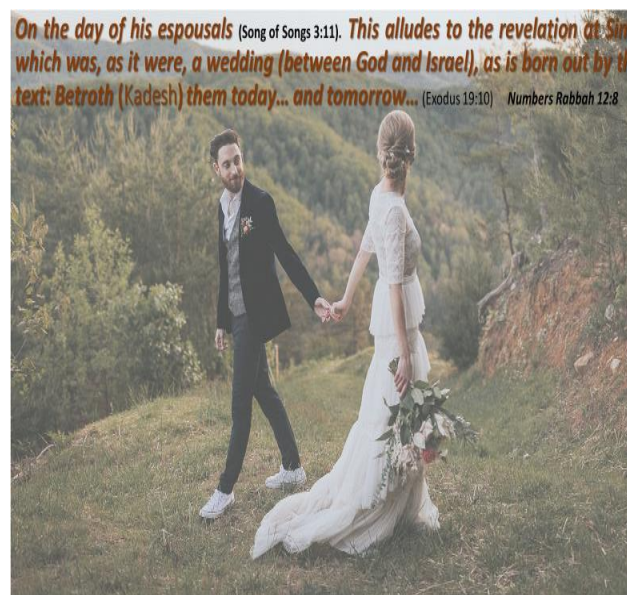
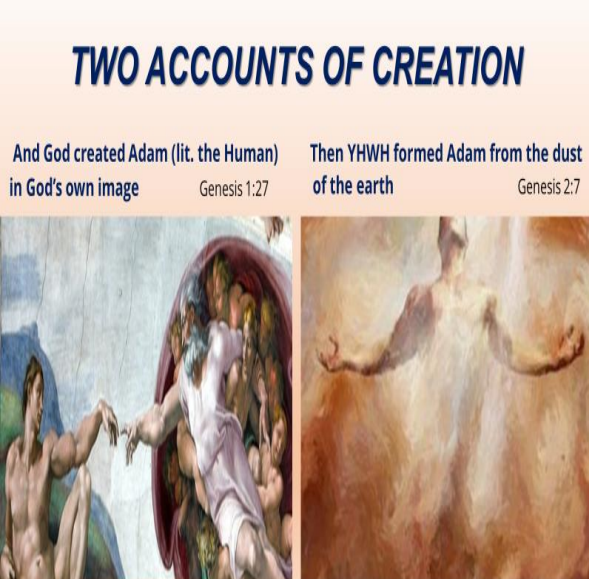


Ein Od: None Else The Kabbalah of Heaven and Earth

2023 Haden Institute Summer Conference

Rabbi Howard Avruhm Addison





אין מקום שאין בו שכינה
There is No Place Devoid of God Song of Songs Rabbah 2:5
לית אחר פנוי מניה

For the Eternal brings you into a land of ... wheat and barley, grape vines, fig trees and pomegranates... olive oil and date honey Deut 8:7-8

Opening Music
<https://youtu.be/sR1meHvq0yU>
Ein Od – R' Yosef Goldman

Feeding the Hungry
<https://feedingthecarolinas.org>
<https://mannafoodbank.org/wnc>

Caring for Those Who Harvest
<https://ncfwp.org/>
<https://vecinos.org/>

Preserving Our Place
<https://blueridgeheritage.com/>

Closing Music
<https://youtu.be/bkF7McQIVnM>
You will know them by their Fruits
Posted by Jesus Christ RB

 <p>Barley Restrained, Disciplined Energy</p>	 <p>Grapes Beauty, Balance, Compassion</p>	 <p>Wheat Abounding, Devoted Love</p>
 <p>Pomegranate Splendor, Gratitude</p>	 <p>Olives Foundational Justice</p>	 <p>Figs Prevailing Endurance</p>
	 <p>Dates Inclusive Sovereignty</p>	

When You Have Eaten Deuteronomy 8:10

Revealing and Redeeming Heavenly Sparks Inherent within Earth

- 1. Sight** – What is the shape and color of the fruit before us? Is it pleasing? off-putting?
- 2. Scent** – Bring nose and fruit near one another. Note the fruit's aroma and your reaction to it.
- 3. Touch** – What sensations do you experience when you hold the fruit? Imagine it in its natural environment, amid earth, water, and sun, then be touched by the efforts of those who harvested, packed, and transported this fruit to you.
- 4. Blessing** – *Nevarekh et Ein haHayim*
Let us bless the Fountain of Life, Who/Which ...
brings forth bread from the earth
creates the fruit of the tree/vine/earth
- 5. Taste** – As you chew, register how the taste changes inside your mouth. Together with the sweetness, try to sense the fruit's concealed bitterness: the displacement and often enslavement of indigenous peoples; the clear-cutting of forests for plantations; environmental pollution; backbreaking labor for subsistence wages.
- 6. Ingest** – As the fruit releases its properties into your body, be present to the sweetness and sorrow, the joy and suffering, the nourishment and taint inherent in our food and our existence, which it sustains.
- 7. Discern and Redeem** – Sit quietly. Might there be a sacred call emanating from without or within, a call to realization and action through which you can release the sacred sparks within the consumed fruit for the redemption of all?