

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.
2. B.K.S Iyengar quoted in *Yoga Rahasya*, 2003, 10(2), p.10.
3. Reproduction of talk with Geeta S. Iyengar, “Religious and Lingual Barriers to Yoga,” *Yoga Rahasya*, 2003, 10(2), p.9.
4. Ibn Ezra on Exodus 25:40.
5. B.K.S. Iyengar, *Yoga: The Path to Holistic Health* (London: Dorling Kindersley, 2001), p.14.
6. B.K.S. Iyengar, *Yoga: The Path to Holistic Health* (London: Dorling Kindersley, 2001), p.14.
7. *Ethics of the Fathers* 5:26.
8. *Midrash Rabba*, Genesis 1:1.
9. Daniel C. Matt, trans. and ed., *Zohar: The Book of Enlightenment* (Mahwah, N.J.: Paulist Press, 1983), pp.206-207, summarizing *Zohar* 3:152a.
10. Daily Prayer Book, Evening Service, second blessing before the Shma (Hear, O Israel...).
11. Schneur Zalman of Liadi, *Sha’ar ha-Yihud ve-ha-Emunah* (The Gate of Unity and Faith)(Brooklyn, N.Y.: Kehot Publication Society, 1981), p.152.

Using This Book

1. *Ethics of the Fathers* 6:6.

Chapter One: The Hidden Light

1. Yehuda Ashlag, *Sfer Hahakdamot* (The Book of Introductions) Introduction to the Zohar (New York: Kabbalah Publishing, 1986).
2. Malbim on Song of Songs, Chapter 8: HeCharash VeHamasher (The Craftsman and the Locksmith).
3. Malbim on Psalms 8:7.
4. Abraham Isaac Kook, *Chadarav* (His Room) (Israel: Reoot Publishers, 1997), p.29.
5. Babylonian Talmud, *Chaggigah* 12a.
6. *Zohar* 1:20a, 2:137a, 2:166b; Daniel C. Matt, trans. and ed., *Zohar: The Book of Enlightenment* (Mahwah, N.J.: Paulist Press, 1983), p.210.
7. Yehuda Ashlag, *Sfer Hahakdamot* (The Book of Introductions) Introduction to the Zohar (New York: Kabbalah Publishing, 1986).
8. *Yalkut Shimoni* 1:4 on Genesis.
9. Aryeh Kaplan, *The Bahir Illumination* (York Beach, Maine: Samuel Weiser, 1979), pp.xxi-xxv.
10. *Rabba Genesis* 6:3, for example.
11. Babylonian Talmud, *Chaggigah* 12a.
12. *Zohar* 1:47a, 2:20b, 3:88a; Daniel C. Matt, trans. and ed., *Zohar: The Book of Enlightenment* (Mahwah, N.J.: Paulist Press, 1983), p.211.
13. Babylonian Talmud, *Chaggigah* 12a.
14. Maimonides, *Hilchot Tshuvah* 5:2.
15. Daniel C. Matt, trans. and ed., *Zohar: The Book of Enlightenment* (Mahwah, N.J.: Paulist Press, 1983), pp.214.
16. Rashi on Exodus 2:2.
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.
4. Sfat Emet on Genesis, p.200.

5. Any traditional Daily, Shabbat, or Festival Prayer Book, Morning Service, first blessing before the Shma (Hear, O Israel...).
6. Abraham Isaac Kook, *Orot Hakodesh* (Lights of Holiness), Vol.2 (Jerusalem: The Rav Kook Institute, 1963), p.517.
7. Sfat Emet on Genesis, p.200.
8. Sfat Emet on Leviticus, p.13.
9. Sfat Emet on Leviticus, p.16.
10. Abraham Isaac Kook, *Orot Hakodesh* (Lights of Holiness), Vol.2 (Jerusalem: The Rav Kook Institute, 1963), p.517.

Chapter Three: Leaving Egypt

1. Commentary in *The Wine of Torah Haggadah*.
2. Abraham Isaac Kook, *Chadarav* (His Room) (Israel: Reoot Publishers, 1997), p.39.
3. Mishnah, *Brachot* 1:5. These two Mishnaic teachings are also in the Haggadah.
4. Sfat Emet on Exodus, p.55.
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.
8. See Aryeh Kaplan, *Waters of Eden: the Mystery of the Mikveh* (New York: NCSY Union of Orthodox Jewish Congregations of America, 1976).

Chapter Four: The Essential Self

1. Rashi on Genesis 3:9.
2. Abraham Isaac Kook, *Orot Hakodesh* (Lights of Holiness), Vol.3 (Jerusalem: The Rav Kook Institute, 1963), p.140.
3. *Ethics of the Fathers* 1:16.
4. *Ethics of the Fathers* 1:15.
5. *Zohar* 1:78a; Daniel C. Matt, *The Essential Kabbalah: The Heart of Jewish Mysticism* (San Francisco: HarperSanFrancisco, 1996), p.127.

6. Lawrence Kushner, *God Was in This Place and I, I Did Not Know* (Woodstock, N.Y.: Jewish Lights Publishing, 1991).
7. Abraham Isaac Kook, *Orot Hakodesh* (Lights of Holiness), Vol.3 (Jerusalem: The Rav Kook Institute, 1963), p.140.
8. Abraham Isaac Kook, *Orot Hakodesh* (Lights of Holiness), Vol.3 (Jerusalem: The Rav Kook Institute, 1963), p.140.
9. Babylonian Talmud, *Chulin* 60b and Rashi on Genesis 1:16.
10. Abraham Isaac Kook, *Orot Hakodesh* (Lights of Holiness), Vol.3 (Jerusalem: The Rav Kook Institute, 1963), p.130.
11. Abraham Isaac Kook, *Orot Hakodesh* (Lights of Holiness), Vol.3 (Jerusalem: The Rav Kook Institute, 1963), p.175.
12. Abraham Isaac Kook, *Orot Hakodesh* (Lights of Holiness), Vol.3 (Jerusalem: The Rav Kook Institute, 1963), p.141.
13. Abraham Isaac Kook, *Orot Hakodesh* (Lights of Holiness), Vol.3 (Jerusalem: The Rav Kook Institute, 1963), p.141.

Chapter Five: Body Prayer and Alignment

1. Martin Buber, *Or Haganuz* (The Hidden Light) (Tel Aviv: Schocken, 1979).
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].
4. Abraham Isaac Kook, *Olat Reayah* (The Offering of Rabbi Abraham Isaac HaCohen Kook), Vol.1 (Jerusalem: The Rav Kook Institute), p.11.
5. Abraham Isaac Kook, *Olat Reayah* (The Offering of Rabbi Abraham Isaac HaCohen Kook), Vol.1 (Jerusalem: The Rav Kook Institute), p.73.
6. Abraham Isaac Kook, *Olat Reayah* (The Offering of Rabbi Abraham Isaac HaCohen Kook), Vol.1 (Jerusalem: The Rav Kook Institute), p.73.
7. Abraham Isaac Kook, *Olat Reayah* (The Offering of Rabbi Abraham Isaac HaCohen Kook), Vol.1 (Jerusalem: The Rav Kook Institute), p.73.
8. Babylonian Talmud, *Brachot* 60b.
9. Abraham Isaac Kook, *Olat Reayah* (The Offering of Rabbi Abraham Isaac HaCohen Kook), Vol.1 (Jerusalem: The Rav Kook Institute), p.73.
10. Babylonian Talmud, *Brachot* 12a.

11. Babylonian Talmud, *Menuchot* 43b.

Chapter Six: Daily Satisfaction

1. Rashi on Exodus 16:13.
2. *Midrash Rabba*, Exodus 24:1.
3. Rabbeinu Bachya on Exodus 34:28.
4. Matthew Fox, lecture at Elat Chayyim Jewish Retreat Center, Woodstock, New York, July 1991.
5. Amy Walden, “For Yoga Guru, Reaching Perfection Is a Stretch,” *New York Times*, Dec. 14, 2002, p.A4.
6. Kli Yakar on Exodus 16:15.
7. Any traditional Prayer Book.
8. *The Pentateuch and Haftorahs, Hebrew Text, English Translations, and Commentary*, 2nd edition, Dr. J. H. Hertz, ed. (London: Soncino Press, 1978), p.276.
9. Sforno on Exodus 16:16.
10. Rashi on Exodus 16:17.
11. Rabbeinu Bachya on Exodus 34:28.
12. 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

1. *Midrash Rabba*, Genesis 46:2.
2. *The Pentateuch and Haftorahs, Hebrew Text, English Translations, and Commentary*, 2nd edition, Dr. J. H. Hertz, ed. (London: Soncino Press, 1978), p.6.
3. B.K.S. Iyengar, *Yoga, The Path to Holistic Health*, Yoga Sutra 11.47 (London: Dorling Kindersley, 2001), p.17.
4. Francis Brown, S. R. Driver, and C. A. Briggs, *Hebrew and English Lexicon of the Old Testament* (Oxford: Clarendon Press, 1959), p.661.

5. Mitsudat Tsion on II Samuel 16:14.
6. Everett Fox, *The Five Books of Moses—Genesis, Exodus, Leviticus, Numbers, Deuteronomy: A New Translation with Introduction, Commentary, and Notes by Everett Fox* (New York: Schocken Books, 1995), p.436.
7. Or HaChayim on Genesis 2:2.
8. Babylonian Talmud, *Baitsa* 16a.
9. Abraham Joshua Heschel, *Man Is Not Alone* (New York: Noon Day Press, 1997), p.191 (Originally published 1951 by Farrar, Straus and Giroux).
10. Abraham Isaac Kook, *Chadarav* (His Room) (Israel: Reoot Publishers, 1997), pp.35, 39, 40.
11. Any traditional Shabbat Prayer Book, Additional Morning Service, excerpt from the Amidah (Standing) prayer.
12. Any traditional Shabbat Prayer Book, Afternoon Service, excerpt from the Amidah (Standing) prayer.
13. Mishnah, *Shabbat* 7:2.
14. Rashi on Exodus 31:13.
15. Sfat Emet on Genesis, p.20.
16. Sfat Emet on Exodus, p.197.
17. Any traditional Shabbat Prayer Book, Afternoon Service, excerpt from the Amidah (Standing) prayer.
18. Sfat Emet on Exodus, p.197.
19. Sfat Emet on Exodus, p.198.
20. Rashi on Exodus 20:9.
21. Any traditional Shabbat or Festival Prayer Book, Kiddush (Sanctification) wine blessing.
22. Sfat Emet on Exodus, p.104.
23. Sfat Emet.
24. Abraham Joshua Heschel, *God in Search of Man* (New York: Farrar, Straus & Cudahy, 1955), p.418.