

KETER

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

Hazzan:

One Reality, the Crown of Existence

אֶחָת – Akhat

One

Kahal:

רוח אלהים חיים – Ruakh Elohim Hayim

Breath of the Living Divine

Hazzan:

הוא אֱלֹהֵינוּ אֵין עוֹד – Hu Eloheinu Ayn Od

It is our Divinity, there is Nothing Else

Kahal:

יִגְדַּל אֱלֹהִים חַי וְיִשְׁתַּבַּח, נִמְצָא וְאֵין עֵת אֶל מְצִיאֹתוֹ
אֶחָד וְאֵין יַחֲיד כְּיַחְדוֹ, נֶעְלָם וְגַם אֵין סוּף לְאַחַדוֹתָיו

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

שתים רוח מרוח

Sh'tayim

Two

Kahal:

רוח מרוח

Ruakh MeRuakh

Breath from Breath

Hazzan:

אמת מלכנו אפס זולתו

Emet Malkeinu, Efes Zulato

(Truth is Sovereign, there is Nothing except It)

Kahal:

אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ, בְּטֶרֶם כָּל יִצִּיר נִבְרָא

לֵעֵת נַעֲשֶׂה בְּחִפְזוֹ כָּל, אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא

וְאַחֲרֵי כְּכֹלֹת הַכֹּל, לְבַדּוֹ יִמְלֹךְ נוֹרָא

וְהוּא הָיָה וְהוּא הָיָה, וְהוּא יִהְיֶה בְּתַפְאֲרָה

**Adon Olam asher malakh b'terem kol y'tzир 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 אֵלֵי וְחֵי גּוֹאֲלִי, וְצוּר חֻבְלֵי בְּעֵת צָרָה
וְהוּא נֹסֵי וּמְנוּס לִי, מִנַּת כּוֹסֵי בְּיוֹם אֶקְרָא

**V'Hu Ekhad, v'ayn sheini, L'hamshil lo l'hakhbirah
B'li reishet, 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, בְּעֵת אִישׁוֹן וְאֶעֱרָה
וְעִם רוּחִי גְּוִיָּתִי, יִהְיֶה לִי 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 the Temple of this body

בְּכֹל-יוֹם אֲבָרְכֶךָ וְאַהֲלֶלְהָ 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, Jacob: your dwelling places, Israel

Hazzan:

וְאֲנִי בְּרַב חַסְדֶּיךָ אָבוֹא בֵּיתְךָ אֲשַׁתְּחֶנָּה אֶל הַיְכָל־קֹדֶשְׁךָ בִּירְאָתְךָ: יְהוָה אֲהַבְתִּי
מֵעוֹן בֵּיתְךָ וּמְקוֹם מִשְׁכַּן כְּבוֹדְךָ: וְאֲנִי אֲשַׁתְּחֶנָּה וְאֲכַרְעָה אֶבְרָכָה לְפָנַי יְהוָה עֲשֵׂי:

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 תַפִּלַּתִּי־לְךָ יְהוָה עֵת רַצוֹן אֱלֹהִים בְּרַב־חַסְדֶּיךָ עֲנֵנִי בְּאֵמֶת יִשְׁעֶיךָ

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!