

# Heart talk to the universe...with Rabbi Judith Edelstein

## What is prayer?

Why do you pray?

When do you pray?

What is Shalom?



עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו	Oseh shalom bim'romav
הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ	Hu ya'aseh shalom aleynu
וְעַל כָּל יִשְׂרָאֵל	v'al kol Yisrael
וְאָמְרוּ אָמֵן.	v'Imru Amen.
He who makes peace in High Places, He will make peace for us and for all Israel and let us say, Amen.	

*From Birchat haShachar: the morning service*

*Master of all worlds! Not upon our merit do we rely  
In pleading before You,  
but upon Your great compassion,  
What are we? What is our life?  
Our goodness? Our righteousness?  
Our achievement? Our power? Our victories?  
Adonai our God and God of our ancestors.  
Heroes count as nothing in Your presence,  
The famous are as though they had never been,  
The wise seem ignorant, the clever as lacking reason.  
For the sum of our deeds is chaos;  
In Your presence our lives seem futile.  
Human beings have no superiority over beasts, for all is vanity...*

Let us sing, meditate, and write and share our own prayers for peace.