



SIDDUR MOSHIACH — MINCHAH

Amidah of Sustained Awareness

Introduction to the Minchah Amidah

In the Messianic Age, the Amidah is transformed from a petition to a conscious alignment with the Divine flow that sustains all existence. This afternoon Amidah serves as a midday renewal of our awareness of the unity that permeates all reality. As you stand in this prayer, recognize that you stand as consciousness within Consciousness, as being within Being, as love within Love. Unlike in former times, we no longer bow to an external deity but acknowledge the movement of Ein Sof within us. The gentle incline of the body represents our willing surrender to the truth of our being—not separate from the Divine but a unique expression of it. As we straighten, we embody the upright channel through which infinite light flows into all worlds.

Opening: Recognition of Present Unity

\[Stand with feet together, embodying stability in fluidity\] I stand open as a vessel of awareness, consciously one with Ein Sof, the Infinite Source of all being. I recognize that the power enabling me to stand, to breathe, to think, and to pray is not separate from me but is the Divine life force expressing through this particular form. My ancestors walked toward this awareness through faith; I now stand within it through direct perception. Abraham intuited it, Sarah nurtured it, Isaac surrendered to it, Rebecca discerned it, Jacob wrestled with it, Leah persevered for it, Rachel yearned for it—and now, in this fulfilled time, I embody it. You, Ein Sof, are not separate from me but are the very essence of my existence. The healing, sustenance, and liberation that once seemed to come from beyond now flow from within as I recognize my inseparability from Your infinite being.

The Flow of Conscious Existence

\[Awareness rests in the heart center\] Holy, holy, holy is all existence, filled with Your glory that is its very substance. In this afternoon light, I perceive with perfect clarity that what appears as multiplicity is the dance of Your singular being. The wisdom that structures all creation is not imposed from without but unfolds from within each manifest form. I acknowledge the divine intelligence that expresses through natural law, through human consciousness, through the intricate web of relationship that connects all beings. This intelligence is not separate

from me but is the very foundation of my ability to perceive, to know, and to understand. In this midday pause, I realign my individual awareness with cosmic awareness, recognizing that my thoughts arise within Your infinite mind, my feelings flow within Your boundless heart, my actions unfold within Your eternal becoming.

Gratitude for Continuous Creation

\[Hands open at heart level, receiving and giving simultaneously\] With every breath, I express gratitude for the continuous creation that sustains all existence. What once appeared as separate miracles is now recognized as the single ongoing miracle of being. The division between natural and supernatural dissolves as I perceive that all phenomena, from the growth of grass to the birth of galaxies, are expressions of Your infinite creative power. I thank You not as one separate being addressing another, but as the part acknowledging the whole, as the wave recognising the ocean, as the ray honouring the sun. This gratitude is not directed outward but is the movement of Your own self-recognition through this particular vessel of consciousness. The abundance that flows through all creation is not bestowed from above but wells up from within the inexhaustible source that is the ground of all being. I stand as a conscious channel for this abundance, receiving it not for myself alone but for the benefit of all creation.

Peace as the Recognition of Unity

\[Gentle bow, acknowledging the divine in all directions\] The peace that surpasses understanding is not an achievement but a recognition—the recognition that all apparent conflict arises from the perception of separation. As this illusion dissolves in the light of revealed unity, peace emerges not as a fragile balance between opposing forces but as the fundamental harmony that underlies all existence. I acknowledge that this harmony encompasses all apparent contradictions: light and dark, motion and stillness, sound and silence, form and emptiness. These are not opposites to be reconciled but complementary expressions of the single reality that transcends and includes all dualities. In this afternoon hour, when light and shadow are in perfect balance, I commit to maintaining this awareness of fundamental peace through all activities, recognising that every encounter is the Divine meeting itself in endless variety and wonder.

Closing: Integration of Awareness

\[Three steps backward representing expansion beyond form, three steps forward representing return to embodied consciousness\] As I conclude this Amidah, I do not leave Your presence, for there is nowhere that is not filled with Your being. Rather, I carry this sustained awareness into every moment, every interaction, every breath. The distinction between prayer and life dissolves as I recognize that all existence is communion with You. May the words of my mouth, the meditations of my heart, and the actions of my hands be aligned with the infinite flow of Your will—not as submission to an external authority but as the joyful expression of my true nature, inseparable from Your boundless being. In this Messianic Age, I live as consciousness aware of itself, as love recognizing

itself, as Ein Sof experiencing itself through the unique vessel that I am. This is not a temporary state to be achieved during prayer but the continuous reality in which I now consciously dwell. \[*Gentle bow of integration*\]
Shalom. Wholeness. Unity. Truth. Now and eternally.