chapter Two: Constant Renewal

1. Sfat Emet on Genesis, p.85.
2. Sfat Emet on Genesis, p.83.
3. Statement attributed to Heraclitus.
5. Any traditional Daily, Shabbat, or Festival Prayer Book, Morning Service, first blessing before the Shma (Hear, O Israel…).


7. Sfat Emet on Genesis, p.200.


9. Sfat Emet on Leviticus, p.16.


**Chapter Three: Leaving Egypt**

1. Commentary in *The Wine of Torah Haggadah*.


3. Mishnah, *Brachot* 1:5. These two Mishnaic teachings are also in the Haggadah.


5. Sfat Emet on Exodus, p.25.

6. Any traditional Daily, Shabbat, or Festival Prayer Book, Morning and Evening Services, third paragraph of the Shma (Hear, O Israel…).

7. Any traditional Shabbat or Festival Prayer Book, Kiddush (Sanctification) wine blessing.


**Chapter Four: The Essential Self**


### Chapter Five: Body Prayer and Alignment


2. Sfat Emet.

3. Any traditional Shabbat or Festival Prayer Book, Morning Service, excerpt from the Nishmat Kol Chai (Breath of Every Living Thing) prayer [words in bold are D. Bloomfield’s emphasis].


**Chapter Six: Daily Satisfaction**

7. Any traditional Prayer Book.
13. Any traditional Shabbat or Festival Prayer Book, Morning, Afternoon, and Evening Services, excerpt from the Amidah (Standing) prayer.
14. Any traditional Daily, Shabbat, or Festival Prayer Book, Morning, Afternoon, and Evening Services, excerpt from the Ashrei (Happy are they…) prayer.

**Chapter Seven: Remembering to Rest**


7. Or HaChayim on Genesis 2:2.


15. Sfat Emet on Genesis, p.20.


17. Any traditional Shabbat Prayer Book, Afternoon Service, excerpt from the Amidah (Standing) prayer.


21. Any traditional Shabbat or Festival Prayer Book, Kiddush (Sanctification) wine blessing.


23. Sfat Emet.