

## Kabbalah and the Four Worlds

This shawl was created with a special knit 4, purl 4 pattern symbolizing the four worlds outlined in Jewish mysticism...  
...assiyah (spirit), yetzirah (emotion), beriyah (mind), and atzilut (body).

It is believed that to obtain wholeness and peace we must strive to keep these four areas of our personality in proper balance.

May the comfort of this shawl bring the integration of all aspects of your being.

### Balance

Befriend the many aspects of self:  
Mind, body, soul, emotions  
All form a tapestry of beauty  
Handcrafted for you by God.  
It is the landscape of your life, your true self.  
Deny none their rightful place,  
Strive for an equal balance of all parts.

Collect your emotions.  
Unbury your soul.  
Honor your body.  
Calm your mind.

Balance.  
Center.  
Journey forth with every part of you  
In alignment.

Rabbi Karyn Kedar

## Jewish Shawl Blessing

Psalm 104: 1-2

**קְוֵה־יְהוָה, יִשְׁפַּן יְכָרֵב  
דָּאֵמַ תְּלַדָּג, יִהְיֶה הַקְוֵה־י  
; תִּשְׁבֵּל רִדְהוֹ דוּה;  
הַמְלִשֵׁכ, רֹא-הַטַּע  
; הָעִירִיכ, מִנְמֵשׁ הַטּוֹן.**

Bar-chi naf-shi et A-do-nai. Adonai elohai,  
gadalta m'od! Hod v'hadar lavash'ta  
otheh-or kasal'mah, noteh shamayim kay'riyah.

Praise the Eternal One, O my soul! O God,  
You are very great! Arrayed in glory and  
majesty, You wrap Yourself in light as with a  
garment, and stretch out the heavens like a curtain.

## Four Worlds Shawl

Made for you  
with  
love and prayers  
by