

showed that thou mightest know that the Lord He is God" (Deut. iv. 35);

"Know therefore this day, and consider it in thine heart, that the Lord He is God" (*ibid.* 36); "Know ye that the Lord is God" (Ps. c. 3). Thus the Law distinctly states that the highest kind of worship to which we refer in this chapter, is only possible after the acquisition of the knowledge of God. For it is said, "To love the Lord your God, and to serve Him with all your heart and with all your soul" (Deut. xi. 13), and, as we have shown several times, man's love of God is identical with His knowledge of Him. The Divine service enjoined in these words must, accordingly, be preceded by the love of God. Our Sages have pointed out to us that it is a service in the heart, which explanation I understand to mean this: man concentrates all his thoughts on the First Intellect, and is absorbed in these thoughts as much as possible. David therefore commands his son Solomon these two things,

and exhorts him earnestly to do them: to acquire a true knowledge of God, and to be earnest in His service after that knowledge has been acquired. For he says, "And thou, Solomon my son, know thou the God of thy father, and serve him with a perfect heart . . . if thou seek him, he will be found of thee; but if thou forsake him, he will cast thee off for ever" (1 Chron. xxviii. 9). The exhortation refers to the intellectual conceptions, not to the imaginations; for the latter are not called "knowledge," but "that which cometh into your mind" (Ezek. xx. 32). It has thus been shown that

it must be man's aim, after having acquired the knowledge of God, to deliver himself up to Him, and to have his heart constantly filled with longing after Him. He accomplishes this generally by seclusion and retirement. Every pious man should therefore seek retirement and seclusion, and should only in case of necessity associate with others.

*Note.*—I have shown you that the intellect which emanates from God unto us is the link that joins us to God. You have it in your power to strengthen that bond, if you choose to do so, or to weaken it gradually till it breaks, if you prefer this. It will only become strong when you employ it in the love of God, and seek that love; it will be weakened when you direct your thoughts to other things. You must know that even if you were the wisest man in respect to the true knowledge of God, you break the bond between you and God whenever you turn entirely your thoughts to the necessary food or any necessary business; you are then not with God, and He is not with you; for that relation between you and Him is actually interrupted in those moments. The pious were therefore particular to restrict the time in which they could not meditate upon the name of God, and cautioned others about it, saying, "Let not your minds be vacant from reflections upon God." In the same sense did David say, "I have set the Lord always before me; because he is at my right hand, I shall not be moved" (Ps. xvi. 8); i.e., I do not turn my thoughts away from God; He is like my right hand, which I do not forget even for a moment on account of the ease of its motions, and therefore I shall not be moved, I shall not fall.

We must bear in mind that all such religious acts as reading the Law, praying, and the performance of other precepts, serve exclusively as the means of causing us to occupy and fill our mind with the precepts of God, and free it from worldly business; for we are thus, as it were, in communication with God, and undisturbed by any other thing. If we, however,

pray with the motion of our lips, and our face toward the wall, but at the same time think of our business; if we read the Law with our tongue, whilst our heart is occupied with the building of our house, and we do not think of what we are reading; if we perform the commandments only with our limbs, we are like those who are engaged in digging in the ground, or hewing wood in the forest, without reflecting on the nature of those acts, or by whom they are commanded, or what is their object. We must not imagine that [in this way] we attain the highest perfection; on the contrary, we are then like those in reference to whom Scripture says, "Thou art near in their mouth, and far from their reins" (Jer. xii. 2).

I will now commence to show you the way how to educate and train yourselves in order to attain that great perfection.

The first thing you must do is this: Turn your thoughts away from everything while you read *Shema* or during the *Tefillah*, and do not content yourself with being devout when you read the first verse of *Shema*, or the first paragraph of the prayer. When you have successfully practised this for many years, try in reading the Law or listening to it, to have all your heart and all your thought occupied with understanding what you read or hear. After some time when you have mastered this, accustom yourself to have your mind free from all other thoughts when you read any portion of the other books of the prophets, or when you say any blessing; and to have your attention directed exclusively to the perception and the understanding of what you utter. When you have succeeded in properly performing these acts of divine service, and you have your thought, during their performance, entirely abstracted from worldly affairs, take then care that your thought be not disturbed by thinking of your wants or of superfluous things. In short, think of worldly matters when you eat, drink, bathe, talk with your wife and little children, or when you converse with other people. These times, which are frequent and long, I think, must suffice to you for reflecting on everything that is necessary as regards business, household, and health. But when you are engaged in the performance of religious duties, have your mind exclusively directed to what you are doing.

When you are alone by yourself, when you are awake on your couch, be careful to meditate in such precious moments on nothing but the intellectual worship of God, viz., to approach Him and to minister before Him in the true manner which I have described to you—not in hollow emotions. This I consider as the highest perfection wise men can attain by the above training.

When we have acquired a true knowledge of God, and rejoice in that knowledge in such a manner, that whilst speaking with others, or attending to our bodily wants, our mind is all that time with God; when we are with our heart constantly near God, even whilst our body is in the society of men; when we are in that state which the Song on the relation between God and man poetically describes in the following words: "I sleep, but my heart waketh; it is the voice of my beloved that knocketh" (Song v. 2):—then we have attained not only the height of ordinary prophets, but of Moses, our Teacher, of whom Scripture relates: "And Moses alone shall come near before the Lord" (*ibid.* xxxiv. 28); "But as for thee, stand thou here by me" (Deut. v. 28). The meaning of these verses has been explained by us.