

Daily Practice 7

UPON ARISING

Modeh Ani

While still in bed, chant:

**“Modeh ani l’fanekha, melekh hai v’kayam.
Shehekhezarta bi nishmati b’hemla, raba emunatekha!”**

**“I give thanks before You, living and eternal King,
for returning my soul to me with compassion- abundant is your faithfulness!”**

Hand Washing

Pick up vessel of water with right hand, pass to the left, pour water over the right. Then with the right hand pour water over the left. Repeat pouring so that each hand is washed three times.

OPENING

Donning Tzitzit

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

**“Barukh Atah Adonai, Eloheinu Melekh ha’olam,
Asher kid’shanu b’mitzvotav v’tzivanu
Al mitzvat tzitzit”**

**“Blessed are You Hashem our God, Majesty of the universe,
Who sanctifies us with mitzvot and commands us
regarding the mitzvah of tzitzit.”**

BIRKHOT HASHAKHAR- MORNING BLESSINGS

~Cultivation of Gratitude and Presence~

Hand Washing Blessing

Open hands, palms upward, chanting:

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

**“Blessed are You Hashem our God, Majesty of the universe,
Who sanctifies us with mitzvot and commands us
regarding the washing of hands.”**

Torah Blessing

~Acceptance of the Torah spiritual path~

Be aware of the gift of this tradition and of your ability to receive it, chanting:

**“Barukh Atah Adonai, Eloheinu Melekh ha’olam,
Asher kid’shanu b’mitzvotav v’tzivanu
La’asok b’divre Torah”**

**“Blessed are You Hashem our God, Majesty of the universe,
Who sanctifies us with mitzvot and commands us
to immerse ourselves in words of Torah.”**

KRIAT SH'MA - RECITATION OF THE SH'MA

~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:*

“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~

“Barukh sheim k'vod malhuto l'olam va'ed!”

“Blessed is the name of It's radiant kingdom, for all eternity!”

Feel into your heart, relaxing and opening your heart, chanting:

**“Ve'ahavtah et Adonai Elohekha, b'khol l'vav'kha, uv'khol nafshekha, uv'khol me'odekha.
V'hayu hadevarim ha'eleh asher anokhi mitzav'kha hayom al levavekha.”**

**“You shall love Hashem your God with all your heart, all your soul and all your might.
And these words I command you today shall be upon your heart.”**

MEDITATION

~Sit and meditate for 2 minutes or longer~

AMIDAH- QUIET STANDING PRAYER

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

“Adonai sifatai tiftakh, ufi yagid t'hilatekha!”

“Hashem, open my lips and my mouth will speak your praise!”

ANCESTORS

*Take a moment to contemplate that your life comes from your parents, who in turn were given life
from their parents. Let your mind follow back further and further, giving thanks to the
Divinity/life force that links and sustains all generations, chanting:
(Bend knees at “Barukh,” bow at “Atah” and straighten at “Adonai”)*

“Barukh Atah Adonai, Eloheinu V'elohei avoteinu v'imoteinu”

“Blessed are You Hashem our Divinity and Divinity of our fathers and mothers”

*Take a moment to contemplate that your life comes from your parents, who in turn were given life
from their parents. Let your mind follow back further and further, giving thanks to the
Divinity/life force that links and sustains all generations, chanting:*

***Weekdays, including minor holidays: Hanukah, Purim, Rosh Hodesh, Tisha B'Av and other
minor holidays when they fall on a weekday:***

*Take some time to pray for yourself, your community
and for all beings on the following blessings:*

*Wisdom, forgiveness for any wrongdoing, healing of illness and injury,
fruitfulness of the earth to bring forth food for all creatures,
justice for the oppressed and ending all evil,
blessing for saints and holy teachers,
peace for Jerusalem and transformation of all humanity for peace and holiness.
Then add your own personal prayers for whatever you feel you need.*

Shabbat and Holidays, including Pesakh, Shavuot, Rosh Hashanah, Yom Kippur, Sukkot, Shmini Atzeret/Simkhat Torah:

Take some time to pray that the special energy of the Shabbat or the holiday bring peace and joy to you, your community and all beings

Next, bring to mind all the blessings you have gratitude for. Bow and say words of thanks.

Bow again and take three steps back.

Bow left when you say, “ose shalom bimromav,” bow right when you say “hu ya’ase shalom,” bow forward and say, “aleinu...amein”)

“Ose shalom bimromav, Hu ya’ase shalom aleinu, v’al kol Yisra’el, v’al kol yoshvei tevel, v’imru, amein!”

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