

# INTEGRAL JEWISH MEDITATION

ה

**HEI: LIFE, EXPRESSION**

**KAVANAH/AFFIRMATION:**

**I Am Letting Go  
I Am Expressive  
I Am Uniqueness**

**HADAR**

הַדָּר אֲשִׁיחָה  
בְּרוּךְ אַתָּה יי שֶׁעָשִׂנִי כְּרָצוֹנִי

**Hadar Asikhah (4x)  
Barukh Atah Hashem, She'asani  
Kir'tzono (2x)**

*Beauty I Speak!  
Blessed are You, Divine Reality,  
Who creates me as You desire*

- Morning Blessings Liturgy (Scale b2, #4)