

INTEGRAL JEWISH MEDITATION

כ

KAF – “FEARLESSNESS”
WEDNESDAY

AFFIRMATION:
I am Transcending Fear
I Am Courageous
I Am Courage

OTER YISRAEL CHANT

עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה
(2x)

בְּרוּךְ אַתָּה יי עוֹטֵר יִשְׂרָאֵל
(2x)

Oter Yisrael B'Tifarah (2x)
Barukh Atah Hashem Oter Yisrael (2x)

The One Who Crowns Israel with Splendor
Barukh Atah Hashem Who Crowns Israel

- Morning Blessings (Scale b3, b7)