

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:

אָדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ, בְּטֶרֶם כּוֹל יִצִּיר נִבְרָא

לַעֲת נַעֲשֶׂה בְּחִפְצוֹ כּוֹל, אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא

וְאַחֲרַי כְּכֹלֹת הַכּוֹל, לְבַדּוֹ יִמְלֹךְ נוֹרָא

וְהוּא הָיָה וְהוּא הוֹיָה, וְהוּא יִהְיֶה בְּתִפְאַרְתּוֹ

(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 חֲבְלֵי 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 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, O Jacob, your dwelling places, Israel!)

Hazzan:

וְאָנִי בְּרַב חַסְדֶּיךָ אָבֹא בֵיתְךָ אֲשַׁתְּחֶנָּה אֶל הַיְכָל־קֹדֶשְׁךָ בְּיִרְאַתְךָ: יי אֶהְבְּתִי מְעוֹן
בֵּיתְךָ וּמְקוֹם מִשְׁכַּן כְּבוֹדְךָ: וְאָנִי אֲשַׁתְּחֶנָּה וְאֶכְרַעָה אֲבָרְכָה לְפָנֶי יי עֲשֵׂי:

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:

וְאָנִי תְפִלַּתִּי־לְךָ יי עֵת רָצוֹן 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!)

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 יְחִוּד קוּדְשָׁא בְּרִיךְ הוּא

L'Shem Yikhud Kudsha Brikh Hu

(For the sake of unifying the Blessed Holy One)

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

אֲשֶׁר יָצַר אֶת הָאָדָם בְּחִכְמָה וּבָרָא בּוֹ נְקֻבִים וְנְקֻבִים חִלּוּלִים חִלּוּלִים

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 יי 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!)*

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׁלֹא עָשִׂינִי 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 יי 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 יי 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:

אָמֵן – *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 mitzvat aseh shel...

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

Kahal:

וַיַּדְעָתָ הַיּוֹם – V'yadata HaYom (4x)

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

בְּדַחֲלִי וּרְחִימוּ לְיַחַד שֵׁם י"ה בּו"ה בְּיַחְדָּא 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 מִקְבֵּל עָלַי מִצְוֹת עֲשֵׂה נְשָׂא

Hareini m'kabel alai mitzvot aseh shel...

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

Kahal:

וְאַהַבְתָּ לְרֵעֶךָ כְּמוֹךָ – **Ve’ahavta l’reiakha kamokha!**

(Love your neighbor as yourself)

Hazzan:

אֱלֹהֵי, נְשָׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא אַתָּה בְּרֵאתָה אַתָּה יִצְרַתָּה אַתָּה נִפְחַתָּה בִּי
וְאַתָּה מִשְׁמְרָה בְּקִרְבִּי וְאַתָּה עֹתִיד לְטָלָה 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 meditations of our hearts serve You!

הִדַּר כְּבוֹד הוֹדָה וְדִבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה
Hadar k'vod hodekha v'divrei niflotekha asikha

*(The splendid glory of Your power
and Your wonderous deeds I shall discuss!)*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂנִי כְּרָצוֹנוֹ
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:

אמן – *Amein*

GEVURAH

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

Hazzan:

Awaken within us inner strength!

שש *Sheish*
(Six)

Kahal:

Ya – Wa – Ha

Hazzan:

כִּי יְהוּה הוּא הָאֱלֹהִים
Ki Hashem Hu HaElohim!

(For Existence Itself is the [Embodied] Divine)

בָּרוּךְ אַתָּה יי 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:

May we embrace all that arises and not be caught by reactivity!

וְעֵזוּז נִוְרָאֲתֵיךָ יֵאֱמְרוּ וּגְדוּלַתְּךָ אֲסַפְּרָנָה

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 יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַנּוֹתֵן לַיָּעִף 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!

בְּשָׁמַיִם מִמַּעַל

BaShamayim MiMa'al

(In the Heavens Above)

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמְכִינֵן מַצְעָדֵי גְבֻרָה

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*

Hazzan:

שֶׁבַע Sheva

(Seven)

Kahal:

Ha – Ya – Wa

ז

ZAYIN

Hazzan:

Cutting through all distractions!

זְכוֹר רַב־טוֹבָךָ יִבְיְעוּ וְצִדְקָתְךָ יִרְגְּבוּ

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 יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מַתִּיר אֲסוּרִים

Barukh Atah Adonai, Eloheinu Melekh HaOlam, Matir asurim!

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

HOD

(Sefirah of dark pink light at left hip)

Hazzan:

In Humility and Gratitude!

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 שְׁהַנְּשָׁמָה בְּקִרְבִי מוֹדֶה אֲנִי לְפָנֶיךָ יי אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי רַבּוֹן כָּל הַמַּעֲשִׂים
אֲדוֹן כָּל הַנְּשָׁמוֹת: בְּרוּךְ אַתָּה יי הַמַּחְזִיר 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

Hazzan:

שְׁמִינָה Sh'monei

(Eight)

Kahal:

Ha – Wa — Ya

ח

HET

Hazzan:

Staying with this moment as it is – neither changing it nor fleeing from it!

חֲנוּן וְרַחֻם יְהִי אֶרֶךְ אַפַּיִם וְגַדְל־חֶסֶד

Hanun v'rakhum Adonai, erekh apayim ugedal hased!

(Gracious and compassionate is the Divine,

Slow to anger and abundant in loving kindness!)

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם זוֹקֵף כְּפֹופִים

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

*(Blessed are You, Being, our Divinity, Sovereign of the Universe, who
straightens the bent!)*

Kahal:

אמן – Amein

YESOD and TIFERET

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

Hazzan:

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

עַל כֵּן נִקְוֶה לְךָ יְהוָה אֱלֹהֵינוּ לְרֹאוֹת מְהֵרָה בְּתִפְאֶרֶת עֲזֶךָ

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 יי 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

לְתַקֵּן עוֹלָם

L'Takein Olam

(To Fix/Heal the World)

גָּלוּי וְיָדוּעַ לְפָנַי כִּסֵּא כְבוֹדְךָ שָׂאם יִפְתַּח אֶחָד מֵהֶם אוֹ יִסְתֵּם אֶחָד מֵהֶם אֵי אֶפְשָׁר
לְהִתְקַיֵּם וְלַעֲמֹד לְפָנַיךָ. 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 umafla 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

Hazzan:

תשע *Teisha*

(*Nine*)

Kahal:

Wa – Ya – Ha

ט

TET

Hazzan:

Sensing Your hidden Goodness!

טוב-יְהוָה לְכֹל וְרַחֲמָיו עַל-כָּל-מַעֲשָׂיו

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

(*The Divine is good to all, Divine Compassion is upon all creation!*)

Hazzan:

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מְלַבֵּשׁ 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*

MALKHUT

(Sefirah of blue/earth colors at feet again)

עֶשֶׂר *Eser*

(Ten)

Kahal:

Wa – Ha – Ya

י

YOD

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

Hazzan:

In Pure, Simple Awareness!

יְיָ יְהוָה יְהוָה כָּל־מַעֲשֵׂיךָ יְבָרְכוּךָ וְיִתְבָּרְכוּ

Yodukha Adonai Kol Ma'asekha, V'Hasidekha Yivarkhukha

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

Hazzan:

הֲרִינִי מִקַּבֵּל עָלַי מִצְוֹת עֲשֵׂה נָשָׂא

Hareini m'kabel alai mitzvat 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)

MALKHUT

(Sefirah of blue/earth colors at mouth – bring palms together to mouth)

Hazzan:

בְּמַלְכוּת שַׁדַּי

B'Malkhut Shadai

(In The Kingdom of the Breasted God)

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ אֶת־תּוֹרָתוֹ:
בָּרוּךְ אַתָּה יי 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 choses us from among all the peoples and gives us Torah.
Blessed are You, HaShem, Giver of Torah!)*

Kahal:

אמן – Amein

Hazzan:

יְבָרֶכְךָ יי וַיִּשְׁמְרֶךָ:

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

Kahal:

אמן – *Amein*

Hazzan:

יָאֵר יי פָּנָיו אֵלֶיךָ וַיִּתְנַבֵּךְ:

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

Kahal:

אמן – *Amein*

Hazzan:

יִשָּׂא יי 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:

אמן – *Amein*