

**Weekly Hebrew Lesson****אִם-בְּחֻקֹּתַי תֵּלְכּוּ**  
im-bechukotai telekhoo**חֹק** (*chok*)**Real Growth: The Energy of the Portion****תֵּלְכּוּ** - *from the root "halacha"; can also mean "proceed; walk"***חֹק** (*chok*) - *also means "engrave"***Visualization and Mindfulness***The "Walker" in Zechariah 3:6-7***שָׁמַר** (*shomer*) - *"keep"; also means "awareness; mindful"***Because They Are My Bride****לְכָלוֹתָם** (*L'Kalotam*) *from the root כָּלָה* (*kalah*) *which means "bride"*