SHEMA: MENTAL PREPARATION

Shema: Mental Preparation

When saying the *shema*, focus on the idea that God is:

- Everywhere,
- Infinite,
- Unique,
- Present now and always.

Witness to God's Uniqueness

We are witnesses to the fact that God is unique, as alluded to in the word "eid"--made up of the "ayin" of *shema* and the "dalet" of echad.

Love God

We are required to love God with our:

- **Hearts** (Good Inclination--yetzer ha'tov--and Evil Inclination--yetzer ha'ra),
- **Souls** (regardless of whether we are happy with *Hashem*'s decrees or not), and
- **"Much-ness"** (interpreted to mean with all of our material belongings).

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