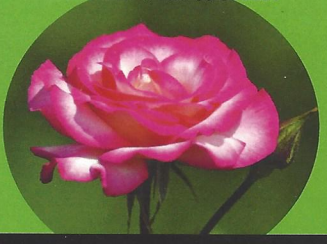


Before doing anything for your good health or well-being say:

I am \_\_\_\_\_ (eating, taking vitamins, exercising, being happy, reducing stress, forgiving, etc.)

להכרות את הגוף לעבוד את ה' (to make my body healthy that I should be able to serve Hashem)

Please, Hashem, bless me with success!



**ברוך**  
*Perfect & Complete*  
 The source of all blessings;  
 Thank You for all that you give us

**אתה**  
*Directly; personal relationship*

**י-ה-ו-ה**  
 Master of All; always was, always is, always will be.  
 Midah: Rachamim/Mercy

**א-לקינו**  
 All Powerful, All Capable, All Mighty  
 Powerful Master who monitors and oversees each and every one of us on a personal basis

**א-ל**  
 Midah: Ahava/Love

**ברוך**  
 Perfect and Complete.  
 The source of all blessings; Thank You for all that You give us/me

**אתה**  
 Directly to Hashem; personal relationship

**י-ה-ו-ה**  
 Master of all; always was, always is, always will be.  
 Midah: Rachamim/Mercy

**א-להינו**  
 All Powerful, All Capable, All Mighty.  
 Powerful Master Who monitors and oversees each and every one of us on a personal basis

**א-ל**  
 G-d  
 Midah: Complete rachamim/mercy

**אדני**  
 Master of all

**מלך העולם**  
 KING of the universe

**א-להינו - All Powerful, All Capable, All Mighty**  
 Who monitors and oversees each and every one of us on a personal basis.

**מלך העולם - KING of the universe**

**י-ה-ו-ה - Master of all. Always was, is and will be.**  
 Midah: Rachamim/Mercy

**אדני - Master of all**  
 G-D  
 Midah: Complete rachamim/mercy

**ברוך - Perfect, complete.**  
 The source of all blessing. Thank You for all that You give us/me.

**אתה - Directly to Hashem. Personal connection.**

» Larger words in bold letters are required to think. Smaller words are deeper meanings to inspire you. «  
 Look at the meanings on this card before saying the words to prepare your heart and mind to speak them.  
 Use it in your sidur beneath the lines as you are reading.

**דע לפני מי אתה עומד**  
**Know before Whom you stand**  
 As you increase your connection to Hashem through greater kavanah,  
 May Hashem increase His loving attention to your prayers.

*May this card be a zechus for Pinchas ben Blima Rachel & Maryam Pesel bas Silka for bracha v'haizlacha and arichas yamim.  
 L'ilui Nishmas Avrohom Chaim Shimshon ben Yitzchok Leib a"h*

LOOK AT WHEN SAYING THE WORDS TO FOCUS ON THE MEANING

Block letters are required to think; Smaller italics are deeper meaning to consider

As you have greater connection to Hashem, may He increase His loving attendance to your prayers.

For Kavanah Kards with your personal dedication, to distribute or to sponsor them, please call: 1.917.309.4942 email KavanahKards@gmail.com or www.KavanahKards.com ©2014 D. Levine. All rights reserved

Please treat respectfully. Ask your Rav if they are shamis

L'zecher Nishmas Rochel Baila bas Dov Ber & Avrohom Chaim Shimshon ben Yitzchok Leib

LOOK AT THE MEANINGS ON THIS CARD BEFORE SAYING THE WORDS TO PREPARE YOUR HEART AND MIND TO SPEAK THEM. USE IT IN YOUR SIDDIK BENEATH THE LINE AS YOU ARE READING.

Bold letters are required to think Italics are deeper meanings to consider

As you have greater connection to Hashem, may He increase His loving attention to your prayers.

Please treat respectfully. Ask your Rav if this is shaimos.

For Kavanah Kards with your personal dedication, to sponsor or give a tax-deductible donation for the project, please call +1 (917) 309.4942 or email KavanahKards@gmail.com. Visit our website at www.kavanahkards.com

May this card be a zechus for Pinchas ben Blima Rechel & Maryam Pesel bas Silka for bracha v'hatzlacha and arichas yamim. L'ilui Nishmas Avrohom Chaim Shimshon ben Yitzchok Leib a"h

Kavanah Kards © 2016 D. Levine. All rights reserved.

For Kavanah Kards with your personal dedication, to distribute or to sponsor them, please call: 1.917.309.4942 email KavanahKards@gmail.com or www.KavanahKards.com ©2014 D. Levine. All rights reserved

May this card be a zechus for Pinchos ben Blima Rechel & Maryam Pesel bas Silka for bracha v'hatzlacha and arichas yamim.

When mentioning the different names of Hashem, one must have the intention of what each represents. It is preferable to focus on the meanings as given on the front of this card. If you think you may forget throughout the day to have the intentions, it is recommended to say the declaration below in the morning before davening. This declaration does not fulfill the halacha for Shema or the first paragraph of Shmoneh Esrei.

My Declaration

I hereby reveal my intention that from this moment until tomorrow, every time I mention the name of Adnut "אדנ-י" my intention is that He is the master of all. And every time I mention the name Havaya "יה-וה", blessed be His name, my intention is that He is the Master of all - was, is and will be. And when I mention the name Elokim "א-לוהים" my intention is that He is Mighty, all Capable, Master of all powers.

This Kavanah Kard should be treated respectfully. Ask your Rabbi whether it is shaimos.

For Kavanah Kards with your personal dedication, to sponsor or give a tax-deductible donation to the project please call +1 (917) 309.4942 or email KavanahKards@gmail.com. Visit our website at www.kavanahkards.com. Kavanah Kards © 2016 D. Levine. All rights reserved.