

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 חיים – 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 כחודו, 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:

אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ, בְּטָרֵם כֹּל יִצִּיר נִבְרָא

לַעֲת נַעֲשֶׂה בְּחִפְצוֹ כֹּל, אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא

וְאַחֲרַי כְּכֹלֹת הַכֹּל, לְבַדּוֹ יִמְלֹךְ נֹרָא

וְהוּא הָיָה וְהוּא הוֹנֵה, וְהוּא יִהְיֶה בְּתִפְאַרְהָ

(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 וְחַי גּוֹאֲלִי, וְצוּר חֻבְלֵי בְּעַת צָרָה
וְהוּא נֹסֵי וּמְנוֹס לִי, מְנַת כּוֹסֵי בְיוֹם 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, בְּעַת אִישָׁן וְאֶעֱרָה
וְעַם רוּחִי גְוִיָּתִי, יְהוֹה 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 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:

מָה 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 חֶסֶדְךָ אָבוֹא בֵּיתְךָ אֲשַׁתְּחֹוּהָ אֵל הַיְכָל־קֹדֶשְׁךָ בְּיִרְאַתְךָ: יְהוָה אֲהַבְתִּי
מֵעוֹן בֵּיתְךָ וּמְקוֹם מִשְׁכַּן כְּבוֹדְךָ: וְאֲנִי אֲשַׁתְּחֹוהָ וְאֶכְרַעָהּ אֲבָרְכָהּ לִפְנֵי 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־חֶסֶדְךָ עֲנֵנִי בְּאֵמֶת 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 קוֹדֵשׁא בְּרִיךְ הוּא

L'Shem Yikhud Kudsha Brikh Hu

(For the sake of unifying the Blessed Holy One)

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה וּבְרָא בּוֹ נְקֻבִים נְקֻבִים 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 וְלִגְדֻלְתּוֹ 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 is Grace!

דֹר לְדֹר 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 כָל-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:

אמן – *Amein*

DA'AT

(Bring palms together in front of mouth)

Hazzan:

May this awareness express itself on all levels!

כַּכְּתוּב 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:

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

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

בְּדַחֲלִי וּרְחִימוּ לְיַחַד 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!)