

TORAH OF AWAKENING

I NTEGRAL J EWISH P RACTICE

DAILY PRACTICE BOOK
LEVEL I

BASED ON MORNING PRAYERS
FROM THE SIDDUR- JEWISH PRAYER BOOK
ENGLISH, HEBREW, TRANSLITERATION

BY
BRIAN YOSEF SCHACHTER-BROOKS



A Note on Translations, Transliterations and the Divine Name

The English translations are my best attempt to capture the spirit of the Hebrew prayers. In that spirit I have often opted for non-literal translations of certain words, as the literal translations wouldn't necessarily carry the right intention. If, at some point, you want to learn the literal translations and you would like some guidance in how to do this, feel free to email me and I can help. You can always contact me through my website: www.torahofawakening.com.

In transliterating the Hebrew into English letters, the "KH" is used to indicate the guttural sound made in the throat, as in "Bach". An underlined H is a softer guttural

The Hebrew Divine Name written יהוה is traditionally not pronounced. When reading this name while praying, the word "Adonai" is traditionally pronounced instead. That is how it is written here in the transliteration.

Since this book contains Divine Names, it is considered to be a sacred object when printed out. Some traditional ways to honor this book are to please not place it directly on the floor and to please not pile other things on top of it. If you wish to dispose of it, please bring to a synagogue to be placed in a genizah. Or, wrap in other paper and place in recycling or compost. Thank you and may this book serve you well!

UPON ARISING

1.

Modeh Ani

While still in bed, chant:

מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם
שֶׁהִתְזַרְתָּ בִּי נְשִׁמָּתִי בְּחִמְלָה רַבָּה אֲמוּנָתְךָ

Feminine: **Modah ani** Masculine: **Modeh ani**

I'fanekha, melekh hai v'kayam.

Shehehezarta bi nishmati b'hemla, raba emunatekha!

**I give thanks before You, Eternal, All-Pervading Life
Compassionately returning this awareness -
abundant is Your faithfulness!**

2.

Hand Washing

Pour water over each hand three times. Bring your awareness to your movements and to the feeling of the water, holding the intention of "cleansing" yourself inwardly from the influence of any negative energies. You may wish to think: "Washing away anger, craving, anxiety, fear, depression" or anything else you would like to "cleanse" from yourself. When you are finished, take a moment and raise your hands, inwardly dedicating your actions to embody the sacred qualities of love, awareness, service and any other qualities you would like to bring into your life at this time.

3.

Donning Tzitzit

Inspect tzitzit that they are not torn or tangled, stand and hold tallit katan in readiness to put on, chant blessing, then don the tallit katan and kiss the tzitzit.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל מִצְוֹת צִיצִית

**Barukh Atah Adonai, Eloheinu Melekh ha'olam,
Asher kid'shanu b'mitzvotav v'tzivanu al mitzvat tzitzit**

**Blessed are You Hashem, our Divinity, Eternal Unity of all
Existence, Revealing the Sacred in form, joining us with this
revelation through the *mitzvah* of *tzitzit*.**

4.

Hand Washing Blessing

Sit with open hands, palms upward, chanting:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ עַל נְטִילַת יָדַיִם

**Barukh Atah Adonai, Eloheinu Melekh ha'olam,
Asher kid'shanu b'mitzvotav v'tzivanu al netilat yadayim**

**Blessed are You Hashem, our Divinity, Eternal Unity of all
Existence, Revealing the Sacred in form, joining us with this
revelation through the washing of hands.**

5.

Torah Blessing

Gratitude for the Teaching

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְעֲסוֹק בְּדִבְרֵי תוֹרָה

**Barukh Atah Adonai Eloheinu Melekh ha'olam
Asher kid'shanu b'mitzvotav v'tzivanu la'asok b'divrei Torah**

**Blessed are You Hashem, our Divinity, Eternal Unity of all
Existence, Revealing the Sacred in form, joining us with this
revelation through immersing ourselves in words of Torah.**

6.

Sh'ma- Hear!

*Affirmation of the Oneness of all Being
Chant each of the following six words on long out breaths,
projecting each word as Light in six directions-
up, down, front, back, right, left:*

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Sh'ma - Yisra'el - Adonai - Eloheinu - Adonai - Ehad!

**Listen, Israel, our Divinity is Being Itself -
the Oneness of all Being!**

*Softly, imagining the Light entering body in reverse order-
left, right, back, front, down, up:*

בְּרוּךְ שֵׁם כְּבוֹד מְלֻכּוּתוֹ לְעוֹלָם וָעֶד

Barukh shem k'vod malkhuto l'olam va'ed!

Blessed is the name of Its radiant kingdom, for all eternity!

7.

Amida - Quiet Standing Prayer

Take three steps back, then three steps forward, then chant:

אֲדֹנָי שִׁפְתַי תִּפְתַּח, וּפִי יִגִּיד תְּהִלָּתְךָ

Adonai sifatai tiftah, ufi yagid t'hilatekha!

Hashem, open my lips and my mouth will speak Your praise!

ANCESTORS

Bend knees at Barukh, bow at Atah and straighten at Adonai

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ

**Barukh Atah Adonai, Eloheinu V'elohei avoteinu
Blessed are You Hashem our Divinity
and Divinity of our ancestors**

Contemplate your life transmitted to you through an unbroken chain through countless generations and beyond. Feel the life force within that unites this infinite chain.

MANIFESTATION

Take a couple minutes to discern your needs and desires, praying for their manifestation.

GRATITUDE

Next, bring to mind your own many blessings. Bow and pray words of gratitude. Conclude with a final bow and take three steps back. Bow left and say, "Ose shalom bimromav", bow right and say "hu ya'ase shalom aleinu", bow forward and say, "v'al kol Yisrael...amein"

עֲשֵׂה שְׁלוֹם בְּמִרְוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל, וְאָמְרוּ אָמֵן!

**Ose Shalom bimromav, Hu ya'ase shalom aleinu,
v'al kol Yisra'el, v'al kol yoshvei tevel, v'imru ameин!**

**The One who makes peace in the heights, make peace upon us, upon
all Israel, upon all who dwell on earth, and say amen!**

