

CURRENT TALMUD PASSAGE

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BH

PRAY THE KADDISH UP

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The Kaddish is a mystical ascent prayer that we find at strategic places throughout our services. As you go through a service, almost every time you're jumping from one section of the service to another, you're saying some form of Kaddish. So when you come to the Kaddish, you should be thinking something like, "More Speed!" or "Higher Intensity!"

The problem is that we think of Kaddish as a "downer" for two reasons. The first is that we associate it with the dead. The second is that the way it is usually laid out on a page is in a way that we read down the page. There's nothing we can do about the first item, even though Kaddish is actually a mystical praise of God that doesn't say anything about the dead in most of its forms. But there is something we can do about that second problem. Try this exercise: read the Kaddish as laid out, below, reading UP the page, giving it more and more enthusiasm and volume as you go. You could even start reciting it sitting down and stand up as you gain momentum. Go ahead, in the privacy of your own space, start where it says, START HERE.

and upon all Israel and we say: Amen.

May He who makes peace in His heights, make peace upon us and upon all Israel and we say: Amen

And good life

May there be abundant peace from Heaven and consolation that are uttered in the world and we say:

Amen.

and praise

Beyond any blessing

Be the name of the Holy One, Blessed is He

And lauded

upraised

mighty

extolled

exalted

glorified

praised

Blessed (START HERE, PRAY UP)

Discussion Questions:

1. Did you try it? This is just the last part of the Kaddish. Now you can try it with the whole thing. If you tried it, what happened? Did it make a difference in the way you experienced the prayer? Can you see how the prayer,

prayed in this way, would lead you up to meet the souls of your beloved deceased?

2. How, you might be asking, is this a part of Talmud in general, and the Yerushalmi in specific? This is part of their mystical ascent system in which you move through seven heavenly halls on your way to come closer and closer to God. Do you get closer to God as you go through your prayers? Do you climb a mountain or just get in an elevator? Or have you never left the ground floor? Do you have a reliable system for mystical ascent? If so, what is it?

As always, looking forward to your answers!

[NOTE: Maqom is now a discussion group, [Maqom613](http://groups.google.com/group/maqom613), at Google groups. To leave a comment on the above passage, go to <http://groups.google.com/group/maqom613> and join the group. Also, you will need a gmail account to log in, so if you don't have one, then first go <https://mail.google.com/> to set up your email account.]