

KETER

(Sefirah of white light at crown of head, right hand touches crown)

Hazzan:

One Reality, the Crown of Existence!

אחת – Akhat!

One

Kahal:

רוח אלהים חיהוהם – Ruakh Elohim Hayim

Spirit of the Living Divine

Hazzan:

הוא אלהינו אין עוד – Hu Eloheinu Ayn Od

It is our Divinity, there is Nothing Else

Kahal:

**יגדל אלהים חי וישתבח, נמצא אין עת אל מציאותו
אחד ואין יחיד כ'יחודו, נעלם וגם אין סוף לאחדותו**

Yigdal Elohim Hai v'yishtabakh

Nimtza v'ayn et el mitziyuto

Ekhad v'ayn yakhid k'Yikhudo

Nelam V'gam Ayn Sof l'Akhduto

*Exalted is the Divine Life and praised
Existence Itself, and there is no time to Its Existence
It is One, and there is no unity like Its Oneness
Hidden and Infinite is Its Oneness!*

א

ALEPH

Hazzan:

Open to joy and sorrow as the One Consciousness that I am!

(Drawing down light from the crown into heart)

אֱלֹהֵי הַמֶּלֶךְ וְאַבְרָכָה שְׁמֶךָ לְעוֹלָם וָעֶד

Aromimkha Elohai HaMelekh, va'avarkha Shimkha le'olam va'ed

*I will exalt You, my Divinity, the Sovereign,
and I will bless Your Name forever and ever.*

Kahal:

אֵין לוֹ דְמוּת הַגּוּף וְאֵינוּ גּוּף, לֹא נִעְרַף אֱלֹהֵי קְדוּשָׁתוֹ
קְדָמוֹן לְכֹל דָּבָר אֲשֶׁר נִבְרָא, רִאשׁוֹן וְאֵין רִאשִׁית לְרִאשִׁיתוֹ

**Ayn lo d'mut haguf v'ayno guf
Lo na'arokh eilav kedushato
Kadmon l'khol davar asher nivra
Rishon v'ayn reishet l'reisheeto**

*It has no form of a body and It has no body
Its Holiness is beyond comparison
Before all things that were created
The First, and there is no beginning to Its Beginning*

MALKHUT

(Sefirah of blue/earth colors at feet)

Hazzan:

Your Presence dwells as the essence of all things!

שתיים— Sh'tayim!

Two

Kahal:

רוח מרוח

Ruakh MeRuakh

Spirit from Spirit

Hazzan:

אמת מלכנו אפס זולתו — Emet Malkeinu, Efes Zulato

Truth is Sovereign, there is Nothing except It

Kahal:

אָדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ, בְּטֶרֶם כֹּל יִצְיֵר נִבְרָא

לְעֵת נַעֲשֶׂה בְּחִפְצוֹ כֹּל, אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא

וְאַחֲרַי כְּכֹלֹת הַכֹּל, לְבַדּוֹ יִמְלֹךְ נוֹרָא

וְהוּא הָיָה וְהוּא הוֹיָה, וְהוּא יִהְיֶה בְּתִפְאָרָה

(Hino)

Adon Olam asher malakh b'terem kol y'tzir nivra

L'eit na'asah v'heftzo kol, azai Melekh Sh'mo nikra

V'akharei kikhlot hakol, l'vado yimlokh nora

V'hu hayah, v'hu hoveh, v'hu yiyeh b'Tifarah

Master of the Universe Who reigned before any form was created

At the time when It willed to create everything, Its Name was called King

After all has ceased, alone It will reign

It was, It is, It will be in Splendor

וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁיל לוֹ לְהַחְבִּירָה
בְּלִי רֵאשִׁית בְּלִי תַכְלִית, וְלוֹ הָעֵז וְהַמְשָׁרָה
וְהוּא אֱלֹהֵי וְחֵי גּוֹאֲלֵי, וְצוּר חֲבֻלֵי בַּעַת צָרָה
וְהוּא נְסִי וּמְנוּס לִי, מְנַת כּוֹסֵי בְיוֹם אֶקְרָא

**V’Hu Ekhad, v’ayn sheini, L’hamshil lo l’hakhbirah
B’li reisheet, b’li takhlit, v’lo ha’oz v’hamisrah
V’Hu Eili, v’Khai Go’ali, v’Tzur khevli b’eit tzarah
V’Hu nisi, umanos li, m’nat kosi b’yom ekra**

*It is One, and there is no second to compare
Without beginning, without end, the Power and Dominion
My God, my Living Redeemer, the Rock of my destiny in times of distress
My banner and my refuge; The Portion of my cup on the day I call.*

בְּיָדוֹ אֶפְקִיד רוּחִי, בַּעַת אִישׁוֹן וְאַעֲיָרָה
וְעִם רוּחִי גּוֹיָתִי, יִהְיֶה לִּי וְלֹא אִירָא

**B’Yado afkid rukhi, b’eit Ishan v’a’irah
V’im rukhi g’viyati, Adonai li v’lo ira!**

*Into Its hand I entrust my spirit at the time of sleep, and I awaken
And with my spirit is my body – the Divine is with me – I shall not fear!*

ב

BET

Hazzan:

Welcoming Your Presence in this Place!

בְּכֹל-יוֹם אֲבָרְכֶךָ וְאֶהְלֶלְהָ שְׁמֶךָ לְעוֹלָם וָעֶד

B'khol yom avarkhekha, va'ahal'lah shimkha le'olam va'ed

Every day I will bless You, and I will praise Your Name forever and ever

Kahal:

מַה טוֹבוֹ אֹהֲלֶיךָ יַעֲקֹב מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל

Mah tovu ohalekha Ya'akov, mishkenotekha Yisrael

How good are your tents, O Jacob, your dwelling places, Israel!

Hazzan:

וְאֲנִי בְּרַב חֶסֶדְךָ אָבוֹא בֵּיתְךָ אֲשַׁתְּחֶוּהָ אֵל הַיְכָל־קֹדֶשְׁךָ בְּיִרְאַתְךָ: יְהוּה אֶהְבֶּתִי
מֵעוֹן בֵּיתְךָ וּמְקוֹם מִשְׁכַּן כְּבוֹדְךָ: וְאֲנִי אֲשַׁתְּחֶוּהָ וְאֶכְרַעָהּ אֶבְרָכָהּ לְפָנַי יְהוּה עֹשֵׂי:

V'ani b'rov Hasd'kha avo veitekha; eshtakhaveh el heikhal kodsh'kha
b'yiratekha. Adonai ahavti m'on beitekha um'kom mishkan k'vodekha.

Va'ani eshtakhaveh v'ekhra'ah, evr'khah lifnei Adonai osi.

As for me, through Your abundant kindness I will enter Your House; I will prostrate myself toward Your Holy Sanctuary in awe of You. Hashem, I love the Dwelling, Your House, and the place where Your Glory resides. I will prostrate myself, and bow, I will kneel before the Divine, my Maker.

Kahal:

וְאֲנִי תַפְלִיתִי־לָךְ יְהוּה עֵת רָצוֹן אֶלְקִים בְּרַב־חֶסֶדְךָ עֲנֵנִי בְּאַמֶּת יִשְׁעֶךָ

Va'ani tefilati l'kha Adonai eit ratzon, Elohim b'rov

Hasdekha, aneini, aneini, b'emet yishekha

May my prayer to You, Hashem, be at a favorable time; Elohim, in the abundance of Your Kindness answer me with the truth of Your Salvation!

HOKHMAH

(Sefirah of dark blue/ocean colors in right skull)

Hazzan:

Filling and Transcending All Form!

שלש – Shalosh!

Three

Kahal:

מים מרוח – *Mayim MeRuakh*

Water from Spirit

Hazzan:

לְשֵׁם יְחִיד קוּדְשָׁא בְּרִיךְ הוּא

L'Shem Yikhud Kudsha Brikh Hu

For the sake of unifying the Blessed Holy One

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

אֲשֶׁר יָצַר אֶת הָאָדָם בְּחִכְמָה וּבָרָא בּוֹ נְקֻבִים וְנְקֻבִים חֲלוּלִים חֲלוּלִים

Barukh Atah Adonai, Eloheinu Melekh HaOlam, asher yatzar et ha'adam

b'hokhmah, uvara vo n'kavim n'kavim, halulim halulim.

Blessed are You, Being, our Divinity, Sovereign of the Universe, who forms us with Wisdom, and creates within us many openings and passages.

Kahal:

אמן – Amein

ג

GIMEL

Hazzan:

Complete and Whole, Field of Spaciousness!

גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד וְלִגְדֻלָּתוֹ אֵין חֵקֶר:

Gadol Adonai um'hulal me'od v'lig'dulato ayn heker

*Great is the Divine and exceedingly praised;
Its Greatness is beyond comprehension!*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׁלֹא עָשִׂנִי עֶבֶד

Barukh Atah Adonai, Eloheinu Melekh HaOlam, shelo asani aved!

*Blessed are You, Being, our Divinity, Sovereign of the Universe, who does
not make me a slave!*

Kahal:

אמן – Amein

BINAH

(Sefirah of fiery yellow and green light in left skull)

Hazzan:

May our thoughts be wise and discerning!

ארבע – Arba!

Four

Kahal:

אש ממים – **Aysh MeMayim**

Fire from Water

Hazzan:

ושכינתה

U'Shekhintei

And the Divine Presence

ברוך אתה יהוה אלהינו מלך העולם
אשר נתן לשכוי בינה להבחין בין יום ובין לילה

Barukh Atah Adonai, Eloheinu Melekh HaOlam,
Asher natan lasekhvi **Vinah**, l'havkhin bein yom uvein Lailah!

*Blessed are You, Being, our Divinity, Sovereign of the Universe,
Who gives the heart understanding to distinguish between day and night!*

Kahal:

אמן – **Amein**

ד

DALET

Hazzan:

May we recognize that all we have and all we are is Your Grace!

דֹּר לְדוֹר יְשַׁבַּח מַעֲשֵׂיךָ וּגְבוּרֹתֶיךָ יִגִּידוּ

Dor l'dor y'shabakh ma'asekha, ug'vurotekha yagidu!

From generation to generation your works are praised, and your mighty acts are proclaimed!

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂה לִי כָּל-צָרָכִי

Barukh Atah Adonai, Eloheinu Melekh HaOlam, she'asa li kol tzorki!

Blessed are You, Being, our Divinity, Sovereign of the Universe, who provides for all my needs!

Kahal:

אָמֵן – Amein

DA'AT

(Bring palms together in front of mouth)

Hazzan:

May this awareness express itself on all levels of my being!

כַּכְתוּב בְּתוֹרָתוֹ – Kaktuv b'Torato...

As it is written in Torah...

הֲרִינִי מִקַּבֵּל עָלַי מִצְוֹת עֲשֵׂה נֶשֶׁל

Hareini m'kabel alai mitzvot aseh shel...

Behold, I accept upon myself the mitzvah to practice...

Kahal:

וַיַּדְעָתָ הַיּוֹם – **V'yadata HaYom (4x)**

(“Know today” – You shall be present!)

בְּדַחֲלֵנוּ וּרְחִימוּ לַיְחָד שֵׁם י"ה בּו"ה בְּיַחְוּדָא שְׁלִים בְּשֵׁם כָּל יִשְׂרָאֵל

**Bidkhilu urkhimu l'yakhed Shem: Yod Hei, b'vav Hei,
B'yikhuda sh'lim, b'shem kol Yisrael!**

(In awe and love, to unify the Name,

Yod-Hei with the Vav-Hei, in perfect unity, in the name of all Israel!)

HESED

(Sefirah of sky blue flecked with silver light at right shoulder)

Hazzan:

Awaken within us Your Loving Kindness!

המש Hameish

Five

Kahal:

Ya – Ha – Wa

(Divine Name letter permutation)

Hazzan:

וְהִשְׁבֹּתָ אֶל לְבָבְךָ

V'hashivota El L'vavekha

Return to your heart

(Bring right hand to heart)

הֲרִינִי מִקַּבֵּל עָלַי מִצְוֹת עֲשֵׂה נָשָׂא

Hareini m'kabel alai mitzvat aseh shel...

Behold, I accept upon myself the mitzvah to practice...

Kahal:

וְאַהַבְתָּ לְרֵעֶךָ כָּמוֹךָ – Ve'ahavta l'reiakha kamokha!

Love your neighbor as yourself

Hazzan:

אֱלֹהֵי, נְשָׁמָה שְׁנַתַּתָּ בִּי טְהוֹרָה הִיא אַתָּה בְּרֵאתָה אַתָּה יְצַרְתָּה אַתָּה נִפְחַתָּה בִּי
וְאַתָּה מִשְׁמְרָה בְּקִרְבִּי וְאַתָּה עֹתִיד לְתִלֵּה מִמֶּנִּי וְלְהַחְזִירָה בִּי לְעֹתִיד לָבֵא

Elohai neshamah shenatata bi, tehorah hi. Atah v'ratah, Atah y'tzartah, Atah
n'fakhtah bi, v'Atah m'shamrah b'kirbi; v'Atah atid litlah mimeini,
ul'hakhazirah bi le'atid lavo.

*My God, the soul you place within me, she is pure! You created it, You
formed it, You breath it into me, You guard it within me, and You will
eventually take it from me, and return it to me in time to come.*

ה

HEI

(Visualize Hei in your chest)

Hazzan:

May the words of our mouths and the expressions of our hearts serve You!

הַדָּר כְּבוֹד הַגְּדָל וְדִבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה
Hadar k'vod hodekha v'divrei niflotekha asikha

*The splendidous glory of Your power
and Your wonderous deeds I shall discuss!*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׁעֲשֵׂנִי כְרִצוֹנוֹ
Barukh Atah Adonai, Eloheinu Melekh HaOlam, she'asani kirtzono!

*Blessed are You, Being, our Divinity, Sovereign of the Universe, who made
me as the You Desire!*

Kahal:

אָמֵן – Amein

GEVURAH

(Sefirah of red flecked with gold light at left shoulder)

Hazzan:

Awaken within us inner strength to transcend all desire!

שש Sheish

Six

Kahal:

Ya – Wa – Ha

Hazzan:

כִּי יְהוָה הוּא הָאֱלֹהִים

Ki Hashem Hu HaElohim!

For Existence Itself is the [Embodied] Divine

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אוֹזֵר יִשְׂרָאֵל בְּגִבּוֹרָה

Barukh Atah Adonai, Eloheinu Melekh HaOlam, ozer Yisrael biGevurah!

*Blessed are You, Being, our Divinity, Sovereign of the Universe, who girds
Israel with Might!*

Kahal:

אמן – Amein

ו

VAV

(Visualize Vav as your spine)

Hazzan:

Awaken within us inner strength to embrace all that arises
And not be caught by reactivity!

וְעֲזוּז נֹרֹתֶיךָ יֹאמְרוּ וּגְדוּלַתְּךָ אֶסְפְּרָנָה

Ve'ezuz norotekha yomeiru, ug'dulat'kha asap'reina

*And of Your awesome power they will speak,
and of your greatness I shall relate!*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַנּוֹתֵן לַיָּעִיף כֹּחַ

Barukh Atah Adonai, Eloheinu Melekh HaOlam, Ha Notein l'ya'eif ko'akh!

*Blessed are You, Being, our Divinity, Sovereign of the Universe, who gives
Strength to the weary!*

Kahal:

אמן – Amein

NETZAKH

(Sefirah of pink light at right hip)

Hazzan:

May we practice constantly!

שבע Sheva

Seven

Kahal:

Ha – Ya – Wa

ז

ZAYIN

Hazzan:

Cutting through all distractions!

זְכוֹר רַב־טוֹבָךְ יִבְיְעוּ וְצִדְקָתְךָ יִרְגְּנוּ

Zekher rav tuv'kha yabiyu, v'tzid'kat'kha y'raneinu

A remembrance of Your abundant goodness they will utter,

And of Your fairness they will sing!

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מְתִיר אֲסוּרִים

Barukh Atah Adonai, Eloheinu Melekh HaOlam, Matir Asurim!

*Blessed are You, Being, our Divinity, Sovereign of the Universe, who frees
the bound!*

Kahal:

אמן – Amein

(Returning attention to the sefirah of Netzakh)

בְּשָׁמַיִם מִמַּעַל
BaShamayim MiMa'al
In the Heavens Above

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַיְמָכִין מִצְעָדֵי גָבֶר

Barukh Atah Adonai, Eloheinu Melekh HaOlam,
HaMeikhin mitz'adei gaver!

*Blessed are You, Being, our Divinity, Sovereign of the Universe, who firms
our footsteps!*

Kahal:

אָמֵן – Amein

HOD

(Sefirah of dark pink light at left hip)

Hazzan:

In Humility and Gratitude!

שְׁמוֹנֵי Sh'monei
Eight

Kahal:

Ha – Wa — Ya

ה

HET

Hazzan:

Staying with this moment as it is – neither attempting to change it nor fleeing from it!

חַנּוּן וְרַחֲמוֹם יְהוָה אֵרֶךְ אַפַּיִם וְגִדְל־לִחְסֵד

Hanun v'rakhum Adonai, erekh apayim ugedal hased!

*Gracious and compassionate is the Divine,
Slow to anger and abundant in loving kindness!*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם זוֹקֵף כְּפֹפִיִּים

Barukh Atah Adonai, Eloheinu Melekh HaOlam, Zokef k'fufim!

Blessed are You, our Divinity, Who straightens the bent!

Kahal:

אמן – Amein

(Returning attention to the sefirah of Hod)

Hazzan:

וְעַל הָאָרֶץ מִתַּחַת אֵין עוֹד

V'al Ha'Aretz MiTakhat (And Upon the Earth Below)

Kahal:

Ayn Od!

There is Nothing Else

Hazzan:

כָּל זְמַן שֶׁהַנְּשָׁמָה בְּקִרְבִּי מוֹדֶה אֲנִי לְפָנֶיךָ יְהוָה אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי רַבּוֹן כָּל
הַמַּעֲשִׂים אֲדוֹן כָּל הַנְּשָׁמוֹת: בָּרוּךְ אַתָּה יְהוָה הַמְחַזֵּיר נְשָׁמוֹת לְפָגְרִים מֵתִים
Kol z'man sheha'neshamah v'kirbi, modeh ani l'fanekha, Adonai Elohai
Veilohei Avotai, Ribon kol hama'asim, Adon kol haneshamot.

Barukh Atah Adonai, HaMakhazir neshamot lifgarim meitim!

*So long as the soul is within me I give thanks to You, Hashem my God and God of my
ancestors, Lord of all creatures, Master of all souls. Blessed are You, Hashem, Who
restores life to the lifeless!*

Kahal:

אמן – Amein

TIFERET and YESOD

(Sefirot of sun-yellow and violet in heart and orange light in lower belly)

Hazzan:

May we live in balance, may we serve You in joy!

תשע Teisha

Nine

Kahal:

Wa – Ya – Ha

ט

TET

Hazzan:

Sensing Your hidden Goodness!

טוב-יְהוָה לְכֹל יְרַחֵם עַל-כָּל-מַעֲשָׂיו

Tov Adonai Lakol, v'rakhamav al kol ma'asav

The Divine is good to all, Divine Compassion is upon all creation!

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מְלִבִּישׁ עֲרֻמִּים

Barukh Atah Adonai, Eloheinu Melekh HaOlam, malbish arumim!
*Blessed are You, Being, our Divinity, Sovereign of the Universe, who clothes
the naked!*

Kahal:

אמן – Amein

(Bringing attention to Tiferet)

עַל כֵּן נִקְוָה לָּךְ יְהוָה אֱלֹהֵינוּ לְרֹאשׁוֹת מְהֵרָה בְּתִפְאֶרֶת עֲזָךְ

Al kein n'kaveh L'kha Adonai Eloheinu lir'ot m'heirah b'Tiferet uzekha~
*Therefore, we put our hope in You, Hashem, our Divinity, to see speedily the
Radiance [Tiferet] of Your strength!*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם פּוֹקֵחַ עֵוְרִים

Barukh Atah Adonai, Eloheinu Melekh HaOlam, pokei'akh ivrim!
*Blessed are You, Being, our Divinity, Sovereign of the Universe, who gives
sight to the blind!*

Kahal:

אמן – Amein

(Bringing attention to Yesod)

Hazzan:

לְתַקֵּן עוֹלָם

L'Takein Olam

To Fix/Heal the World

גָּלוּי וְיָדוּעַ לְפָנַי כִּסֵּא כְבוֹדְךָ שְׂאֵם יִפְתַּח אֶחָד מֵהֶם אוֹ יִסְתֵּם אֶחָד מֵהֶם אִי אֶפְשָׁר
לְהִתְקַיֵּם וְלַעֲמֹד לְפָנֶיךָ. בָּרוּךְ אַתָּה יְהוָה רוֹפֵא כָּל בְּשָׂר וּמִפְּלִיא לַעֲשׂוֹת
Galui v'yadu'a lifnei khisei kh'vodekha, she'im yipatei'akh ekhad meihem,
o yisatem ekhad meihem, ee efshar l'hit'kayem v'la'amod l'fanekha. Barukh
Atah Adonai, rofei khol basar umafli la'asot!

*It is revealed and known in the Presence of Your glorious throne that if one
of [my organs] were ruptured, or if one of them were blocked, it would be
impossible to exist and stand in Your Presence. Blessed are You, Hashem,
Who heals all flesh and performs wonders!*

Kahal:

אמן – Amein

MALKHUT

(Sefirah of blue/earth colors at feet again)

Hazzan:

עשר Eser

Ten

Kahal:

Wa – Ha – Ya

י

YOD

(Visualize Yod as your head, bring hands to face)

Hazzan:

In Pure, Simple Awareness!

יְדוּכָה אֲדוֹנָי כֹּל מַ'אֲסַחְתָּךְ וְחַסִּידֶיךָ יְבָרְכוּךָ

Yodukha Adonai Kol Ma'asekha, V'Hasidekha Yivarkhukha

All Your creations will thank you, and Your devout ones will bless You!

הִרִינִי מִקַּבֵּל עָלַי מִצְוֹת עֲשֵׂה נָשָׂא

Hareini m'kabel alai mitzvot aseh shel...

Behold, I accept upon myself the mitzvah to practice...

Kahal:

– תָּמִים תְּהִיָּה עִם יְהוָה אֱלֹהֶיךָ

Tamim tihyeh im Adonai Elohekha!

(Simple you shall be with All Being, your Divinity

Accept What Happens with simplicity!)

Hazzan:

מִי־יָגוּר בְּאֹהֶלְךָ מִי־יִשְׁכּוֹן בְּהַר קֹדְשֶׁךָ

Mi yagur b'ohalekha? Mi yishkon b'har kodshekha?

Who can sojourn in Your tent? Who may dwell on Your holy mountain?

Kahal:

הוֹלֵךְ תָּמִים

Holekh Tamim!

One who walks in simplicity

(Bringing attention to Malkhut at mouth – palms together to mouth)

Hazzan:

בְּמַלְכוּת שְׁדַי

B'Malkhut Shadai

In The Kingdom of the Breasted God

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ אֶת־תּוֹרָתוֹ:
בְּרוּךְ אַתָּה יְהוָה נוֹתֵן הַתּוֹרָה

Barukh Atah Adonai, Eloheinu Melekh HaOlam, asher bakhar banu mikol
ha'amim, v'natan lanu et Torato, Barukh Atah Adonai, Notein HaTorah!

*(Blessed are You, Being, our Divinity, Sovereign of the Universe,
who chooses us from among all the peoples and gives us Torah.*

Blessed are You, HaShem, Giver of Torah!)

Kahal:

אמן – Amein

Hazzan:

יְבָרֶכְךָ יְהוָה וַיִּשְׁמְרֶךָ:

Yivarekhekha Adonai v'yishm'rekha!
May the Divine bless you and guard you!

Kahal:

אָמֵן – Amein

Hazzan:

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיְחַנּוּךָ:

Ya'er Adonai Panav eilekha vikhuneka!
May the Divine shine the Presence upon you and be gracious to you!

Kahal:

אָמֵן – Amein

Hazzan:

יֵשָׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם

Yisa Adonai Panav eilekha v'yasem l'kha Shalom!
May the Divine turn the Presence toward you and give you peace!

Kahal:

אָמֵן – Amein

Hazzan:

אֲשֶׁרִינוּ מַה טוֹב חֶלְקֵנוּ וּמַה נְעִים גּוֹרְלֵנוּ וּמַה יְפֵה רִשְׁתָּנוּ: אֲשֶׁרִינוּ כְּשֶׁאֲנִי מְשַׁפְּיָמִים וּמַעֲרִיבִים
בְּבֵיתִי כְּנִסְיוֹת וּבְבֵיתִי מִדְּרָשׁוֹת וּמִיְחָדִים שְׁמֶךָ בְּכָל־יּוֹם תָּמִיד וְאוֹמְרִים פְּעָמִים בְּאַהֲבָה

Ashreinu mah tov helkeinu, umah na'im goraleinu, umah yafah
y'rushateinu! Ashreinu k'she'anu mashkimim uma'arivim b'vatei kh'nesiot
uv'vatei midrashot, um'yakhadim shimkha b'khol yom tamid, v'omrim
pa'amayim b'ahavah:

*How good is our portion! How pleasant is our destiny! How beautiful is our
heritage! We are fortunate we who rise early and stay late in synagogues
and houses of study, and unify Your Name each day two times with Love:*

Sh'ma and Body of Light in Six Directions

כ

(Inhale, filling body with light, exhale and project light upward, chanting)

Kahal:

Sh'ma שְׁמַע
Listen

Hazzan:

Fearlessly choosing Presence!

כְּבוֹד מַלְכוּתְךָ יֵאמְרוּ וְגִבּוֹרְתְךָ יִדְבְּרוּ

K'vod Malkhutekha Yomeiru Ugevurat'kha Y'dabeiru

Of the glory of Your kingdom they will speak, of Your power they will tell!

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה

Barukh Atah Adonai, Eloheinu Melekh HaOlam, Oter Yisrael b'Tifarah!

*Blessed are You, Being, our Divinity, Sovereign of the Universe, crowns
Israel with Radiant Splendor!*

Kahal:

אָמֵן – Amein



(Inhale light into body, exhale and project light downward, chanting)

Kahal:

ישראל Yisrael
Striving for the Divine

Hazzan:

May we receive Your Teaching in every moment!

לְהוֹדִיעַ | לְבְנֵי הָאָדָם גְּבוּרָתוֹ וְכְבוֹד הַדָּר מְלְכוּתוֹ
L'hodia Liv'nei Adam Gevurotav Ukh'vod Hadar Malkhuto
*To make Its Power known to the children of Adam
and the glorious majesty of Its Kingdom!*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לַעֲסֹק בְּדִבְרֵי תוֹרָה

Barukh Atah Adonai, Eloheinu Melekh HaOlam, asher kid'shanu
b'mitzvotav vitzivanu, la'asok b'divrei Torah!

*Blessed are You, Being, our Divinity, Sovereign of the Universe, Who
sanctifies us with mitzvot and gives us the practice of learning Torah!*

Kahal:

אמן – Amein

מ

(Inhale light into body, exhale and project light forward, chanting)

Kahal:

YAdonai יהוה

Existence, Divine, My Lord

Hazzan:

May we merge like water with the fulness of this moment,
resting deeply in the flow and cleansed from all resistance!

מְלִכּוּתְךָ מְלִכּוּת כָּל־עֲלָמִים וּמִמְשַׁלְתְּךָ בְּכָל־דּוֹר וְדוֹר
Malkhut'kha Malkhut Kol Olamim, Umemshlt'kha b'khol Dor Vador
*Your Kingdom is a Kingdom of all worlds,
and Your dominion is from generation to generation!*

בָּרוּךְ אַתָּה יְהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם

Barukh Atah Adonai, Eloheinu Melekh HaOlam, asher kid'shanu
b'mitzvotav vitzivanu, al netilat yadayim!

*Blessed are You, Being, our Divinity, Sovereign of the Universe, Who
sanctifies us with mitzvot and gives us the practice washing hands!*

Kahal:

אמן – Amein

ס

(Inhale light into body, exhale and project light backward, chanting)

Kahal:

Eloheinu אֱלֹהֵינוּ
(Our Divinity)

Hazzan:

May we remember that we are constantly supported by You on all levels!

סוּמְךָ יְהוָה לְכָל־הַנִּפְלְגִים וְיִזְוֶךְךָ לְכָל־הַכְּפוּפִים

Somekh Adonai l'khol hanoflim v'zokeif l'khol hak'fufim

The Divine supports all who have fallen, and straightens all the bent!

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם

Barukh Atah Adonai, Eloheinu Melekh HaOlam, roka ha'aretz al hamayim!

*Blessed are You, Being, our Divinity, Sovereign of the Universe,
Who spreads out the earth upon the waters!*

Kahal:

אמן – Amein

ע

(Inhale light into body, exhale and project light to the right, chanting)

Kahal:

YAdonai יהוה

Existence, Divine, My Lord

Hazzan:

May we seek You constantly wherever we find ourselves!

עֵינֵי כָּל אֱלֹהִים יִשְׁבְּרוּ וְאַתָּה נוֹתֵן לָהֶם אֶת־אֲכָלָם בְּעֵתוֹ

Einei khol eilekha y'sabeiru, v'Atah notein lahem et akhlam b'ito

*The eyes of all are on you with hope,
and you give them their food in its time*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמַּעֲבִיר שְׁנָה מֵעֵינַי וְחֲנוּמָה מֵעַפְעָפַי

Barukh Atah Adonai, Eloheinu Melekh HaOlam,
HaMa'avir sheina me'eynay ut'numah me'afapai!

*Blessed are You, Being, our Divinity, Sovereign of the Universe,
Who removes sleep from my eyes and slumber from my eyelids!*

Kahal:

אמן – Amein

פ

(Inhale light into body, exhale and project light to the left, chanting)

Kahal:

Ekhad אֶחָד (One)

Hazzan:

May we taste the Sweetness of Your Teaching!

פּוֹתַח אֶת יָדְךָ וּמְשַׁבֵּיעַ לְכֹל חַי רָצוֹן

Poteiakh et yadekha umaspiach l'khol khai ratzon!

You open Your Hand and satisfy the desires of all life!

Kahal:

וְהַעֲרַב נָא יְהוָה אֱלֹהֵינוּ אֶת דְּבָרֵי תוֹרָתְךָ

בְּפִינוּ וּבְפִי עַמֶּךָ בֵּית יִשְׂרָאֵל כְּלָנוּ יוֹדְעֵי שְׁמֶךָ וְלוֹמְדֵי תוֹרָתְךָ לְשִׁמְחָה:

V'ha'arev Na! V'ha'arev Na!

Adonai Eloheinu et Divrei Torat'kha!

B'finu ufi amkha Beit Yisrael

Kulanu yodei Sh'mekha v'lomdei Toratekha lishmah!

Sweeten, please, the words of your Torah in our mouths and the mouths of Your people Israel, May we all know Your Name and learn Torah for Its own sake!

Hazzan:

וְנִהְיֶה אֲנַחְנוּ וְצִאֲצֵאֵינוּ וְצִאֲצֵאֵינוּ עַמֶּךָ בֵּית יִשְׂרָאֵל כְּלָנוּ יוֹדְעֵי שְׁמֶךָ וְלוֹמְדֵי תוֹרָתְךָ

לְשִׁמְחָה: בָּרוּךְ אַתָּה יְהוָה הַמְלַמֵּד תוֹרָה לְעַמּוֹ יִשְׂרָאֵל

V'nihyeh anakhnu v'tze'etza'einu, v'tze'etza'ei amkha beit Yisrael,

kulanu yodei Sh'mekha v'lomdei Toratekha lishmah!

Barukh Atah Adonai, HaM'lamed Torah l'amo Yisrael!

May we and our descendants, and the descendants of Your people Israel, all of us know Your Name and learn Torah for Its own sake! Blessed are You, Being, our Divinity, Who teaches Torah to the people Israel!

Kahal:

אמן – Amein

צ

(Receive Light from the left, chanting)

Kahal:

Barukh בָּרוּךְ

Blessed

Hazzan:

Open us to trust You and live for You completely!

צַדִּיק יְהוָה בְּכָל-דַּרְכָּיו וְחַסִּיד בְּכָל-מַעֲשָׂיו

Tzadik Adonai b'khol d'rakhav v'hasid b'khol ma'asav!

The Divine is just in all Its paths and loving in all Its action!

וְיְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שֶׁתְּרַגְּלֵנוּ בְּתוֹרַתְךָ וְדַבְּרֵנוּ בְּמִצְוֹתֶיךָ, וְאַל תְּבִיאֵנוּ לֹא לַיְדֵי חַטָּא וְלֹא לַיְדֵי עֲבֵרָה וְעוֹן וְלֹא לַיְדֵי נִסְיוֹן וְלֹא לַיְדֵי בְּזִיוֹן וְאַל יִשְׁלַט בָּנוּ יֵצֶר הָרָע וְהִרְחִיקֵנוּ מֵאָדָם רָע וּמִחֶבֶר רָע וְדַבְּרֵנוּ בְּיֵצֶר הַטּוֹב וּבְמַעֲשֵׂים טוֹבִים וְכוּף אֶת-יֵצֶרְנוּ לְהִשְׁתַּעֲבֹד-לְךָ

Y'hi ratzon milfanekha, Adonai Eloheinu Velohei Avotainu, shetargileinu b'Toratekha, v'dab'keinu b'Mitzvotekha, v'al t'vi'einu lo lidei het, v'lo lidei averah v'avon, v'lo lidei nisayon, v'lo lidei vizayon, v'al yishlot banu yetzer hara, v'harhikeinu me'adam ra ume'haver ra, v'dab'keinu b'yetzer hatov uv'ma'asim tovim, v'khof et yitzreinu l'hishtabed lakh!

And may it be Your Will, Hashem, our God and God of our ancestors, that You accustom us to Your Torah, and attach us to Your mitzvot. Do not bring us into the power of error, to commit harmful actions unknowingly, nor into the grasp of transgression or injustice, nor to commit harmful actions intentionally, nor into the power of scorn. Let us not be ruled by reactivity.

Distance us from an evil person and an evil companion.

Attach us to the positive motivation, and to good deeds, and compel our desires to be for You!

Kahal:

אמן – Amein

ק

(Receive Light from the right, chanting)

Kahal:

***Shem* שֵׁם**

Name

Hazzan:

May we receive the Grace of Your Presence in the ordinary flow of life!

קָרוֹב יְהוָה לְכָל-קוֹרְאָיו לְכָל אֲשֶׁר יִקְרָאֵהוּ בְאֵמֶת

Karov Hashem l'khol korav l'khol asher yikra'uhu ve'emet!

The Divine is close to all who call upon It, to all who call out in Truth!

וְתַנְנֵנוּ הַיּוֹם וּבְכָל-יּוֹם לְחַן וּלְחֶסֶד וּלְרַחֲמִים בְּעֵינֶיךָ וּבְעֵינֵי כָל-רוֹאֵינוּ וְתַגְּמְלֵנוּ חֲסִדִּים טוֹבִים:
בְּרוּךְ אַתָּה יְהוָה גּוֹמֵל חֲסִדִּים טוֹבִים לְעַמּוֹ יִשְׂרָאֵל

Ut'neinu hayom uv'khol yom l'hen ul'hesed ul'rahamim b'einekha, uv'einei
khol ro'einu v'tig'm'leinu hasadim tovim.

Barukh Atah Adonai, gomel hasadim tovim l'amo Yisrael!

Grant us this day and every day Grace, Kindness and Compassion in Your eyes and in the eyes of all who see us, and bestow bountiful kindness upon us, Blessed are You, Hashem, for You bestow bountiful kindness upon Your people Israel!

Kahal:

אָמֵן – Amein

ך

(Receive Light from behind, chanting)

Kahal:

K'vod כבוד
([of the] Glorious)

Hazzan:

May we recognize the Mystery that transcends all understanding!

רְצוֹן-יְרָאִיו יַעֲשֶׂה וְאֶת-שׁוֹעֲתָם יִשְׁמַע וְיִוֹשִׁיעֵם
R'tzon y'reiav ya'aseh v'et shavatam yishma v'yoshieim
*The Divine fulfills the desires of those with awe;
The Divine hears their cries and saves them!*

Kahal:

רְאִישִׁית חֵכְמָה יִרְאֵת יְהוָה, שִׁכְל טוֹב לְכָל-עֹשִׂיהֶם, תְּהִלָּתוֹ עוֹמֶדֶת
לְעַד:
בְּרוּךְ שֵׁם כְּבוֹד

**Reisheet Hokhmah Yirat Hashem
Sekhel Tov L'khol Oseihem
Tehilato Omedet La'ad
Barukh Shem K'vod**

The beginning of Wisdom is Awe of the Divine – good intelligence to all who practice – It's Praise endures forever – Blessed is the Radiant Name!

ו

(Receive Light from in front, chanting)

Kahal:

Malkhuto מלכותו
(Kingdom)

Hazzan:

May we be watchful to answer Your call, and may You be watchful over us!

שׁוֹמֵר יְהוָה אֶת-כָּל-אֹהֲבָיו וְאֵת כָּל-הַרְשָׁעִים יַשְׁמִיד

Shomer Adonai et kol ohavav v'et kol har'shayim yashmid.

The Divine guards all who love the Divine, and those who hate will be destroyed.

יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי שֶׁתְּצִילֵנִי הַיּוֹם וּבְכָל-יּוֹם מֵעַזֵּי פָנִים וּמַעֲזוֹת פָּנִים
מֵאָדָם רָע וּמִחֶבֶר רָע וּמִשָּׂכֵן רָע וּמִפְּגַע רָע וּמִשָּׁטָן הַמְּשַׁחֵת מִדִּין קָשָׁה וּמִבְּעַל דִּין קָשָׁה, בֵּין
שֶׁהוּא בֶן בְּרִית וּבֵין שְׂאִינֹו בֶן בְּרִית:

Y'hi Ratzon milfanekha, Adonai Elohai Velohei avotai, shetatzileini hayom
uv'khol yom me'azei fanim ume'azut panim, me'adam ra, ume'haver ra,
umishokhein ra, umipega ra, umiSatan hamashkhit, midin kasheh umi ba'al
din kasheh, bein shehu ven Brit, uvein she'eino ven Brit.

*May it be Your will, Hasem, my God and God of my ancestors, to rescue me
today and every day from arrogant people and from arrogance; from an evil
person, from an evil companion, from an evil neighbor; from an evil mishap
and from destructive barriers; from a harsh trial and a harsh opponent,
whether in the community or not in the community.*

Kahal:

אמן – Amein

ת

Hazzan:

Grant us genuine sincerity and may we live in the truth of our hearts!

תְּהִלַּת יְהוָה יְדַבֵּר פִּי וַיְבָרֵךְ כָּל-בִּשְׂרָף שֵׁם קְדוֹשׁוֹ
Tehilat Adonai yidaber pi, vivarekh kol basar Shem Kodsho

*Praise of the Divine my mouth will declare,
and may all creatures will bless the Holy Name!*

(Receive Light from in below, chanting)

Kahal:

Le'Olam לעולם
(Unto Eternity!)

Hazzan:

יְהֵא אָדָם יֵרָא שָׁמַיִם בְּסֵתֶר וּבִגְלוּי וּמוֹדֵה עַל-הָאֱמֶת וְדוֹבֵר אֱמֶת בְּלִבּוֹ וַיִּשְׁכֵּם וַיֹּאמֶר

Y'hei adam y'rei shamayim b'seter ivagalui umodeh al ha'emet v'dover
emet bilvavo v'yashkem v'yomar...

*A person should always be in awe of the Divine, privately as well as openly,
speak truth from the heart, and rise early and say...*

(Receive Light from in above, chanting...)

VaEd וְעַד
Forever!

ב

Hazzan:

We recognize that all comes from You, and to You all shall return!

Kahal:

וְאַנְחֵנוּ נְבָרְךָ יְיָ מֵעַתָּה וְעַד-עוֹלָם הַלְלוּ-יְיָ

**Va'anakhnu N'varekh Yah
Me'ata v'ad olam, Hallelu Yah!**

We will bless the Divine from now unto Eternity!

Hazzan:

רבוֹן כָּל הָעוֹלָמִים וְאֲדוֹנֵי הָאֲדוֹנִים
Robon Kol HaOlamim, Va'Adonei HaAdonim!

Master of All Worlds, Lord of Lords!

Kahal:

לֹא עַל צְדָקוֹתֵינוּ אֲנֵחְנוּ מִפִּילִים תַּחֲנוּנֵינוּ לְפָנֶיךָ כִּי עַל רַחֲמֶיךָ הָרַבִּים

**Lo al tzidkoteinu anakhnu mapilim takhanuneinu
Lifanekha, ki al Rakhamekha HaRabim!**

*Not upon our own merit do we cast our supplications before You,
but upon Your abundant compassion!*

Hazzan:

אָבֵל אֲנֵחְנוּ עִמָּךְ בְּנֵי בְרִיתְךָ
Aval, anakhnu amkha b'nei v'ritekha!
Nevertheless, we are the children of Your covenant!

Hazzan:

הֲרִינִי מְקַבֵּל עָלַי מִצְוֹת עֲשֵׂה שֶׁל
Hareini m'kabel alai mitzvat ashe shel...
Behold, I accept upon myself the mitzvah to practice...

Kahal:

וְאַהַבְתָּ אֵת יְהוָה אֱלֹהֶיךָ
Ve'Ahavtah Et Adonai Elohekha
And You shall love Existence, your Divinity

Hazzan:

בְּנֵי אַבְרָהָם אֲהַבְתָּ לּוֹ בְּהַר הַמֹּרִיָּה
B'nai Avraham ohavkha shenishbata lo b'har hamoriyah
*We are the children of Abraham, Your beloved,
to whom You swore on Mount Moriah*

Kahal:

(Right hand on heart)

בְּכֹל לְבָבְךָ
B'khol LeVav'kha
With all your heart

(Offering attention from the heart to fullness of this moment)

לְךָ
L'kha _____
For You

Hazzan:

זָרַע יִצְחָק יְחִידוֹ שְׁנַעְקַד עַל גְּבֵי הַמִּזְבֵּחַ

Zera Yitzhak y'khido Shene'ekad al gabei hamizbe'akh
The seed of Yitzhak, Unique One, who was bound atop the altar

Kahal:

(Left hand on belly)

וּבְכָל נַפְשֶׁךָ

Uv'Khol Naf'shekha

and with all your soul

(Bringing awareness into body)

נַעֲשֶׂה

Na'aseh _____

We will do

Hazzan:

עַדֵּת יַעֲקֹב בְּנֵהּ בְּכֹרֶהּ שְׂמֵאֵהְבָתְךָ שְׂאֵהְבָת אוֹתוֹ וּמִשְׂמַחְתְּךָ שְׂשִׂמְחָת בּוֹ
קָרָאתָ אֵת שְׁמוֹ יִשְׂרָאֵל וְיֶשְׁרֹון

Adat Ya'akov binkha b'khorkha shemei'ahavat'kha she'ahavta oto
umisimkhat'kha shesamakhta bo karata et sh'mo Yisrael Vishurun
*The community of Jacob, Your firstborn, because of Your love and joyous
delight — You named him Yisrael and Yeshurun.*

Kahal:

(Right hand touch forehead)

וּבְכָל מְאֹדְךָ

Uv'Khol Me'odekha

and with all your expansiveness

(Aware of awareness as vast field beyond the body)

וְנִשְׁמָע

V'nishmah _____

And we will hear

וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוֶּה הַיּוֹם עַל־לְבָבְךָ: וְשָׁנַנְתָּם לְבִנְיֶיךָ וְדִבַּרְתָּ בָם בְּשַׁבְּתֶךָ בְּבֵיתְךָ
וּבְלֶכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וְקִשַׁרְתָּם לְאוֹת עַל־גִּידְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ: וְכָתַבְתָּם
עַל־מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

V'hayu hadevarim ha'eleh asher anokhi m'tzav'kha hayom al levavekha.
V'shinantam levanekha v'dibarta bam b'shivt'kha b'veitekha uv'lekht'kha
vaderekh uv'shokh'b'kha uv'kumekha. U'kshartam l'ot al yadekha v'hayu
l'totafot bein einekha. Ukh'tavtam al mezuzot beitekha uvish'arekha.

And these words which I command you today, shall be upon your heart. And you shall teach them sharply to your children. And you shall discuss them when you sit in your house, and when you travel on the road, and when you lie down and when you rise. And you shall bind them for a sign upon your hand, and they shall be amulets between your eyes. And you shall write them upon the doorposts of your house and upon your gateways.

לְפִיכָךְ אֲנַחֲנוּ חַיִּים לְהוֹדוֹת לָךְ וּלְשַׁבְּחָךְ וּלְפָאֲרָךְ וּלְבָרְךָ וּלְקַדְּשׁ וּלְתַן שְׂבַח וְהוֹדָיָה לְשִׁמְךָ

L'fikhakha anakhnu khayavim l'hodot l'kha, ul'shabekhakha, ul'fa'erkha,
ul'varekh, ul'kadesh v'litein shevakh v'hodayah liShmekha!

*Therefore, it is upon us to thank You, to praise You, and to glorify You;
to bless, to sanctify, and to offer praise and thanks to Your Name!*

Kahal:

אַתָּה הוּא אַתְּ יְהוָה
Atah HU, At YAH Hi...

You – the Fullness of What Is Now – You are the Divine

Silent Meditation

Hazzan:

אַתָּה הוּא עַד שְׁלֹא נִבְרָא הָעוֹלָם, אַתָּה הוּא מִשְׁנִבְרָא הָעוֹלָם, אַתָּה הוּא בְּעוֹלָם הַזֶּה וְאַתָּה הוּא
לְעוֹלָם הַבָּא, קִדַּשׁ אֶת שְׁמֶךָ עַל מְקַדְיָשֵׁי שְׁמֶךָ וְקִדַּשׁ אֶת שְׁמֶךָ בְּעֻלְמָךָ, וּבִישׁוּעָתְךָ תָּרוּם וְתִגְבֶּיֶה
:מְרַגְּנֵנוּ לְמַעַלָּה, וְהוֹשִׁיעֵנוּ בְּקִרְוֹב לְמַעַן שְׁמֶךָ. בְּרוּךְ הַמְקַדֵּשׁ שְׁמוֹ בְּרַבִּים

Atah Hu ad shelo nivra ha'olam, Atah Hu mishenivra ha'olam; Atah Hu
ba'olam hazeh, v'Atah Hu ba'olam haba. Kadesh et Shimkha al makdishei
Sh'mekha, v'kadesh et Shimkha b'olamekha; uvishuat'kha tarim v'tagbiyah
karneinu l'malah; v'hoshieinu b'karov l'ma'an Sh'mekha!
Barukh HaM'kadesh Sh'mo barabim!

*You are the Divine before the world was created. You are the Divine since
the world has been created. You are the Divine in this world, and You are
the Divine in the World-to-Come. Sanctify Your Name upon those who
hallow Your Name, and sanctify Your Name in Your world. Through Your
salvation, may exalt and uplift us to transcendence, and save us speedily for
the sake of Your Name. Blessed is the One whose Name is sanctified by the
Many.*

Kahal:

אמן – Amein

(Chant each line 3x)

יְהוָה צְבָאוֹת עִמָּנוּ מִשְׁנִבְרָא-לָנוּ אֱלֹהֵי יַעֲקֹב סֵלָה:
יְהוָה צְבָאוֹת אֲשֶׁר־י אָדָם בִּטְחָ בְּךָ:
יְהוָה הוֹשִׁיעָה הַמְּלִךְ יַעֲנֵנוּ בְּיוֹם-קְרִיאָנוּ:

Adonai Tz'va'ot imanu misgav lanu, Elohei Ya'akov, selah!

Adonai Tz'va'ot ashrei adam boteiakh bakh!

Adonai Hoshiah! HaMelekh ya'aneinu v'yom kareinu!

*Lord of Hosts is with us, a stronghold for us is the God of Jacob, Selah!
Lord of Hosts, fortunate is the person who trusts in You! Hashem – save us!
The King will answer us on the day we call!*

Kahal:

אַתָּה סֹתֵר לִי מִצָּר תִּצְרֵנִי רָנִי פִּלֵּט תְּסוּבְּבֵנִי סֵלָה: וְעַרְבָּה לִיהוָה מִנַּחֲת
יְהוּדָה וִירוּשָׁלַם כִּימֵי עוֹלָם וּכְשָׁנִים קְדָמֹנִיּוֹת

**Atah seter li, mitzar titzreini
Ranei falet t'sov'veini selah
V'arava Ladonai minkhat Yehudah Virushalayim
Kimei Olam ukh'shanim kadmoniot!**

*You are my shelter; from distress You preserve me; with glad song of rescue,
You envelop me, Selah! Let Adonoy be pleased with the offerings of Judah
and Jerusalem, as in the days of old and in earlier years!*

*Hazzan, **Kahal** in boldface:*

אַנָּא בְּכַח גְּדֻלַּת יְמִינְךָ תַּתִּיר צְרוּרָה:

Ana b'kho'akh gedulat y'minkha tatir tz'rurah!

Please, by the power of Your compassionate right hand, release the bound!

קַבֵּל רִנַּת עַמְּךָ שֶׁגִּבְנוּ טַהַרְנוּ נוֹרָא:

Kabel rinat amkha sagveinu tahareinu nora!

Accept the prayer of Your people; strengthen us, purify us, Awesome One!

נָּא גִבּוֹר דּוֹרְשֵׁי יַחֲוּדְךָ כְּבַבַּת שְׂמֹרֵם:

Na Gibor dorshei yekhud'kha k'vavat shomrem!

Please Mighty One, those who seek Your Unity, sustain like the pupil of Your eye!

בְּרַכְּם טַהַרֵם רַחֲמֵם צְדִקְתְּךָ תְּמִיד גְּמֹלֵם:

Barkhem taharem rakhmem tzid'kat'kha tamim gomlem!

Bless them, purify them, have compassion; Your benevolence always bestow upon them!

חֲסִין קָדוֹשׁ בְּרַב טוֹבְךָ נַהֵל אֶדְתְּךָ:

Hasin kadosh b'rov tuv'kha nahel adatekha!

Mighty, Holy One, in Your abundant goodness, lead Your community.

יַחֲוִיד גֵּאָה לְעַמְּךָ פְּנֵה, זוֹכְרֵי קְדוּשַׁתְּךָ:

Yakhid ge'eh l'amkha p'neh, zokhrei k'dushatekha!

Unique One, Exalted, turn to Your people who are mindful of Your holiness!

שׁוּעַתֵּנוּ קַבֵּל וּשְׁמַע צַעֲקוֹתֵנוּ יוֹדַע תַּעֲלוּמוֹת:

Shavateinu kabel ush'ma tza'akateinu yodeia ta'alumot!

Accept our prayer and hear our cry, You who knows hidden thoughts!

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

Barukh Shem K'vot Malkhuto Le'olam Va'ed!

Blessed is the Name of the Glorious Kingdom forever and ever.