

Integral Kabbalah:
SHAKHARIT
For Weekdays



The Jewish Path of Presence

Shalom! This text contains sacred Names; please treat with respect – do not place on floor or throw away. If you need to discard, please return to Reb Brian Yosef or bring to a synagogue.

(TorahOfAwakening.com)

Thank you!

UPON ARISING

Awakening from sleep, place palms together and chant:

מוֹדֵה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם שְׁהֶחֱזַרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה, רַבָּה אֱמוּנָתְךָ

Modeh ani l'fanekha, Melekh Hai V'kayam!
She'hekhezarta bi nishmati b'hemla; raba emunatekha!

*I give thanks before You, Living and Eternal Sovereign!
You have compassionately returned my soul within me;
Abundant is Your faithfulness!*

HAND WASHING RITUAL

Pick up vessel of water with right hand, pass to the left, pour water over the right. Pass to right hand and pour water over the left. Repeat to pour water over each hand three times.

BIRKHOT HASHAKHAR AND PESUKEI D'ZIMRA MORNING BLESSINGS AND VERSES OF PRAISE

Pesukei D'zimra Opening Blessing, *Barukh She'Amar*:
Stand (in body or spirit), holding two front *tzitzit* in right hand.
At the conclusion kiss *tzitzit* and release them.

בְּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם בְּרוּךְ הוּא
בְּרוּךְ עוֹשֶׂה בְּרֵאשִׁית
בְּרוּךְ אוֹמֵר וְעוֹשֶׂה
בְּרוּךְ גּוֹזֵר וּמְקַיֵּם
בְּרוּךְ מְרַחֵם עַל-הָאָרֶץ
בְּרוּךְ מְרַחֵם עַל-הַבְּרִיּוֹת
בְּרוּךְ מְשַׁלֵּם שְׂכָר טוֹב לִירְאָיו
בְּרוּךְ חַי לְעַד וְקַיֵּם לְנֶצַח
בְּרוּךְ פּוֹדֶה וּמַצִּיל
בְּרוּךְ שְׁמוֹ

Barukh She'Amar v'hayah ha'olam, Barukh Hu!

Barukh oseh vereisheet, Barukh omer v'oseh, Barukh gozer um'kayem
Barukh m'rakhem al ha'aretz, Barukh m'rakhem al ha'briyot
Barukh m'shalem sakhar tov li're'av, Barukh Hai la'ad v'kayam lanetzakh,
Barukh podeh umatzil, Barukh Sh'mo!

*Blessed is the One who “speaks” the world in being; Blessed is the One!
Blessed is Maker of creation; Blessed is the “Speaker” and “Doer”
Blessed is the Decreeer and the Fulfiller; Blessed is the Compassionate One
upon all on the earth; Blessed is the Compassionate One upon all on the
creatures; Blessed is the Completer of those with Awe; Blessed is the
Eternal Source of Life; blessed is the Redeemer and Rescuer;
Blessed is The Name!*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הָאֵל הָאֵב הַרְחֵמְנוּ הַמְהִלְלֵךְ בְּפִי עַמּוֹ
 מְשֻׁבַּח וּמְפָאֵר בְּלִשׁוֹן חֲסִידָיו וְעַבְדָּיו וּבְשִׁירֵי דָוִד עַבְדֶּךָ
 נְהַלְלֶךָ יְהוָה אֱלֹהֵינוּ בְּשִׁבְחוֹת וּבְזִמְרוֹת
 נְגִדְלֶךָ וּנְשַׁבְּחֶךָ וּנְפָאֲרֶךָ וּנְזַכִּיר שְׁמֶךָ וְנִמְלִיכֶךָ מִלְּנֹפֵי אֱלֹהֵינוּ
 – *Hazzan* יְחִיד חַי הָעוֹלָמִים מֶלֶךְ מְשֻׁבַּח וּמְפָאֵר עַד־עַד שְׁמוֹ הַגָּדוֹל.
 בָּרוּךְ אַתָּה יְהוָה מֶלֶךְ מְהִלְלֵךְ בְּתִשְׁבְּחוֹת
 (אָמֵן – Cong.)

Barukh Atah Adonai, Eloheinu Melekh HaOlam,
 Ha'El, Ha'Av HaRakhaman, HaM'hulal b'fei amo, m'shubakh um'fo'ar
 bil'shon hasidav v' avadav, uv'shrei David avdekha.
 N'halekha Adonai Eloheinu bishvakhot uvizmoriot,
 N'gadelkha u'n'shabehakha, u'n'fa'erkha v'nazkir shimkha,
 v'namlikhkha, Malkeinu Eloheinu!
Hazzan – Yahid, Hey HaOlamim, Melekh m'shubakh u'm'fo'ar adei ad
 Sh'mo Gadol. Barukh Atah Adonai, Melekh m'hulal batishbakhot!
 (Cong. – *Amein*)

*Blessed are You, Hashem, our Divinity, Sovereign of the Universe,
 the Divine, the merciful parent, Who is praised by the mouths of Your
 people, praised and glorified by the tongue of Your devoted ones, and
 servants, and through the songs of David Your servant.*

*We will extoll You, Hashem our Divinity, with praises and psalms;
 we will exalt, praise, and glorify You;*

We will chant Your Name, and proclaim You—our Sovereign, our God.

*Hazzan – The One Oneness, Life of All Worlds, Sovereign,
 praised is Your Eternal and Great Name.*

Blessed are You, Hashem, Sovereign, extolled with praises.

SIT

Psalm 100

מִזְמוֹר לְתוֹדָה הָרִיעוּ לַיהוָה כָּל־הָאָרֶץ:
עֲבֹדוּ אֶת יְהוָה בְּשִׂמְחָה בָּאוּ לְפָנָיו בְּרִנָּה:
דַּעוּ כִּי־יְהוָה הוּא אֱלֹהִים הוּא עָשָׂנוּ וְלֹא אֲנַחְנוּ עִמּוֹ וְצֹאן מִרְעִיתוֹ:
בָּאוּ שְׁעָרָיו בְּתוֹדָה חֲצִרְתֵּיו בְּתִהְלֵה הוֹדוּ לוֹ בְּרָכוּ שְׁמוֹ:
– *Hazzan* כִּי־טוֹב יְהוָה לְעוֹלָם חֲסִדוֹ וְעַד־דָּר וְדָר אָמוּנָתוֹ:

Mizmor l'toda – Hari'u Ladonai kol ha'aretz!

Ivdu et Adonai b'simkha, bo'u l'fanav bir'nanah!
D'u ki Adonai Hu Elohim – Hu asanu, v'lo anakhnu amo v'tzon mar'ito.
Bo'u sh'arav b'todah hatzeirotav bit'hilah, hodu lo, barkhu Sh'mo!
Hazzan –Ki tov Adonai l'olam hasdo v'ad dor vador emunato!

A psalm of thanksgiving: Call our in joy to Hashem, all the earth!
Serve Hashem with joy, come before the One with exultation.
Know that Existence is God, continuously creating us, and we are not
separate from That– the people of the Divine, as sheep in the pasture.
Enter the gates of Divine consciousness with thanksgiving,
The courtyards with praise. Give thanks to the One, bless the Name!
For Beingness is goodness, eternal loving kindness,
Ever reliable, from generation to generation!

Ashrei, Morning Blessings, Thirty-Two Paths – Right hand on heart, offering attention:

אַשְׁרֵי יוֹשְׁבֵי בֵיתְךָ עוֹד יִהְלְלוּךָ סְלָה
Joyful are those who dwell in Your house, forever they will praise you Selah!

Left hand to belly, bringing awareness into body:

אַשְׁרֵי הָעַם שֶׁכָּכָה לוֹ
Joyful are those for whom this is so!

Right hand to forehead, aware of the field of awareness itself, within and beyond body:

אַשְׁרֵי הָעַם שִׁיהוּהוּ אֱלֹהָיו
Joyful are those for whom Existence Itself is their God!

Kiss fingers, relax hands

תְּהִלַּת לְדָוִד Tehilah L'David – *A Psalm of David...*

KETER

Crown – “Oneness of Intention”

Sefirah of white light, above head

Hazzan – Awaken Us, One Reality, Unify Us in the Intention of Presence

Perceptualize Keter at crown of head, chant (*Sefer Yetzirah*):

אחת רוח אלהים חיים

Akhat – Ruakh Elohim Hayim

One – Breath of the Living Divine

Perceptualize second outer Keter above head, chant (*Aleinu*):

הוא אֱלֹהֵינוּ אֵין עוֹד

Hu Eloheinu, Ayn Od

It is our Divinity, There is Nothing Else!

Affirmation:

I Am Intending, I Am Intentional, I Am Intention

***Yigdal* hymn:**

יְגַדֵּל אֱלֹהִים חַי וְיִשְׁתַּבַּח, נִמְצָא וְאֵין עֵת אֶל מְצִיאוֹתוֹ
אֶחָד וְאֵין יְחִיד כְּיַחֲדוֹ, נֶעְלָם וְגַם אֵין סוּף לְאַחַדוֹתוֹ

Yigdal Elohim Hai v'yishtabakh

Nimtza v'ayn eit el mitziyuto

Ekhad v'ayn yakhid k'Yikhudo

Nelam V'gam Ayn Sof l'Akhduto

Exalted is the Living Divine and praised

It is 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 – “Oneness of Experience”

Perceptualize *Aleph* above head, between the two *Keters*.

Hazzan – Help us open to the fullness of feeling,
The sweet and the bitter, joy and sorrow!

Drawing down light from the crown into the heart, chant (*Ashrei*):

אָרוֹמִימְךָ 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.*

Affirmation:

I Am Opening, I Am Open, I Am Openness

Yigdal hymn:

אֵין לוֹ דְמוּת הַגּוּף וְאֵינוֹ גּוּף, לֹא נִעְרַף אֱלֹיוֹ קְדוּשָׁתוֹ
קְדָמוֹן לְכֹל דְבָר אֲשֶׁר נִבְרָא, רִאשׁוֹן וְאֵין רֵאשִׁית לְרֵאשִׁיתוֹ

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 Beginningness*

MALKHUT

Kingdom – “Presence in Form”

Sefirah of blue/earth colors, feet

Hazzan – Your Presence Dwells as the Essence of All Things!

Drawing Light down from the heart to perceptualize *Malkhut* at your feet, chant:

שתים רוה מרוה

Sh'tayim – Ruakh MeRuakh

Two – Breath from Breath

Perceptualize outer *Malkhut* below feet, chant:

אמת מלכנו אפס זולתו

Emet Malkeinu, Efes Zulato!

Truth is Sovereign, there is Nothing except That

Affirmation:

I Am Dwelling, I Am Present, I Am Presence

Adom Olam hymn:

(הנו) אדון עולם אשר מלך, בטָרֵם כֹּל יִצִיר נִבְרָא

לַעֲת נַעֲשֶׂה בְּחִפְזוֹ כֹּל, אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא

וְאַחֲרַי כְּכֹלֹת הַכֹּל, לְבַדּוֹ יִמְלֹךְ נוֹרָא

וְהוּא הָיָה וְהוּא הוֹה, 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 אֵלֵי וְחֵי גּוֹאֲלִי, וְצוּר חֲבְלֵי בַּעַת צָרָה
וְהוּא נְסִי וּמְנוּס 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, בַּעַת אִישָׁן וְאַעֲרָה
וְעַם רוּחִי גְוִיָּתִי, יְהוּה 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 – “Hospitality”

Hazzan – Welcoming Your Presence!

Perceptualize *Bet* before you to your right, chant (*Ashrei*):

בְּכֹל-יוֹם אֲבָרְכֶךָ וְאֶהְלָלְךָ שְׁמִיךָ 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.

Affirmation:

I Am Welcoming, I Am Inviting, I Am Welcome

Prayer for Sacred Space:

מָה טוֹבוֹ אֹהֲלֶיךָ יַעֲקֹב מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל

Mah tovu ohalekha Ya'akov, mishkenotekha Yisrael

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

וְאֲנִי בָּרוּב חֲסִדֶיךָ אָבוֹא בֵּיתְךָ אֲשַׁתְּחֶוּהָ אֶל הַיְכָל־קֹדֶשְׁךָ בִּירְאָתְךָ:

יְהוּה אֶהְבְּתִי מֵעוֹן בֵּיתְךָ וּמִקוֹם מִשְׁכַּן כְּבוֹדְךָ:

וְאֲנִי אֲשַׁתְּחֶוּהָ וְאֶכְרַעָה אֶבְרִיכָהּ 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 Your House, and the place where Your Glory dwells. I will prostrate myself and bow, I will kneel before the Divine, my Maker.

וְאֲנִי תַפְלִיתִי־לְךָ יְהוּה עֵת רָצוֹן אֶלְקִים בְּרַב־חֲסִדֶיךָ 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

Wisdom – “Imagination, Spacious Creative Consciousness”

Sefirah of dark blue/ocean colors, right brain

Hazzan – Open Us to Your Infinite Creativity!

Perceptualize Hokhmah in right side of skull, chant (*Sefer Yetzirah*):

שֵׁלֶשׁ מַיִם מְרוּחַ

Shalosh – Mayim MeRuakh

Three – Water from Breath

Perceptualize outer *Hokhmah* behind right shoulder, chant (*Kavanah pt. 1*):

לְשֵׁם יְחֻד קוּדְשָׁא בְּרִיךְ הוּא

L'Shem Yikhud Kudsha Brikh Hu...

For the sake of unifying the Blessed Holy One

Affirmation:

I Am Imagining

I Am Imaginative

I Am Spacious Creativity

Blessing:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

אֲשֶׁר יָצַר אֶת הָאָדָם בְּחֻכְמָה וּבְרָא בּוֹ נְקֻבִּים וְנְקֻבִּים חִלּוּלִים חִלּוּלִים

(אָמֵן – Cong.)

Barukh Atah Adonai, Eloheinu Melekh HaOlam, asher yatzar et ha'adam b'hokhmah, uvara vo n'kavim n'kavim, halulim halulim. (Cong. – *Amein*)

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

ג

GIMEL – “Wholeness, Abundance”

Hazzan – Let us know our inherent Wholeness!

Perceptualize *Gimel* behind you to the right, chant (*Ashrei*):

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!*

Affirmation:

I Am Overflowing

I Am Whole

I Am Abundance

Blessing:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׁלֹא עָשִׂנִי עֶבֶד
(אָמֵן – Cong.)

Barukh Atah Adonai, Eloheinu Melekh HaOlam, shelo asani aved!
(Cong. – Amein)

*Blessed are You, Hashem, our Divinity, Sovereign of the Universe, who has
not made me a slave!*

BINAH

Understanding – “Discernment, Contemplation”

Sefirah of fiery yellow and green, left brain

Hazzan – May our thoughts be intelligent and discerning!

Perceptualize *Binah* in left skull, chant (*Sefer Yetzirah*):

אַרְבַּע אֵשׁ מִמַּיִם

Arbah – Aysh MeMayim

Four – Fire from Water

Perceptualize outer *Binah* behind left shoulder, chant (*Kavanah* pt. 2):

וְשִׁכְחִיתֶיהָ

...U'Shekhintei

...And the Divine Presence

Affirmation:

I Am Contemplating

I Am Discerning

I Am Discernment

Blessing:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר נָתַן לְשִׁכְוֵי בִינָה לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה
(אָמֵן – Cong.)

Barukh Atah Adonai, Eloheinu Melekh HaOlam,
Asher natan lasekhvi **Vinah**, l'havkhin bein yom uvein lailah!
(Cong. – Amein)

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

ד

DALET – “Receptivity”

Hazzan – May we receive the Grace of this moment!

Perceptualize *Dalet* behind you to your left, chant (*Ashrei*):

דֹּר לְדוֹר יְשַׁבַּח מַעֲשֵׂיךָ וּגְבוּרֹתֶיךָ יִגְיִדוּ

Dor l'dor y'shabakh ma'asekha, ug'vurotekha yagidu!
*From generation to generation your works are praised,
and your mighty acts are proclaimed!*

Affirmation:

I Am Receiving

I Am Receptive

I Am Receptivity

Blessing:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׁעָשִׂה לִּי כָּל-צָרָתִי
(אָמֵן – Cong.)

Barukh Atah Adonai, Eloheinu Melekh HaOlam, she'asa li kol tzorki!
(Cong. – Amein)

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

DA'AT
Knowledge – “Connection”
Sefirah of grey light, neck

Hazzan – May this awareness express itself on all levels!

Perceptualize *Da'at* at throat, chant (*Aleinu*):

כַּכְּתוּב בְּתוֹרָתוֹ

Kaktuv b'Torato...

As it is written in Torah...

וַיָּדַעַתָּ הַיּוֹם – V'yadata HaYom!

“Know today” – You shall be present!

Kavanah pt. 3:

בְּדַחֲלֵלוּ 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!

HESED

Lovingkindness – “Bestowing”

Sefirah of sky blue flecked with silver, right arm

Hazzan – Awaken within us Loving Kindness!

Perceptualize Hesed at right shoulder, chant (*Sefer Yetzirah*):

חמש

Hameish

Five

Bring right hand to your heart, chant (*Aleinu*):

וְהַשִּׁיבֵנוּ אֵל לְבָבֵךְ

V’hashivota El L’vavekha

Return to your heart

Affirmation:

I Am Loving

I Am Benevolent

I Am Love

Blessing:

אֱלֹהֵי, נְשָׁמָה שְׁנַתַּתָּ בִּי טְהוֹרָה הִיא אַתָּה בְּרֵאתָה אַתָּה יִצְרַתָּה אַתָּה נִפְחַתָּה
בִּי וְאַתָּה מְשַׁמְרָה בְּקִרְבִּי וְאַתָּה עֹתִיד לְטֹלָה 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.*

Perceptualize outer Hesed in front of right shoulder, chant (*Sefer Yetzirah*):

YA – HA – WA

ה

HEI – “Unique Self, Expressiveness”

Perceptualize *Hei* before you, to your right (closer than *Bet*).

Hazzan – May we know and fully express our uniqueness!

Perceptualize second *Hei* in your chest, chant (*Ashrei*):

הַדָּר כְּבוֹד הַוְדָּה וְדִבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה
Hadar k'vod hodekha v'divrei niflotekha asikha
*The splendorous glory of Your power
and Your wonderous deeds I shall discuss!*

Affirmation:

I Am Expressing
I Am Expressive
I Am Uniqueness

Blessing:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׁעֲשֵׂנִי כְרִצּוֹנוֹ
(אָמֵן – Cong.)

Barukh Atah Adonai, Eloheinu Melekh HaOlam, she'asani kirtzono!
(Cong. – *Amein*)

*Blessed are You, Hashem, our Divinity, Sovereign of the Universe,
who made me according to Your Will!*

GEVURAH
Strength – “Decisiveness, Determination”
Sefirah of red flecked with gold light, left arm

Hazzan – Awaken within us Inner Strength!

Perceptualize *Gevurah* at left shoulder, chant (*Sefer Yetzirah*):

שש

Sheish

Six

Bring left hand to your belly, chant (*Aleinu*):

כִּי יְהוּה הוּא הָאֱלֹהִים

Ki HaShem Hu HaElohim

For Existence Itself is the Divine

Affirmation:

I Am Defining

I Am Decisive

I Am Strength

Blessing:

בָּרוּךְ אַתָּה יְהוּה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אוֹזֵר יִשְׂרָאֵל בְּגִבּוֹרָה

(אָמֵן – Cong.)

Barukh Atah Adonai, Eloheinu Melekh HaOlam, ozer Yisrael biGevurah!
(Cong. – Amein)

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

Perceptualize outer *Gevurah* in front of left shoulder, chant (*Sefer Yetzirah*):

YA – WA – HA

ו

VAV – “Transcending Reactivity”
Perceptualize *Vav* before you, to your left.

Hazzan – Awaken within us the flexibility to embrace all that arises
And not be caught by reactivity!

Perceptualize second *Vav* as your spine, chant (*Ashrei*):

וְעֲזוּז נֹרֹתֶיךָ יֹאמְרוּ וּגְדוּלַתְּךָ אֲסַפְּרֶנָּה
Ve’ezuz norotekha yomeiru, ug’dulat’kha asap’reina
*And of Your awesome power they will speak,
and of your greatness I shall relate!*

Affirmation:

I Am Saying Yes to What Is
I Am Inclusive
I Am Flexibility

Blessing:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם זֹכֵךְ כְּפֹפִים
(אָמֵן – Cong.)

Barukh Atah Adonai, Eloheinu Melekh HaOlam, Zokef k’fufim!
(Cong. – Amein)

*Blessed are You, Hashem, our Divinity, Sovereign of the Universe,
Who straightens the bent!*

NETZAKH

Victory, Eternity – “Commitment, Persistence”

Sefirah of light pink, right leg

Hazzan – Help us to practice consistently!

Perceptualize *Netzakh* at right hip, chant (*Sefer Yetzirah*):

שבע

Sheva

Seven

Perceptualize outer *Netzakh* in front of right hip, chant (*Aleinu*):

בְּשָׁמַיִם מִמַּעַל

BaShamayim MiMa'al

In the Heavens Above

Affirmation:

I Am Practicing, I Am Committed, I Am Commitment

Blessing:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמְכִיֵן מִצְעָדֵי גֶבֶר

(אָמֵן – Cong.)

Barukh Atah Adonai, Eloheinu Melekh HaOlam,

HaMeikhin mitz'adei gaver!

(Cong. – Amein)

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

Chant (*Sefer Yetzirah*):

HA – YA – WA

ז

ZAYIN – “Focus”

Perceptualize *Zayin* before you, to your right (above *Hei*).

Hazzan – Cutting through all distractions!

Chant (*Ashrei*):

זְכוֹר רַב־טוֹבָךָ יְבִיעוּ וְצִדְקָתְךָ יִרְנְנוּ

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!

Affirmation:

I Am Remembering

I Am Focused

I Am Freedom

Blessing:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מַתִּיר אֲסוּרִים

(אָמֵן – Cong.)

Barukh Atah Adonai, Eloheinu Melekh HaOlam, Matir Asurim!

(Cong. – Amein)

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

HOD
Glory, Presence – “Humility and Gratitude”
Sefirah of dark pink, left leg

Hazzan – Awaken within us in gratitude for this moment!

Perceptualize *Hod* at left hip, chant (*Sefer Yetzirah*):

שמינה

Sh'monei

Eight

Perceptualize outer *Hod* in front of left hip, chant (*Aleinu*):

וְעַל הָאָרֶץ מִתַּחַת אֵין עוֹד

V'al Ha'Aretz MiTakhat, Ayn Od

And Upon the Earth Below, there is Nothing Else!

Affirmation:

I Am Giving Thanks

I Am Grateful

I Am Gratitude

Blessing:

כָּל זְמַן שֶׁהַנְּשָׁמָה בְּקִרְבִּי מוֹדָה אֲנִי לְפָנֶיךָ יְהוָה אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי רַבּוֹן כָּל
הַמַּעֲשִׂים אֲדוֹן כָּל הַנְּשָׁמוֹת: בָּרוּךְ אַתָּה יְהוָה הַמַּחְזִיר נְשָׁמוֹת לְפָגְרִים יִמְתִּים
(אָמֵן – Cong.)

Kol z'man sheha'neshamah v'kirbi, **modeh/modah** ani l'fanekha, Adonai
Elohai Veilohei Avotai, Ribon kol hama'asim, Adon kol haneshamot.
Barukh Atah Adonai, HaMakhazir neshamot lifgarim meitim!
(Cong. – Amein)

*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!*

Chant (*Sefer Yetzirah*):

HA – WA – YA

ח

HET – “Patience”

Perceptualize Het before you, to your left (above Vav).

Hazzan – Staying with this moment as it is –
Neither attempting to change it nor flee from it!

Chant (Ashrei):

חַנּוּן וְרַחֵם יְהוָה אֲרֶךְ אַפַּיִם וּגְדֹל־לִחְסֵד

Hanun v'rakhum Adonai, erekh apayim ugedal hased!

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

Affirmation:

I Am Listening

I Am Patient

I Am Patience

Blessing:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַנּוֹתֵן לַיָּעִף כֹּחַ

(אָמֵן – Cong.)

Barukh Atah Adonai, Eloheinu Melekh HaOlam, Ha Notein l'ya'eif ko'akh!
(Cong. – Amein)

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

TIFERET and YESOD
Beauty – “Applied Wisdom”
Foundation – “Wellbeing”

Sefirot of sun-yellow/violet in chest (Tiferet); orange in belly (Yesod)

Hazzan – May we bring peace and serve in joy!

Perceptualize *Tiferet* in heart center and *Yesod* in belly, chant (*Sefer Yetzirah*):

תשע

Teisha

Nine

Perceptualize outer *Tiferet* behind right hip, chant (*Aleinu*):

עַל כֵּן נִקְוָה לְךָ יְהוָה אֱלֹהֵינוּ לְרִאוֹת מְהֵרָה בְּתַפְאֵרֶת 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*

Affirmation:

I Am Harmonizing

I Am Balanced

I Am Beauty

Blessing:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מְלֶכֶּךָ הָעוֹלָם פּוֹקֵחַ עֵוְרִים

(אָמֵן – Cong.)

Barukh Atah Adonai, Eloheinu Melekh HaOlam, pokei'akh ivrim!
(Cong. – Amein)

*Blessed are You, Hashem, our Divinity, Sovereign of the Universe,
who gives sight to the blind!*

Perceptualize outer *Yesod* behind left hip, chant (*Aleinu*):

לְתַקֵּן עוֹלָם

L'Takein Olam

To Fix/Heal the World

Affirmation:

I Am Enjoying / I Am Healing

I Am Joyful / I Am Renewing

I Am Joy / I Am Aliveness

Blessing:

גָּלוּי וַיָּדוּעַ לְפָנַי כֶּסֶף כְּבוֹדְךָ שָׂאם יִפְתַּח אֶחָד מֵהֶם אוֹ יִסְתֵּם אֶחָד מֵהֶם
אֵי אֶפְשָׁר לְהִתְקַיֵּם וְלַעֲמֹד לְפָנֶיךָ.

בָּרוּךְ אַתָּה יְהוָה רוֹפֵא כָּל בְּשָׂר וּמַפְלִיא לַעֲשׂוֹת

(אָמֵן – Cong.)

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!

(Cong. – Amein)

*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!*

Chant (*Sefer Yetzirah*):

WA – YA – HA

ט

TET – “Hidden Goodness”

Perceptualize *Tet* behind you, to your left (in front of *Dalet*)

Hazzan – Help us to sense Your Hidden Goodness within all things!

Chant (*Ashrei*):

טוֹב־יְהוָה לְכֹל יְרַחֵם יוֹ עַל־כָּל־מַעֲשָׂיו

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

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

Affirmation:

I Am Affirming

I Am Positive

I Am Goodness

Blessing:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מְלִבִּישׁ עֲרֻמִּים

(אָמֵן – Cong.)

Barukh Atah Adonai, Eloheinu Melekh HaOlam, malbish arumim!

(Cong. – Amein)

*Blessed are You, Hashem, our Divinity, Sovereign of the Universe,
who clothes the naked!*

MALKHUT
Kingdom – “Relationship, Prayer”
Sefirah of blue/earth colors, feet and mouth

Hazzan – Awaken our hearts to cry out to You!

Perceptualize two *Malkhuts* at feet once again, chant (*Sefer Yetzirah*):

עשר

Eser

Ten

Perceptualize third *Malkhut* at your mouth, chant (*Aleinu*):

בְּמַלְכוּת שַׁדַּי

B'Malkhut Shaddai

In The Kingdom of the Breasted God

Affirmation:

I Am Praying

I Am Prayerful

I Am Prayer

Blessing:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ
אֶת־תּוֹרָתוֹ: בְּרוּךְ אַתָּה יְהוָה נוֹתֵן הַתּוֹרָה
(אָמֵן – Cong.)

Barukh Atah Adonai, Eloheinu Melekh HaOlam,
asher bakhar banu mikol ha'amim, v'natan lanu et Torato,
Barukh Atah Adonai, Notein HaTorah!
(Cong. – Amein)

*Blessed are You, Hashem, 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!*

Chant (*Sefer Yetzirah*):

WA – HA – YA

י

YOD – “Simplicity, Trust”

Perceptualize *Yod* behind you, to your right (in front of *Gimel*)

Hazzan – Help us trust this moment with simplicity!

Perceptualize second *Yod* in your head, chant (*Ashrei*):

יִוְדוּךָ יְהוָה כָּל־מַעֲשֵׂיךָ יַחֲסִידֶיךָ יְבָרְכוּךָ

Yodukha Adonai Kol Ma’asekha,

V’Hasidekha Yivarkhukha

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

Affirmation:

I Am Trusting, I Am Trustful, I Am Trust

Blessing:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשִׂנִי יִשְׂרָאֵל

(אָמֵן – Cong.)

Barukh Atah Adonai, Eloheinu Melekh HaOlam, she’asani Yisrael!

(Cong. – Amein)

*Blessed are You, Hashem, our Divinity, Sovereign of the Universe,
Who made me Yisrael!*

Psalm Verse for י Yod:

מִי־יָגוּר בְּאֹהֶלְךָ מִי־יִשְׁכֵּן בְּהַר קֹדְשֶׁךָ

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

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

הוֹלֵךְ תָּמִים

Holekh Tamim!

One who walks in simplicity

כ

KAF – “Courage”

Perceptualize *Kaf* behind you, to your right (above *Yod*)

Hazzan – Fearlessly I choose to be fully in this moment!

Chant (*Ashrei*):

כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ וּגְבוּרַתְךָ יִדְבְּרוּ

K’vod Malkhutekha Yomeiru Ugevurat’kha Y’dabeiru

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

Affirmation:

I Am Transcending Fear

I Am Courageous

I Am Courage

Blessing:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה

(אָמֵן – Cong.)

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

(Cong. – Amein)

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



LAMED – “Learning”

Perceptualize *Lamed* behind you, to your left (below *Tet*)

Hazzan – May we receive Your Teachings from each experience!

Chant (*Ashrei*):

לְהוֹדִיעַ לְבָנֵי הָאָדָם גְּבוּרָתְךָ וְכְבוֹד הַדָּר מְלֻכּוּתְךָ

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!*

Affirmation:

I Am Learning

I Am Curious

I Am Curiosity

Blessing:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְעֹסֵק בְּדִבְרֵי תוֹרָה

(אָמֵן – Cong.)

Barukh Atah Adonai Eloheinu Melekh HaOlam,
asher kid'shanu b'mitzvotav vitzivanu, la'asok b'divrei Torah!
(Cong. – Amein)

*Blessed are You, Hashem, our Divinity, Sovereign of the Universe,
Who sanctifies us with Mitzvot and commands us to immerse
in words of Torah!*

מ

MEM – “Surrender, Purification”

Perceptualize *Mem* before you, hip level

Hazzan – May we merge like water, resting deeply in Reality,
cleansed from all resistance!

Chant (*Ashrei*):

מַלְכוּתְךָ מְלִכּוּת כָּל-עֲלָמִים וּמִמְשַׁלְתְּךָ בְּכָל-דּוֹר וָדוֹר
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!*

Affirmation:

I Am Letting Go
I Am Surrendered
I Am Flow

Blessing:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יְדַיִם
(אָמֵן – Cong.)

Barukh Atah Adonai, Eloheinu Melekh HaOlam,
asher kid'shanu b'mitzvotav vitzivanu, al netilat yadayim!
(Cong. – Amein)

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

ס

SAMEKH – “Support”

Perceptualize *Samekh* behind you, hip level

Hazzan – Help us rely upon Your Support as this moment!

Chant (Ashrei):

סוּמְךָ יְהוָה לְכָל־הַנִּפְלִים וְזוֹקֵף 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!

Affirmation:

I Am Relying

I Am Supported

I Am Stability

Blessing:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם

(אָמֵן – Cong.)

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

(Cong. – Amein)

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

ע

AYIN – “Seeking”

Perceptualize *Ayin* to your right, shoulder level

Hazzan – Help us to seek You beneath the surface!

Chant (*Ashrei*):

עֵינַיִם כֹּל אֵלֶיךָ יִשְׁבְּרוּ וְאַתָּה נוֹתֵן לָהֶם אֶת־אֲכֻלָּם 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

Affirmation:

I Am Seeking

I Am Perceptive

I Am Perception

Blessing:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמַּעֲבִיר שְׁנָה מֵעֵינַי וְתַנּוּמָה מֵעַפְעָפִי

(אָמֵן – Cong.)

Barukh Atah Adonai, Eloheinu Melekh HaOlam,

HaMa'avir sheina me'einai ut'numah me'afapai!

(Cong. – Amein)

Blessed are You, Hashem, our Divinity, Sovereign of the Universe,

Who removes sleep from my eyes and slumber from my eyelids!

פ

PEI – “Vibration”

Perceptualize *Pei* to your left, shoulder level

Hazzan – May we taste the sweetness of Your Teaching!

Chant (*Ashrei*) – palms open, receiving:

פּוֹתַחַ אֶת יָדְךָ וּמְשַׁבֵּיעַ לְכֹל חַי רָצוֹן

Poteiakh et yadekha umaspiah l'khol khai ratzon!

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

Affirmation:

I Am Seeding, I Am Nourished, I Am Vibration

Blessing:

וְהָעֶרֶב נָא יְהוּה אֱלֹהֵינוּ אֶת דְּבָרֵי תוֹרָתְךָ

בְּפִינוּ וּבְפִי עַמֶּךָ בֵּית יִשְׂרָאֵל (בְּלִנּוּ יוֹדְעֵי שְׁמֶךָ וְלוֹמְדֵי תוֹרָתְךָ לְשִׁמְךָ)

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!)

וְנִהְיֶה אֲנַחְנוּ וְצִאֲצָאֵינוּ וְצִאֲצָאֵי עַמֶּךָ בֵּית יִשְׂרָאֵל בְּלִנּוּ יוֹדְעֵי שְׁמֶךָ וְלוֹמְדֵי

תוֹרָתְךָ לְשִׁמְךָ: בָּרוּךְ אַתָּה יְהוּה הַמְּלַמֵּד תוֹרָה לְעַמּוֹ יִשְׂרָאֵל

(אָמֵן – Cong.)

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!

(Cong. – Amein)

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

BIRKAT HAKOHAMIM – PRIESTLY BLESSING
Bamidbar (Numbers) 6:24-27

יְבָרֶכְךָ יְהוָה וְיִשְׁמְרֶךָ:
Yivarekhekha Adonai v'yishm'rekha!
May the Divine bless you and guard you!

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וִיחַנּוּךָ:
Ya'er Adonai Panav eilekha vikhuneka!
May the Divine shine the Presence upon you and be gracious to you!

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וְיִשֵּׂם לְךָ שְׁלוֹם
Yisa Adonai Panav eilekha v'yasem l'kha Shalom!
May the Divine turn Its Presence toward you and give you peace!

וְשָׂמוּ אֶת שְׁמִי עַל בְּנֵי יִשְׂרָאֵל וְאֲנִי אֲבָרְכֶם
V'samu et Sh'mi al b'nai Yisra'el va'Ani avarkem.
*And they shall set My Name upon the Children of Israel,
and I shall bless them.*

“No Fixed Measure”
Mishna, Peah 1:1

אֵלוּ דְבָרִים שֶׁאֵין לָהֶם שְׁעוֹר
הַפֶּאֶה וְהַבְּכוֹרִים וְהַרְאִיּוֹן וְגַמְלֵלוֹת חֲסָדִים וְתִלְמוּד תּוֹרָה

These are precepts for which no fixed measure is prescribed: [leaving] the corner [of a field unharvested for the poor], [the offering of] the first fruits, deeds of kindness, and the study of Torah.

- Mishna, Peah 1:1

צ

TZADDI – “Devotion”

Perceptualize *Tzaddi* to your left, hip level

Hazzan – Inspire us to live for You!

Chant (*Ashrei*):

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!

Affirmation:

I Am Dedicating, I Am Devoted, I Am Devotion

וַיְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שֶׁתִּרְגְּלֵנוּ בְּתוֹרָתְךָ וּדְבָרֵינוּ
בְּמִצְוֹתֶיךָ, וְאַל תְּבִיאֵנוּ לֹא לַיְדֵי חַטָּא וְלֹא לַיְדֵי עֲבָרָה וְעוֹן וְלֹא לַיְדֵי גְסִיוֹן
וְלֹא לַיְדֵי בְזִיוֹן וְאַל יִשְׁלַט בָּנוּ יֵצֶר הָרָע וְהִרְחִיקֵנוּ מֵאָדָם רָע וּמִחֶבֶר רָע
וּדְבָרֵינוּ בְּיֵצֶר הַטּוֹב וּבְמַעֲשָׂיִם טוֹבִים וְכוּף אֶת־יֵצֶרְנוּ לְהִשְׁתַּעֲבֹד־לְךָ

Vi'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 disruptive person and a disruptive companion.

*Attach us to the positive motivation, and to good deeds,
and inspire us to desire You!*

וּתְנֵנּוּ הַיּוֹם וּבְכָל־יּוֹם לְחֵן וּלְחֶסֶד וּלְרַחֲמִים בְּעֵינֵינוּ וּבְעֵינֵי כָּל־רוֹאֵינוּ
וּתְגַמְּלֵנוּ חֲסָדִים טוֹבִים: בָּרוּךְ אַתָּה יְהוָה גּוֹמֵל חֲסָדִים טוֹבִים לְעַמּוֹ יִשְׂרָאֵל
(אָמֵן – Cong.)

Ut'neinu hayom uv'khol yom l'hen ul'hesed ul'rahammim b'einekha,
uv'einei khol ro'einu v'tig'm'leinu hasadim tovim.
Barukh Atah Adonai, gomel hasadim tovim l'amo Yisrael!
(Cong. – Amein)

*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!*

ק

KOOF – “Sacredness”

Perceptualize *Koof* to your right, hip level

Hazzan – Help us to sanctify all of life!

Chant (*Ashrei*):

קָרוֹב יְהוָה לְכֹל קוֹרְאֵיוּ לְכֹל אֲשֶׁר יִקְרְאוּהוּ בְאֱמֶת

Karov Adonai 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!

Affirmation:

I Am Sanctifying

I Am Holy

I Am Holiness

Blessing:

קִדַּשׁ אֶת שְׁמֶךָ עַל מְקוֹדֵי שְׁמֶךָ וְקִדַּשׁ אֶת שְׁמֶךָ בְּעֹלָמְךָ, וּבִישׁוּעֹתֶיךָ תְּרוֹם

וּתְגַבִּינָה קִרְבָּנֵינוּ לְמַעַלְהָ, וְהוֹשִׁיעֵנוּ בְּקִרְוֹב לְמַעַן שְׁמֶךָ.

בָּרוּךְ אַתָּה יְהוָה מְקַדֵּשׁ אֶת־שְׁמֶךָ בְּרַבִּים

(אָמֵן – Cong.)

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 Atah Adonai, m'kadesh et Shimkha barabim!

(Cong. – Amein)

*Sanctify Your Name upon those who hallow Your Name,
and sanctify Your Name in Your world.*

*Through Your salvation, may You exalt and uplift us to transcendence,
and save us speedily for the sake of Your Name.*

*Blessed are You, Hashem, who sanctifies
Your Name of Oneness among the Many.*

ר

REISH – “Awe of the Mystery”

Perceptualize *Reish* behind you, shoulder level

Hazzan – You are Reality, transcending all understanding!

Chant (*Ashrei*):

רְצוֹן-יִרְאַיוֹ יַעֲשֶׂה וְאֶת-שׁוֹעֲתֵם 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!*

Affirmation:

I Am Beholding

I Am in Awe

I Am Awe

Psalm Verse for *Reish*:

רֵאשִׁית חֲכָמָה יִרְאַת יְהוָה, שִׁכְל טוֹב לְכָל-עֹשִׂיהֶם,
תְּהִלָּתוֹ עוֹמְדָת לְעֵד:
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

Reisheet Hokhmah Yirat Hashem
Sekhel Tov L'khol Oseihem
Tehilato Omedet La'ad
Barukh Shem K'vod Malkhuto Le'Olam Va'Ed

*The beginning of Wisdom is Awe of the Divine
Good intelligence to all who practice
Its Praise endures forever
Blessed is the Radiant Name for all Eternity!*



SHIN – “Watchfulness”

Perceptualize *Shin* before you, shoulder level

Hazzan – Help us be watchful to answer Your call,
and please be watchful over us!

Chant (*Ashrei*):

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 transformed.*

Affirmation:

I Am Watching

I Am Watchful

I Am Watchfulness

Blessing:

יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי שֶׁתְּצִילֵנִי הַיּוֹם וּבְכָל-יּוֹם מֵעַזֵּי

פָּנִים וּמֵעַזֵּי פָּנִים מֵאָדָם רָע וּמִחֵבֵר רָע וּמִשָּׂכֵן רָע וּמִפֹּגַע רָע וּמִשָּׂטָן

הַמִּשְׁחִית מִדִּין קָשָׁה וּמִבְּעַל דִּין קָשָׁה, בֵּין לְשֹׂא כֹן בְּרִית

וּבֵין לְשֹׂאֵינוֹ כֹן בְּרִית

(אָמֵן – Cong.)

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.

(Cong. – Amein)

*May it be Your will, Hashem, 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.*

ת

TAV – “Sincerity”

Perceptualize *Tav* below you, between the two *Malkhuts*

Hazzan – Help us to live in the truth of our hearts!

Chant (*Ashrei*):

תְּהִלַּת יְהוָה יְדַבֵּר פִּי וּיְבָרֵךְ כָּל־בִּשָׂר שֵׁם קִדְשׁוֹ לְעוֹלָם וָעֶד
Tehilat Adonai yidaber pi,
vivarekh kol basar Shem Kodsho le’olam VaEd
*Praise of the Divine my mouth will declare,
and may all creatures will bless the Holy Name forever!*

Affirmation:

I Am Speaking From My Heart
I Am Sincere
I Am Truth

Prayer for *Tav*:

לְעוֹלָם יְהִי אָדָם יִירָא שָׁמַיִם בְּסֵתֶר וּבִגְלוּי וּמוֹדֵה עַל־הַאֱמֶת וְדוֹבֵר אֱמֶת
בְּלִבּוֹ וַיִּשְׁכֵּם וַיֹּאמֶר

Le’Olam y’hei adam y’rei shamayim b’seter uvagalui 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...*

נ

NUN – “Impermanence, Faithfulness”

Perceptualize *Nun* to your left, behind *Het* and *Vav*.

Hazzan – May we recognize that all comes from You,
and to You all shall return!

Affirmation:

I Am Returning

I Am Faithful

I Am Faithfulness

Chant (*Ashrei*):

וְאֶנְחֵנוּ בְּכָרְךָ יְהוָה מִעַתָּה וְעַד-עוֹלָם הַלְלוּ-יְהוָה

Va'anakhnu N'varekh Yah

Me'ata v'ad olam, Hallelu Yah!

We will bless the Divine from now unto Eternity! Praise Yah!

Blessing:

רְבוֹן כָּל הָעוֹלָמִים וְאֲדוֹנֵי הָאֲדוֹנִים

Ribon Kol HaOlamim, Va'Adonei HaAdonim!

Master of All Worlds, Lord of Lords!

לֹא עַל צְדָקוֹתֵינוּ אֶנְחֵנוּ 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!*

אָבֵל אֶנְחֵנוּ עִמָּךְ בְּנֵי בְרִיתְךָ

Aval, anakhnu amkha b'nei v'ritekha!

Nevertheless, we are the children of Your covenant!

Right hand on heart, offering attention:

בְּנֵי אַבְרָהָם אֱהָבָךָ שְׁנִשְׁבַּעְתָּ לוֹ 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*

Left hand to belly, bringing awareness into body:

זֶרַע יִצְחָק יְחִידוֹ שֶׁנֶּעְקַד עַל גַּבֵּי הַמִּזְבֵּחַ
Zera Yitzhak y'khido shene'ekad al gabei hamizbe'akh
The seed of Yitzhak, Unique One, who was bound atop the altar

Right hand to forehead, aware of the field of awareness itself, within and beyond body:

עַדַּת יַעֲקֹב בְּנֵךְ בְּכוֹרֶךָ שְׁמֵאֱהָבָתְךָ שְׁאֵהָבָת אוֹתוֹ וּמִשְׁמֹחַתְךָ שְׁשִׂמְחָת בּוֹ
קָרָאתָ אֵת שְׁמוֹ יִשְׂרָאֵל וְיִשְׁרוּן
Adat Ya'akov binkha b'khorekha 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.*

Kiss finger, relax hands

לְפִיכָךְ אֲנִיחֵנו חַיִּיבִים לְהוֹדוֹת לָךְ וּלְשַׁבְּחָךְ וּלְפָאֲרָךְ וּלְבָרְךָ וּלְמַדֵּשׁ וּלְתַן שְׂבַח
וְהוֹדָיָה לְשִׁמְךָ

L'fikhakh anakhnu khayavim l'hodot l'kha, ul'shabekhakh, 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!*

Psalm 150

הַלְלוּיָהּ

הַלְלוּ-אֵל בְּקוֹדֶשׁוֹ הַלְלוּהוּ בְּרִקְיַע עֲזוֹ:
הַלְלוּהוּ בְּגִבּוֹרֹתָיו הַלְלוּהוּ כְּרֹב גְּדָלוֹ:
הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר הַלְלוּהוּ בְּנִבְל וְכַנּוֹר:
הַלְלוּהוּ בְּתֹף וּמַחֲוֹל הַלְלוּהוּ בְּמִנִּים וְעִגָּב:
הַלְלוּהוּ בְּצִלְצְלֵי-נְשָׁמַע הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:
כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה הַלְלוּיָהּ: כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה הַלְלוּיָהּ:

Halleluyah!

Hallelu el b'kodsho, halleluhu birkiyah uz'o!
Halleluhu big'vurotav, halleluhu k'rov gud'lo!
Halleluhu b'teka shofar, halleluhu b'nevel v'khninor!
Halleluhu b'tof u'makhol, halleluhu b'minim v'ugav!
Halleluhu v'tziltz'lei shama, halleluhu b'tziltz'lei t'ru'ah!
Kol han'shamah t'halel Yah, Halleluyah!
Kol han'shamah t'halel Yah, Halleluyah!

Praise Yah!

*Praise the Divine in holiness, Praise the Divine in the firmament!
Praise for the Divine might; Praise for the Divine greatness!
Praise with the blowing of the shofar; Praise with the lyre and the harp!
Praise with drum and dance; Praise with stringed instruments and flute!
Praise Him with resounding cymbals; Praise Him with clanging cymbals!
Let every soul praise Yah: Halleluyah!
Let every soul praise Yah: Halleluyah!*

Concluding Verses – Stand (in body or in spirit):

בָּרוּךְ יְהוָה לְעוֹלָם

אָמֵן וְאָמֵן – Cong.

בָּרוּךְ יְהוָה מִצִּיּוֹן שְׁכֵן יְרוּשָׁלַם

הַלְלוּיָהּ – Cong.

בָּרוּךְ יְהוָה אֱלֹהִים אֱלֹהֵי יִשְׂרָאֵל עֲשֵׂה נִפְלְאוֹת לְבָדּוֹ:

וּבָרוּךְ שֵׁם כְּבוֹדוֹ לְעוֹלָם וְיִמְלֵא כְבוֹדוֹ אֶת-כָּל-הָאָרֶץ

אָמֵן וְאָמֵן – Cong.

Barukh Adonai le'olam!

(Cong. – *Amein v'Amein!*)

Barukh Adonai miTzion, shokhein Yerushalayim!

(Cong. – *Halleluyah!*)

Barukh Adonai Elohim, Elohei Yisrael, Oseh nifla'ot l'vado!

U'varukh Shem K'vod l'olam v'yimalei khevod et kol ha'arezt!

(Cong. – *Amein v'Amein!*)

Blessed is Hashem forever, Amein and Amein!

*Blessed is Hashem from Zion, Who dwells in Jerusalem. Praise Yah!
Blessed is Hashem, God, God of Israel, Who alone performs wonders!
And blessed is the Name of the Divine Presence forever, and
May the Divine Presence fill the whole earth – Amein and Amein!*

אֲשֶׁרֵינוּ מֵה טוֹב חֶלְקֵנוּ וּמֵה נְעִים גּוֹרְלֵנוּ וּמֵה יָפָה יְרֻשָׁתֵנוּ:

אֲשֶׁרֵינוּ כְּשֶׁאֲנוּ מִשְׁכִּימִים וּמִעֲרִיבִים בְּבֵתֵי כְּנִסְיֹת וּבְבֵתֵי מְדֻרָּשׁוֹת

וּמְיֻחָדִים שְׁמֶךָ בְּכָל-יּוֹם תָּמִיד וְאוֹמְרִים פְּעַמִּים 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 as we rise early and stay late in houses of gathering and houses of study, and unify Your Name each day, two times, with Love:

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד
Sh'ma Yisra'el Adonai Eloheinu Adonai Ekhad!
Listen, Israel: Existence Itself is our God – Existence is One!

Concluding Blessing, Yishatabakh:

יִשְׁתַּבַּח שְׁמוֹ לְעַד מְלָכֵינוּ
הָאֵל הַמֶּלֶךְ הַגָּדוֹל וְהַקְּדוֹשׁ בַּשָּׁמַיִם וּבָאָרֶץ
כִּי לֹא נִאָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
נְשִׁיר וְנִשְׁבַּח הַלֵּל וְזִמְרָה עִזּוֹ וּמְשָׁלָה גִּצְחַ גְּדֻלָּה וּגְבוּרָה תְהִלָּה וְתִפְאָרֶת
קִדְשָׁה וּמְלָכוּת בְּרָכוֹת וְהוֹדָאוֹת מֵעַתָּה וְעַד-עוֹלָם

Yishtabakh Shimkha la'ad Malkeinu
HaEl HaMelekh HaGadol v'HaKadosh bashamayim uva'aretz
Ki l'kha na'eh Adonai Eloheinu v'Elohei Avoteinu
Shir ush'vakhah, halel v'zimrah, oz u'memshalah,
Netzakh gedulah u'gevurah, tehilah v'tiferet
kedushah u'malkhut, b'rakhot v'hoda'ot, me'atah v'ad olam!

*Praised be Your Name forever, Our Sovereign,
Divine One, The Great and Holy Ruler in heaven and on earth.
For to You it is fitting – Hashem, our God, and God of our ancestors –
transcendent song, praise and hymns of Your strength and dominion, victory, grandeur,
and might, praise and beauty, holiness and sovereignty,
blessings and thanksgivings, from now and for all Eternity!*

Hazzan – בָּרוּךְ אַתָּה יְהוָה אֵל מֶלֶךְ גָּדוֹל בְּתִשְׁבָּחוֹת
אֵל הַהוֹדָאוֹת אֲדוֹן הַנִּפְלְאוֹת הַבוֹחֵר בְּשִׁירֵי זִמְרָה
מֶלֶךְ אֵל חַי הַעוֹלָמִים
אָמֵן – Cong.

Hazzan – Barukh Atah Adonai, El Melekh Gadol batishbakhot
El hahoda'ot, Adon hanifla'ot, habokher b'shinei zimrah,
Melekh El Hei HaOlamim!
(Cong. – Amein!)

*Blessed are You, Hashem, Divine Sovereign, Great in Praise,
Divine One of Thanksgiving, Master of Wonders, Who Chooses Songs of Praise,
Sovereign, Almighty, Life of All Worlds!*

Hatzi Kaddish
(with *minyán*)

Hazzan:

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא

Yitgadal v'yitkadash sh'mei raba!

May the Great Name grow exalted and sanctified!

Cong. – אמין Amein

Hazzan:

בְּעֶלְמָא דִּי בְּרָא כְרַעוּתֵיהּ וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל

בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְנָא קָרִיב, וְאָמְרוּ אָמֵן

B'alma di v'ra khirutei, v'yamlikh malkhutei, b'haveikhon uvyomeikhon
uvhaye d'khol beit Yisrael, ba'agala uvizman kariv. V'imru: Amein

In the world created as the expression of the Divine,

*may Divine Reality be revealed in your lifetimes and in your days, and in the
lifetimes of the House of Israel swiftly and soon, and say: Amein.*

Cong. – אמין Amein

All then *Hazzan:*

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעֵלְמֵי וּלְעֵלְמֵי עֵלְמָיָא

Y'hei sh'mei raba m'vorakh l'olam ulalmei almay.

May the Great Name be blessed forever and for all Eternity.

Hazzan:

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא

וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ הוּא

Yitbarakh v'yishtabakh v'yitpa'ar v'yitromam v'yitnasei v'yit'hadar

v'yit'aleh v'yit'halal sh'mei d'Kudsha Brikh Hu

*Blessed, praised, glorified, exalted, extolled, mighty, upraised and lauded be
the Name of the Holy One – It is blessed.*

Cong. – בְּרִיךְ הוּא Brikh Hu

It is blessed.

Hazzan:

לְעֵלָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא
תְּשַׁבְּחָתָא וְנַחֲמָתָא דְאִמְרִין בְּעֵלְמָא וְאִמְרוּ אַמֵּין

L'eila min kol birkhata v'shirata
tushb'hata v'nehemata, da'amiran b'alma.
V'imru: Amein.

*Blessed is the One beyond all blessing and song, praise and consolation that
are uttered in the world, and say: Amein*

Cong. – Amein אמן

Barkhu
(with minyan)

Bend knees and bow on *barkhu*, straighten at *Adonai*

Hazzan:

בְּרַכּוּ אֶת יְהוָה הַמְּבֹרָךְ
Barkhu Et Adonai HaMevorakh!
Bless Hashem, the Blessed One!

Cong:

בְּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד
Barukh Adonai HaMevorakh le'olam va'ed!
Blessed is Hashem, the Blessed One, for all Eternity!

Hazzan:

בְּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד
Barukh Adonai HaMevorakh le'olam va'ed!
Blessed is Hashem, the Blessed One, for all Eternity!

SIT

SHEMA AND HER BLESSINGS

First Blessing – Light, Cosmic Forces

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
יוֹצֵר אוֹר וּבוֹרֵא תְשׁוּבָה עֲשֵׂה שְׁלוֹם וּבוֹרֵא אֶת-הַכּוֹל

**Barukh Atah Adonai, Eloheinu Melekh HaOlam,
Yotzeir or, uvorei hoshekh, oseh shalom uvorei et hakol!**

*Blessed are You, Hashem, our Divinity, Sovereign of the Universe,
Who forms light and creates darkness, Who makes peace and creates All!*

הַמְאִיר לָאָרֶץ וְלַדָּרִים עָלֶיהָ בְּרַחֲמִים
וּבְטוּבוֹ מְחַדֵּשׁ בְּכָל-יוֹם תָּמִיד מְעֲשֵׂה בְּרֵאשִׁית

Hame'ir la'aretz v'ladarim aleiha b'rakhamim
Uvtuvo m'khadesh b'khol yom tamid ma'ashe vereisheet!

*The One Who illuminates the earth for all who dwell upon it,
with compassion; and in goodness renews daily,
continuously, the work of creation!*

תִּתְבָּרַךְ צוּרֵנוּ מֶלְכֵנוּ וְגוֹאֲלֵנוּ בּוֹרֵא קְדוֹשִׁים.
יִשְׁתַּבַּח שְׁמֶךָ לְעַד מֶלְכֵנוּ יוֹצֵר מִשְׁרָתִים. וְאֲשֶׁר מִשְׁרָתָיו כְּלֵם עוֹמְדִים
בְּרוּם עוֹלָם וּמִשְׁמִיעִים בִּירְאָה יַחַד בְּקוֹל דְּבָרֵי אֱלֹהִים חַיִּים וּמְלֹךְ עוֹלָם

Titbarakh Tzureinu Malkeinu v'go'aleinu borei kedoshim.
Yishtabakh Shimkha la'ad Malkeinu yotzeir m'shartim.
Va'asher m'shartav kulam omdim b'rum olam
Umashmi'im b'yirah yahad b'kol divrei Elohim Hayim u'Melekh Olam!

*Blessed is our Rock, our King, our Redeemer,
Creator of holy beings. Praised be Your Name forever,
our Sovereign, Who forms ministering angels;
all of whom stand at the height of the Universe,
and proclaim with reverence, together, aloud,
the words of the living God, King of the Universe!*

Hazzan – וְכֹלֵם מְקַבְּלִים עָלֵיהֶם עַל מַלְכוּת שָׁמַיִם זֶה מִזֶּה.
וְנוֹתְנִים רְשׁוּת זֶה לָזֶה לְהַקְדִּישׁ לְיוֹצְרָם בְּנֶחֱת רוּחַ.
בְּשִׁפָּה בְרוּרָה וּבְנִיעִימָה.
קִדְשָׁה כָּלֵם כְּאֶחָד עוֹנִים וְאוֹמְרִים בְּיִרְאָה

Hazzan – V'khulam m'kabelim aleihem ol malkhut shamayim zeh mizeh
V'not'nim r'shut zeh lazeh l'hak'dish l'yotzram b'nakhat ru'akh
B'safah v'rurah uvin'imah;
Kedushah kulam k'ekhad omdim v'omrim b'yirah!

And they all take upon themselves the yoke of Divine sovereignty one from the other, and give leave to one another to sanctify their Former in a spirit of serenity with clear speech and pleasantness, and all proclaim holiness in unison and reverently exclaim:

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ יְהוָה יְהוָה צְבָאוֹת. מְלֵא כָּל־הָאָרֶץ כְּבוֹדוֹ
Kadosh Kadosh Kadosh, Adonai Tzeva'ot, Melo Khol HaAretz Kevodo!
*Holy, holy, holy are the Forces of Existence;
All the earth is filled with the Presence!*

Hazzan – וְהָאוֹפְנִים וְחַיּוֹת הַקִּדְשׁ בְּרַעַשׁ גָּדוֹל מִתְנַשְּׂאִים לְעִמַּת שָׂרְפִים
לְעִמָּתָם מִשִּׁבְחֵיהֶם וְאוֹמְרִים
Hazzan – V'ha'ofanim v'hayot hakadosh bara'ash gadol mitnasim
l'umat s'rafim, l'umatam m'shab'khim v'omrim:
*And the Winged Ones and the Holy Living Ones,
with a mighty sound rise toward the Fiery Ones.
Facing them, they offer praise and say,*

בָּרוּךְ כְּבוֹד־יְהוָה מִמְּקוֹמוֹ
Barukh Kevod Adonai Mimkomo!
Blessed is the Divine Presence from Its Place!

לְאֵל בָּרוּךְ נְעִימוֹת יִתְנוּ.
לְמֶלֶךְ אֵל חַי וְקַיָּם זְמֵרוֹת יֹאמְרוּ וְתִשְׁבְּחוּת יִשְׁמְיעוּ
L'El Barukh n'imot yiteinu,
l'melekh el khai v'kayam z'mirot yomeiru v'tishbakhot yashmi'u!
*To the Blessed Divine, they offer pleasant melodies;
The Sovereign, Living and Enduring, they sing hymns and chant praises!*

Hazzan – אור חדש על־ציון תאיר ונזכה כלנו מהרה לאורו:
ברוך אתה יהוה יוצר המאורות – אמן – Cong.

Hazzan – Or hadash al Tzion ta'ir, v'nizkeh khulanu m'heirah l'oro
Barukh Atah Adonai Yotzeir HaM'orot! (Cong. – Amein)
*May You shine a new Light on Zion,
and may we all soon merit its brightness!
Blessed are You, Hashem, Former of the luminaries!*

Second Blessing – Love, Gratitude for the Tradition

**אהבה רבה אהבתנו יהוה אלהינו חמלה גדולה ויתרה חמלת עלינו:
אבינו מלכנו בעבור אבותינו שבתחו בך
ותלמידים חקי חיים כן תחננו ותלמדנו:**

**Ahavah rabah ahavtanu Adonai Eloheinu,
hemla g'dola viteirah hamalta aleinu!**
Avinu Malkeinu ba'avur avoteinu shebat'khu v'kha
Vat'lamdem hukei hayim kein t'haneinu ut'lamdeinu!

*With everlasting love You have loved us, Oneness of Being, our Divinity;
With great and abundant compassion You feel with us!
Our Source, our Sovereign – for the sake of our ancestors
who trusted in You, and to whom You taught the ways of life,
for doing Your will with a whole heart,
so too, be gracious to us and teach us!*

**אבינו האב הרחמן המרחם רחם עלינו
ותן בלבנו להבין ולהשפיל לשמע וללמד וללמד לשמר ולעשות
ולקיים את־כל־דברי תלמוד תורתך באהבה:**

Avinu HaAv HaRakhaman Ham'Rakhem rakhem aleinu
V'tein b'libeinu l'havin ul'haskil lish'mo'a
lil'mod ul'lamed lish'mor v'la'asot
ul'kayem et kol divrei talmud Toratekha b'ahavah!

*Our Parent, merciful One, Who acts with compassion, have compassion on
us and open our hearts to understand elucidate, listen, learn, teach,
preserve, practice, and fulfill all the words Your Torah with love.*

וְהָאֵר עֵינֵינוּ בְּתוֹרָתְךָ וְדַבֵּק לִבְנוּ בְּמִצְוֹתֶיךָ
וְיִחַד לְבַבְנוּ לְאַהֲבָה וּלְיִרְאָה אֶת־שִׁמְךָ:
וְלֹא נִבּוֹשׁ לְעוֹלָם וָעֶד
כִּי בְשֵׁם קֹדְשְׁךָ הַגָּדוֹל וְהַנּוֹרָא בְּטַחְנוּ
נִגְיֵלָה וְנִשְׂמְחָה בִּישׁוּעָתְךָ:

V'ha'er eineinu b'Toratekha v'dabek libeinu b'mitzvotekha
V'yakhed l'vaveinu l'ahavah ul'yirah et sh'mekha
V'lo nevosh l'olam va'ed
Ki v'shem kodshekha hagadol v'hanora batakhnenu
Nagila v'nism'khah bishuatekha!

*And enlighten our eyes in Your Torah, attach our hearts to Your mitzvot,
and unify our hearts to have love and awe for Your Name;
May we not be shamed, humiliated nor stumble forever,
for we trust in Your great, mighty and awesome Holy Name;
may we exult and rejoice in Your salvation.*

Gather the four tzitzit between fourth and fifth fingers of left hand, hold throughout Sh'ma.

וְהִבִּיאֵנוּ לְשָׁלוֹם מֵאַרְבַּע כַּנְפוֹת הָאָרֶץ וְתוֹלִיכְנוּ קוֹמְמִיּוֹת לְאַרְצֵנוּ:
כִּי אֵל פּוֹעֵל יִשׁוּעוֹת אַתָּה וּבְנוּ בְּחִרְתָּ מִכָּל־עַם וְלָשׁוֹן.
– *Hazzan* וְקִרְבַּתְנוּ לְשִׁמְךָ הַגָּדוֹל סֵלָה בְּאַמֶּת לְהוֹדוֹת לְךָ וּלְיִחְדָּךְ בְּאַהֲבָה:
בְּרוּךְ אַתָּה יְהוָה הַבּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה: – *Cong.* אָמֵן:

V'havieinu l'shalom me'arba kanfot ha'aretz
v'tolikheinu kom'miut l'artzeinu
Ki El po'el yishu'ot Atah uvanu vakharta mi kol am lashon;
Hazzan – V'keiravtanu l'Shimkha HaGadol selah be'emet
l'hodot l'kha ul'yakhed'kha b'ahavah
Barukh Atah Adonai, HaBokher b'amo Yisra'el b'ahavah! (Cong. – Amein)

*Bring us in blessing and peace quickly from the four corners of the earth,
and speedily lead us to our land. Because You effect salvations O God;
You have chosen us from among all peoples and tongues,
And You have brought us near to Your great Name, forever in truth, with
love, that we may give thanks to You, and proclaim Your Oneness, with love.
Blessed are You, Hashem, Who chooses the people Israel with love.*

When praying without a *minyan*, chant three words:

אל מֶלֶךְ נְאֻמָּן
El Melekh Ne'eman!
God, Faithful King

Chant each of the six words of the *Sh'ma* on long out breaths, visualizing the words as columns of light extending in the six directions: up, down, forward, back, right, left:

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Sh'ma Yisra'el Adonai Eloheinu Adonai Ekhad!

Hear Israel: Existence Itself is our God – Existence is One!

Quietly, receiving light back into heart from six directions in reverse order:

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

Barukh Shem Kevod Malkhuto Le'Olam Va'Ed

Blessed is the Name of the Presence-Infused Kingdom for All Eternity!

וְאַהַבְתָּ אֵת יְהוָה אֱלֹהֶיךָ בְּכָל-לְבָבְךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ:

וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל-לְבָבְךָ:

וְשָׁנַנְתָּם לְבִנְיֶיךָ וְדַבַּרְתָּ בָם בְּשַׁבְּתֶיךָ בְּבֵיתְךָ:

וּבְלִקְחֶיךָ בְּדַרְךָ וּבְשֹׁכְבְּךָ וּבְקוּמֶיךָ:

וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:

וּכְתַבְתָּם עַל-מַזְזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

Va'ahavta et Adonai Elohekha, b'khol l'vavkha, uv'khol nefsh'kha, uv'khol me'odekha. 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.

You shall love Existence, your Divinity, with all your heart, all your soul, and all your expansiveness. And these words which I command you today, shall be upon your heart. And you shall teach them 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 gates... - Devarim (Deuteronomy) 6:4- 9

וְהָיָה אִם-שָׁמַעַתְּ מִשְׁמָעוֹ אֶל-מִצְוֹתַי אֲשֶׁר אֲנֹכִי מְצַוֶּה אֶתְכֶם הַיּוֹם לְאַהֲבָה
אֶת-יְהוָה אֱלֹהֵיכֶם וּלְעַבְדוֹ בְּכָל-לִבְבְּכֶם וּבְכָל-נַפְשְׁכֶם: וְנָתַתִּי מְטָר-אֲרָצְכֶם
בְּעֵתוֹ יוֹרֵה וּמִלְקוֹשׁ וְאִסְפֹת דְגָנָה וְתִירְשָׁה וְיִצְהָרָה:

And it will be, if you listen deeply to My mitzvot which I teach you today, to love Hashem your God, and serve the One with all your heart and all your souls, then I will give rain for your land in its proper time, and you will harvest your grain and your wine and your oil.

וְנָתַתִּי עֵשֶׂב בְּשָׂדֶךָ לְבִהֶמְתֶּךָ וְאָכַלְתָּ וּשְׂבַעְתָּ: הַשְׁמָרוּ לָכֶם פֶּן-יִפְתָּה לְבַבְכֶם
וְסָרְתֶם וְעַבַדְתֶּם אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם לָהֶם: וְחָרָה אַף-יְהוָה בְּכֶם
וְעָצַר אֶת-הַשָּׁמַיִם וְלֹא-יִהְיֶה מְטָר וְהִיאָדָמָה לֹא תִתֵּן אֶת-יְבוּלָהּ וְאֶבְדֶּתֶם
מְהֵרָה מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר יְהוָה נָתַן לָכֶם:

And there will be grass in your fields for your cattle, and you will eat and be satisfied. Beware that your hearts not turn astray, to worship false gods and bow to them. Then the Divine anger will flare up among you, and the heavens will close; there will be no rain and the earth will not yield its produce; and you will perish swiftly from the good land given to you.

וּשְׂמַתֶּם אֶת-דְּבָרֵי אֱלֹהַ עַל-לִבְבְּכֶם וְעַל-נַפְשְׁכֶם וְקִשְׂרֶתֶם אֹתָם לְאוֹת
עַל-יְדֵיכֶם וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֵיכֶם: וְלִמְדֹתֶם אֹתָם אֶת-בְּנֵיכֶם לְדַבֵּר בָּם
בְּשַׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ בְּדַרְךָ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וְכִתַּבְתֶּם עַל-מְזוּזוֹת
בֵּיתְךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבוּ יְמֵיכֶם וַיְמֵי בְנֵיכֶם עַל הָאָדָמָה אֲשֶׁר נִשְׁבַּע
יְהוָה לְאַבְתִּיכֶם לֵתֵת לָהֶם כִּימֵי הַשָּׁמַיִם עַל-הָאָרֶץ:

Place these words of Mine upon your hearts and upon your souls, and bind them for a sign upon your hands, and they shall be amulets between your eyes. And you shall teach them to your children, to speak 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 write them upon the doorposts of your house and upon your gates. In order that your days and the days of your children be prolonged, upon the land which Hashem swore to your ancestors to give them, like the days heaven on earth...

Take tzitzit in right hand and kiss them when tzitzit are mentioned:

וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם וַעֲשׂוּ לָהֶם
צִיצִית עַל־פְּנֵי בְגְדֵיהֶם לְדֹרֹתָם וְנִתְּנוּ עַל־צִיצִית הַכֶּנֶף פֶּתִיל תְּכֵלֶת: וְהָיָה
לָכֶם לְצִיצִית וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם אֶת־כָּל־מִצְוֹת יְהוָה וַעֲשִׂיתֶם אֹתָם וְלֹא
תִתּוּרוּ אַחֲרַי לְבַבְכֶם וְאַחֲרַי עֵינֵיכֶם אֲשֶׁר־אֲתֶם זִנִּים אַחֲרֵיהֶם:
לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־כָּל־מִצְוֹתַי וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם:
אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהִיּוֹת לָכֶם לֵאלֹהִים
אֲנִי יְהוָה אֱלֹהֵיכֶם: אָמֵן

And Hashem spoke to Moses saying: Speak to the children of Israel, and tell them to make for themselves tzitzit on the corners of their garments throughout their generations; and they will place with the tzitzit of each corner a thread of blue. And they will be tzitzit, and you will look upon them and you will remember all the teachings and perform them, and you will not turn and run after your hearts and after your eyes which cause you to go astray. In order that you will remember and perform all My mitzvot; and you will be holy to your God. I am Hashem, your own Divinity, Who brought you out of the land of Egypt to be your God: I am Hashem, your own Divinity – TRUTH!

Hazzan – יהוה אלהיכם אמת
Hazzan – Adonai Elohekhem Emet!
Existence Itself is your own Divinity – Truth!

**וַיֵּצֵיב וְנִכּוֹן וְקַיָּם וַיִּשָּׁר וְנֶאֱמַן וְאֶהוּב וְחַבִּיב וְנֶחְמַד וְנֹעִים וְנוֹרָא וְאֲדִיר
וּמְתֻקָּן וּמְקַבֵּל וְטוֹב וְיָפֵה הַדְּבָר הַזֶּה עָלֵינוּ לְעוֹלָם וָעֶד:**

**V'yatziv v'nakhon v'kayam v'yashar v'ne'eman v'ahuv, v'khaviv,
v'nekhmad, v'na'im, v'nora, v'adir, um'tukan, v'tov,
v'yafeh hadavar hazeh aleinu l'olam va'ed!**

...and firm, certain and enduring, upright and faithful, beloved and cherished, desired and pleasant, awesome, mighty, and acceptable, good and beautiful is this teaching – it is upon us for all eternity!

אֱמֶת אֱלֹהֵי עוֹלָם מְלִכְנוּ צוּר יַעֲקֹב מֶגֶן יִשְׁעֵנוּ, לְדֹר וְדֹר הוּא קָיָם וְשְׁמוֹ קָיָם
וְכִסְאוֹ נָכוֹן וּמַלְכוּתוֹ וְאַמוּנָתוֹ לְעַד קַיָּמָת: וּדְבָרָיו חַיִּים וְקַיָּמִים נְאֻמָּנִים
וְנִחְמָדִים לְעַד וּלְעוֹלָמֵי עוֹלָמִים

Emet Elohei Olam Malkeinu, Tzur Ya'akov, Magein Yisheinu,
l'dor vador Hu kayam u'Sh'mo kayam v'khisu
Nakhon umalkhuto v'emunato la'ad kayamet.
Ud'varav hayim v'kayamim ne'emanim,
v'nekhmadim la'ad ul'olmei olamim!

Truth: the God of the Universe is our King, the Stronghold of Jacob is the Shield of our salvation. Throughout the generations the Divine endures and the Divine Name and the "throne" endures; the sovereignty and faithfulness of the Divine endure forever. These sacred words are alive and enduring, faithful and desirable forever and to all eternity!

Kiss tzitzit and release them.

Hazzan – עַל אֲבוֹתֵינוּ וְעַלְנוּ עַל בְּנֵינוּ וְעַל דּוֹרוֹתֵינוּ
וְעַל כָּל דּוֹרוֹת זֶרַע יִשְׂרָאֵל עֲבָדֶיךָ:
עַל-הָרְאשׁוֹנִים וְעַל-הָאַחֲרוֹנִים דְּבַר טוֹב וְקָיָם לְעוֹלָם וְעַד
אֱמֶת וְאַמוּנָה חֹק וְלֹא יַעֲבֹר: אֱמֶת שְׂאֵתָה הוּא!

Hazzan – Al avoteinu v'aleinu, al baneinu v'al doroteinu, v'al dorot zera Yisra'el avdekha. Al harishonim, v'al ha'akharonim, davar tov v'kayam l'olam va'ed; emet ve'emunah hok v'alo ya'avov. Emet – she'ATAH HU!

For our ancestors and for us, for our children and for our generations, and for all generations of the seed of Israel, Your servants. Upon the first and upon the last – a good and everlasting teaching. True and faithful, a principle that cannot dissipate; Truth – You are That!

Chant, then repeat silently. Rest mind in the words, letting go of the stream of thinking.

**את יה הוא
AT YAH HU!**

You, ה' *Yah* – All Manifestation – are That – the One Reality.

Or, feel free to use the masculine and/or feminine forms: אֵתָה הוּא *and/or* אֵת יה היא

Atah HU, and/or At YAH Hi

SILENT MEDITATION

Hazzan – אַתָּה הוּא עַד שְׁלֹא נִבְרָא הָעוֹלָם, אַתָּה הוּא מִשְׁנִבְרָא הָעוֹלָם,
אַתָּה הוּא בְּעוֹלָם הַזֶּה וְאַתָּה הוּא לְעוֹלָם הַבָּא!

Hazzan – Atah Hu ad shelo nivra ha'olam, Atah Hu mishenivra ha'olam;
Atah Hu ba'olam hazeh, v'Atah Hu la'olam haba!

*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!*

Stand (in body or in spirit)

Hazzan – תְּהִלֹת לְאֵל עֲלִיּוֹן בְּרוּךְ הוּא וּמְבָרָךְ,
מִשָּׁה וּבְנֵי יִשְׂרָאֵל לָךְ עָנוּ שִׁירָה בְּשִׂמְחָה רַבָּה וְאָמְרוּ כְּלָם

Hazzan – Tehilot l'El Elyon barukh Hu u'mevorakh!
Moshe u'venei Yisrael l'kha anu shirah b'simkhah rabah v'amru khulam:
Praises to God the Most High, blessed and blessed!
Moses and the Children of Israel sang with great joy, saying:

מִי כַמֹּכָה בְּאֵלִים יְהוָה מִי כַמֹּכָה נֹאדָר בְּקִדְשׁ נֹרָא תְהִלַּת עֲשֵׂה פְלֵא:

Mi Khamokha ba'eilim, Adonai!
Mi kamokha – nedar bakodesh, nora tehilot, oseh fele!

Who is like You among the mighty, Hashem!
Who is like You, adorned in holiness, awesome in praise, creating wonders!

Hazzan – שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְאוּלִּים לְשִׁמְךָ עַל-שִׁפְתַּי הַיָּם
יַחַד כְּלָם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:

Hazzan – Shirah hadashah shib'hu g'ulim l'Shimkha al s'fat hayam
Yahad kulam hodu v'himlikhu v'amru:

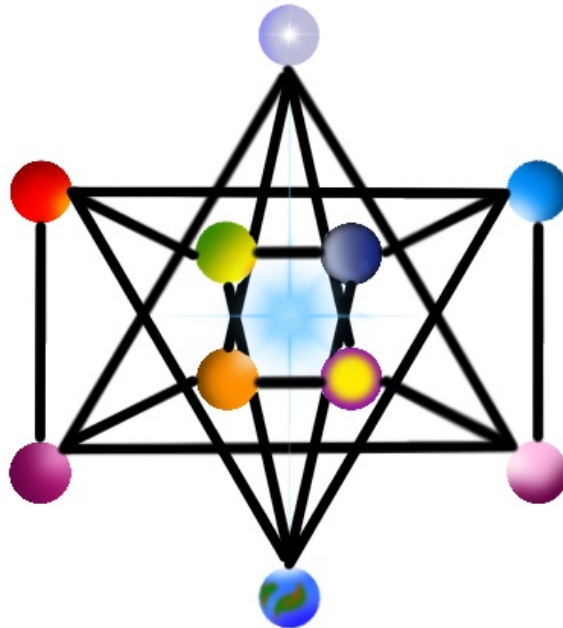
With a new song the redeemed people praised Your Name at the seashore!
All of them gave thanks in unison and proclaimed Your sovereignty, saying:

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד:
Adonai Yimlokh Le'Olam Va'ed!
The Divine Reigns for All Eternity!

צור ישׂראל קומה בעזרת ישׂראל ופדה כנאמך יהודה וישׂראל,
גאלנו יהנה צבאות שמו קדוש ישׂראל:
ברוך אתה יהנה גאל ישׂראל

Hazzan – Tzur Yirael, kumah b'ezrat Yisrael,
uf' dei khinumekha Yehudah v'Yisrael,
Go'aleinu, Adonai Tzeva'ot Sh'mo, k'dosh Yisrael.
Barukh Atah Adonai, Ga'al Yisrael!

*Rock of Israel, arise to the aid of Israel,
and liberate, as You promised Judah and Israel.
Our Redeemer – 'Hashem, Lord of Forces' is Your Name,
The Holy One of Israel! Blessed are You, Hashem, Who redeemed Israel!*



SHEMONEI ESREI – AMIDAH

Take three steps (backward and then) forward. The Amidah prayed with quiet devotion.
Congregation responds “Amen” to each blessing on the repetition or *Heikha Kedushah*.

אֲדֹנָי שְׁפֹתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ

Adonai s'fatai tiftakh, ufi yagid tehilatekha!

My Lord, open my lips, and that my mouth may declare Your Praise!

אֲבוֹת ANCESTORS

Bend knees at *Barukh/Blessed*, bow at *Atah/You*, straighten at *Adonai/Hashem*.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ

אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא אֵל עֲלִיוֹן גּוֹמֵל חַסְדִּים טוֹבִים וְקוֹנֵה הַכֹּל

וְזוֹכֵר חַסְדֵי אֲבוֹת וַיִּמְבִּיא גּוֹאֵל לְבָנָי בְּנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה

Barukh Atah Adonai, Eloheinu, Velohei Avoteinu v'Imoteinu

Elohei Avraham, Elohei Yitzhak, Velohei Yaakov

Elohei Sarah, Elohei Rifka, Elohei Rakhel, Velohei Leah

Ha El HaGadol HaGibur v'HaNora, El Elyon;

Gomel hasadim tovim, v'konei hakol

V'zoher hasdei avot v'imahot,

umevi go'el livnei v'nehem l'ma'an sh'mo b'ahavah!

*Blessed are You, Hashem, Our Divinity, God of our ancestors,
God of Abraham, God of Isaac and God of Jacob;
God of Sarah, God of Rebecca, God of Rachel and God of Leah;
Supreme, Powerful and Awesome God, Transcendent Divine;
Bestowing goodness, kindness and creating all;
Who remembers the loving-kindness of our ancestors
And brings redemption to their children's children, with love.*

From Rosh Hashanah through Yom Kippur add:

זְכַרְנוּ לְחַיִּים מְלֶךְ חַיִּץ בְּחַיִּים וְכַתְּבָנוּ בְּסֵפֶר הַחַיִּים לְמַעַן אֱלֹהִים חַיִּים

Zokhreinu l'hayim, Melekh hafetz bahayim

v'khotveinu l'sefer hahayim l'ma'ankha Elohim Hayim!

Remember us for life, King Who desires life;

and inscribe us in the Book of Life, for Your sake, Living Divinity!

מְלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן: בָּרוּךְ אַתָּה יְהוָה מְגִן אַבְרָהָם

Melekh, Ozer, uMoshiah uMagein! Barukh Atah Adonai, Magein Avraham!

Sovereign, Helper, Savior and Shield!

Blessed are You, Hashem, Shield of Abraham!

POWER

אַתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי מְחַיֶּה מֵתִים אַתָּה רַב לְהוֹשִׁיעַ
Atah gibur l'olam Adonai, m'hayei meitim Atah, rav l'hoshia!
*You are the One Eternal Power,
Enlivening the lifeless, great in salvation!*

From after Sukkot until Pesakh:

מַשִּׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם Mashiv HaRuakh Umorid HaGeshem
Who causes the wind to blow and the rain to fall!

From Pesakh until Sukkot:

מוֹרִיד הַטֶּל Morid HaTal – *Who causes the dew to descend!*

מְכַלְכֵּל חַיִּים בְּחַסְדֵּךְ מְחַיֶּה מֵתִים בְּרַחֲמֵיךְ רַבִּים
סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים וּמַתִּיר אֲסוּרִים
וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עֶפְרַיִם,
מִי כָמוֹךָ בְּעֵל גְּבוּרוֹת וּמִי דוֹמָה לָךְ מְלַךְ יַמִּית וּמְצַמֵּחַ יְשׁוּעָה
M'khalkel hayim b'hesed, m'hayei meitim b'rakhamim rabim
Somekh noflim v'rofei holim, umatir asurim
Um'kayem emunato lishenei afar
Mi Khamokha Ba'al Gevurot umi domei Lakh?
Melekh meimit um'hayei umatzmiyakh yeshuah!
*Sustainer the living with kindness,
Giver of life to the lifeless with great compassion
Supporter the fallen, Healer the sick, and Releaser the bound.
Who is like You, who causes death
And restores life and makes salvation sprout?
Sustainer in faithfulness to those who sleep in the dust!
Who is like You, Master of All Powers, and Who can be compared to you?
Sovereign who causes death and restores life and makes salvation sprout!*

From Rosh Hashanah through Yom Kippur add:

מִי כָמוֹךָ אֵב הַרְחָמִים זֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמֵיךְ
Mi Khamokha Av HaRakhamim, zokher y'tzurav l'hayim tovim?
Who is like You, Merciful One, who remembers creation for good life!

וּנְאֻמָּן אַתָּה לְהַחְיֹת מֵתִים: בְּרוּךְ אַתָּה יְהוָה מְחַיֶּה הַמֵּתִים
V'ne'eman Atah l'hahayot meitim!
Barukh Atah Adonai, M'hayei hameitim!
*And You Faithfully enliven the lifeless!
Blessed are You, Hashem, Who gives life to the lifeless!*

KEDUSHAH

The *Kedushah* is chanted only with a *minyan*, either on the repetition or *Heikha Kedushah*

Congregation recites, *Hazzan* repeats:

נְקַדֵּשׁ אֶת־שִׁמְךָ בְּעוֹלָם כְּשֵׁם שֶׁמַּקְדִּישִׁים אוֹתוֹ בְּשִׁמֵי מְרוֹם.

בְּכַתוּב עַל־יַד נְבִיאָךְ וְקָרָא זֶה אֶל־זֶה וְאָמַר

N'kadesh et Shimkha ba'olam, k'shem shemakdishim oto bishmei marom

Kakativ al yad n'viyekha v'kara zeh el zeh v'amar:

We will sanctify Your Name in the world, as they sanctify It in the heavens above, as is written by the hand of Your prophet – “And they called one to another, and said...”

Congregation recites, *Hazzan* repeats:

קְדוֹשׁ קְדוֹשׁ קְדוֹשׁ יְהוָה יְהוָה צְבָאוֹת מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ

Kadosh, Kadosh, Kadosh, Adonai Tzeva'ot, m'lo khol ha'arets k'vodo!

Holy Holy Holy is the Lord of All Forces,

The whole earth is filled with the Divine Presence!

Hazzan:

בְּרוּךְ לְעַמְתָּם בְּרוּךְ יְאִמְרוּ L'umatam barukh yomeiru— *Facing them, say: Bless!*

Congregation recites, *Hazzan* repeats:

בְּרוּךְ כְּבוֹד־יְהוָה מִמְּקוֹמוֹ

Barukh K'vod Adonai miM'komo! – *Blessed is the Divine Presence from Its Place!*

Hazzan:

וּבְדִבְרֵי קִדְשְׁךָ כְּתוּב לְאִמֹר Uv'divrei Kodshekha katuv lemor:

In Your holy words it is written:

Congregation recites, *Hazzan* repeats:

יְמַלֵּךְ יְהוָה לְעוֹלָם אֱלֹהֵינוּ צִיּוֹן לְדוֹר וָדוֹר הַלְלוּיָהּ

Yimlokh Adonai le'olam, Elohayikh Tziyon l'dor vador, Halleluyah!

Hashem will reign forever; Your God, Zion, throughout all generations! Praise Yah!

Hazzan:

לְדוֹר וָדוֹר נִגִּיד גְּדֻלָּתְךָ וְלִנְצַח נִצְחֵיךָ קִדְשְׁתָּךְ נְקַדֵּישׁ

וְשִׁבְחְךָ אֱלֹהֵינוּ מִפִּינוּ לֹא יִמּוּשׁ לְעוֹלָם וָעֶד כִּי אֵל מְלֵךְ גָּדוֹל וְקְדוֹשׁ אַתָּה:

בְּרוּךְ אַתָּה יְהוָה הַיָּלֵךְ הַקְדוֹשׁ אָמֵן

From generation to generation we will declare Your greatness,

and to all eternity, we will sanctify Your holiness, and Your praise, our God, will not depart from our mouth forever and ever; because You are the Almighty Who is King;

Great, and Holy. Blessed are You, Hashem, the Divine, the Holy!

HOLINESS

Prayed individually when the *Kedushah* is not said

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקַדוּשֵׁים בְּכָל-יּוֹם יְהַלְלוּךָ סְלָה
בְּרוּךְ אַתָּה יְהוָה הָאֵל הַקָּדוֹשׁ

*You are holy and Your Name is holy and holy beings praise You every day, forever.
Blessed are You, Hashem, the Holy Divine One!*

INSIGHT

אַתָּה חוֹנֵן לְאָדָם דַּעַת וּמְלִמֵּד לְאֲנוּשׁ בִּינָה: חַנּוּנוֹ מֵאַתָּה דַּעַת בִּינָה וְהַשְׂכִּיל:
בְּרוּךְ אַתָּה יְהוָה חוֹנֵן הַדַּעַת

*You grace human beings with Comprehension and teach Understanding to people.
Grace us from Your Self with Wisdom, Understanding and Knowledge!
Blessed are You, Hashem, Who Graces with Knowledge!*

RETURN

הַשִּׁיבֵנו אָבִינוּ לְתוֹרָתְךָ וְקִרְבָּנוּ מִלְּפָנֶיךָ לְעִבּוֹדְתְךָ
וְהַחֲזִירֵנוּ בְּתַשׁוּבָה שְׁלֵמָה לְפָנֶיךָ: בְּרוּךְ אַתָּה יְהוָה הַרוֹצֵה בְּתַשׁוּבָה
Cause us to return, our Parent, to Your Torah, and bring us near, our Sovereign, to Your
service; and bring us back in complete Return before You.
Blessed are You, Hashem, Who desires Return.

FORGIVENESS

Strike left side of chest with right fist

סְלַח לָנוּ אָבִינוּ כִּי חָטְאָנוּ מְחַל לָנוּ מִלְּפָנֶיךָ כִּי פָשַׁעְנוּ כִּי מוֹחֵל וְסוֹלֵחַ אַתָּה:
בְּרוּךְ אַתָּה יְהוָה חַנוּן הַמְּרַבֵּה לְסְלוּחַ

*Forgive us, our Parent, for we have sinned,
pardon us, our Sovereign, for we have transgressed; for You forgive and pardon.
Blessed are You, Hashem, Gracious One, Who pardons abundantly.*

SALVATION

רְאֵה בְּעַנְיֵנוּ וְרִיבָה רִיבֵנוּ וּגְאֹלֵנוּ מִהֲרָה לְמַעַן שְׁמֶךָ כִּי גּוֹאֵל חֲזָק אַתָּה:
בְּרוּךְ אַתָּה יְהוָה גּוֹאֵל יִשְׂרָאֵל

*Behold our suffering, take up our grievance, and save us speedily for Your Name's sake;
for You are the Powerful Redeemer. Blessed are You, Hashem, Redeemer of Israel.*

HEALING

רְפָאנוּ יְהוָה וְנִרְפָּא הוֹשִׁיעֵנוּ וְנִשְׁעָה כִּי תִהְלֹתֵנוּ אָתָּה
וְהַעֲלֵה רְפוּאָה שְׁלֵמָה לְכֹל מַכּוֹתֵינוּ

*Heal us, Hashem, and we will be healed, save us and we will be saved; for You are our
praise. Grant a complete healing to all our ailments.*

Insert prayer for a sick person here:

יְהִי רְצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שֶׁתְּשַׁלַּח מְהֵרָה רְפוּאָה שְׁלֵמָה מִן
הַשָּׁמַיִם, רְפוּאָת הַנֶּפֶשׁ וְרְפוּאָת הַגּוּף, לַחֹלֶה (פְּלוֹנִי/פְלוֹנִית) בֶּן/בַּת (פְּלוֹנִית) בְּתוֹךְ
שָׂר כָּל הַחֹלִים

*May it be Your will, Hashem, our God and the God of our ancestors, that You speedily send a
complete recovery from the heavens, healing for the soul, and healing for the body, for the ailing
(name) son/daughter of (mother's name) among all who are ill.*

כִּי אֵל מְלֹךְ רוֹפֵא נְאֻמָּן וְרַחֲמָן אָתָּה:

בָּרוּךְ אַתָּה יְהוָה רוֹפֵא חֹלֵי עַמּוֹ יִשְׂרָאֵל וְכֹל חַי

For You are the Divine Sovereign, the faithful and merciful Healer.

Blessed are You, Hashem, Healer of the sick of Your people Israel and all life.

ABUNDANCE

בָּרַךְ עָלֵינוּ יְהוָה אֱלֹהֵינוּ אֶת־הַשָּׁנָה הַזֹּאת וְאֶת־כָּל־מִיְנֵי תְבוּאָתָה לְטוֹבָה, וְתֵן
Bless for us, Hashem our God, this year and all kinds of produce for good; and bestow—

From the first day of Pesakh until the evening service on December 4, or 5 (civil leap year):

בְּרָכָה

Blessing

From the evening service on December 4 or 5 (civil leap year), until Pesakh:

טַל וּמָטָר לְבְרָכָה

Dew and rain for blessing

עַל פְּנֵי הָאֲדָמָה וְשִׂבְעֵנוּ מִטּוֹבֶךָ וּבָרַךְ שָׁנָתֵנוּ כְּשָׁנִים הַטּוֹבוֹת:

בָּרוּךְ אַתָּה יְהוָה מְבָרַךְ הַשָּׁנִים

*upon the face of the earth, satisfy us from Your bounty and bless our year, like the good
years. Blessed are You, Hashem, Who blesses the years.*

UNITY

תִּקַּע בְּשׁוֹפָר גָּדוֹל לְחֵרוּתֵנוּ וְשָׂא נֶס לְקִבְצֵךְ גְּלוּתֵינוּ וְקַבְּצֵנוּ יַחַד מֵאַרְבַּע

כַּנְפוֹת הָאָרֶץ: בָּרוּךְ אַתָּה יְהוָה מְקַבֵּץ נִדְחֵי עַמּוֹ יִשְׂרָאֵל

*Sound the great shofar for our freedom, and raise a banner to gather our exiles,
and gather us together from the four corners of the earth.*

Blessed are You, Hashem, Gatherer of the dispersed of Your people Israel.

JUSTICE

הַשִּׁיבָה שׁוֹפְטֵינוּ כְּבָרְאֲשׁוֹנָה וְיִוָּעֲצִינוּ כְּבִתְחִלָּה וְהָסֵר מִמֶּנּוּ יָגוֹן וְאַנְחָה
וּמְלוֹךְ עָלֵינוּ אַתָּה יְהוָה לְבִדְךָ בְּחֶסֶד וּבְרַחֲמִים וְצַדִּיקָנוּ בְּמִשְׁפָּט
*Restore our judges as before and our counselors as at first. Remove sorrow and groan
from us, and reign over us – You, Hashem – alone, with kindness and compassion;
and make us righteous with justice.*

בָּרוּךְ אַתָּה יְהוָה
Blessed are You, Hashem,

Between Rosh Hashanah and Yom Kippur:

הַמֶּלֶךְ הַמִּשְׁפָּט
The King of Justice.

All other times:

מֶלֶךְ אֱהִיב צְדָקָה וּמִשְׁפָּט
King, Lover of righteousness and justice.

DISSOLUTION

וְלִמְלֻשֵׁינִים אַל תְּהִי תִקְוָה וְכָל הָרָשָׁעָה כְּרָגַע תֵּאבֵד וְכָל אֵיבִיךָ מְהֵרָה
יִכָּרְתוּ וְהַזֵּדִים מְהֵרָה תִעַקֵּר וְתִשְׁפֹּר וְתִמְגַּר וְתִכְנִיעַ בְּמְהֵרָה בְּיָמֵינוּ:
בָּרוּךְ אַתָּה יְהוָה שׁוֹבֵר אֵיבִים וּמְכַנִּיעַ זֵדִים
*Let there be no hope for slander and may all wickedness instantly perish; may all the
enemies of Your people be swiftly disarmed, and may You speedily uproot, dissipate, rout
and subdue those who intentionally cause suffering, speedily in our days.
Blessed are You, Hashem, Deflater of enemies. and Subduer of the arrogant.*

BLESSING FOR THE RIGHTEOUS

עַל־הַצְדִּיקִים וְעַל־הַחֲסִידִים וְעַל־זִקְנֵי עַמֶּךָ בֵּית יִשְׂרָאֵל וְעַל פְּלִיטַת
סוֹפְרֵיהֶם וְעַל גֵּרֵי הַצְּדִק וְעַל־יְהוָה יְהִמוּ רַחֲמֶיךָ יְהוָה אֱלֹהֵינוּ וְתֵן שְׂכָר טוֹב
לְכָל הַבוֹטְחִים בְּשִׁמְךָ בְּאַמֶּת וְשִׁים חֲלָקָנוּ עִמָּהֶם לְעוֹלָם וְלֹא יִבוֹשׁ פִּי בְךָ
בְּטָחָנוּ: בָּרוּךְ אַתָּה יְהוָה מְשַׁעֵן וּמְבַטֵּחַ לְצַדִּיקִים
*May Your compassion be aroused, Hashem our God, upon the loving, upon the
conscious, upon the elders of Your people Israel, upon the remnant of their scholars,
upon the righteous strangers and upon us. Grant bountiful reward to all who trust in
Your Name in truth; and place our lot among them, and may we never be put to shame,
for we have put our trust in You. Blessed are You, Hashem, Support and Trust of the
righteous.*

JERUSALEM

וְלִירוּשָׁלַיִם עֵינֶיךָ בְּרַחֲמִים תָּשׁוּב וּתְשׁוּכֵן בְּתוֹכָהּ כַּאֲשֶׁר דִּבַּרְתָּ וּבְנֵה אוֹתָהּ
בְּקֶרֶב בְּיָמֵינוּ בְּנֵן עוֹלָם וְכִסֵּא דָוִד מְהֵרָה לְתוֹכָהּ תִּכְוֶן:
בָּרוּךְ אַתָּה יְהוָה בּוֹנֵה יְרוּשָׁלַיִם

And to Jerusalem, Your city, may You return in compassion and dwell within as You have spoken. Rebuild it soon, in our days, as an everlasting structure, and may You speedily establish the line of David therein. Blessed are You, Hashem, Builder of Jerusalem.

MESSIANIC TIME

אֶת־צֶמַח דָּוִד עֲבֹדְךָ מְהֵרָה תִצְמַיֵחַ וְקִרְנּוֹ תָרוּם בְּיִשׁוּעָתְךָ כִּי לְיִשׁוּעָתְךָ
קוֹנֵינוּ כָּל הַיּוֹם: בָּרוּךְ אַתָּה יְהוָה מִצְמִיחַ קֶרֶן יִשׁוּעָה

The sprout of David, Your servant, may You speedily cause to flourish, and exalt his power with Your salvation, for we hope for Your salvation all day long. Blessed are You, Hashem, Who causes the power of salvation to sprout.

MANIFESTATION

שָׁמַע קוֹלֵנוּ יְהוָה אֱלֹהֵינוּ חוּס וְרַחֵם עָלֵינוּ וְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן
אֶת־תְּפִלָּתֵנוּ כִּי אֵל שׁוֹמֵעַ תְּפִלוֹת וְתַחֲנוּנִים אַתָּה וּמִלְפָּנֶיךָ מִלְּכֵנוּ רִיקָם
אֶל־תִּשְׁיָבֵנוּ

Add Personal Prayer if Desired

כִּי אַתָּה שׁוֹמֵעַ תְּפִלַּת עַמֶּךָ יִשְׂרָאֵל בְּרַחֲמִים: בָּרוּךְ אַתָּה יְהוָה שׁוֹמֵעַ תְּפִלָּה

Hear our voice, Hashem, our God; grace us and have compassion on us, and accept our prayers compassionately and willingly, for You are the Divine Who hears prayers and supplications; and do not turn us away empty-handed from Your Presence, our King –

Add Personal Prayer if Desired

*– for You hear the prayers of Your people, Israel, with compassion.
Blessed are You, Hashem, Who hears prayer.*

HOLY SERVICE

רַצֵּה יְהוָה אֱלֹהֵינוּ בְּעַמְּךָ יִשְׂרָאֵל וּבְתְּפִלָּתָם וְהַשֵּׁב אֶת הָעֲבוֹדָה לְדַבִּיר בֵּיתְךָ
וְאֲשֵׁי יִשְׂרָאֵל וּתְּפִלָּתָם בְּאַהֲבָה תִקַּבֵּל בְּרָצוֹן וּתְהִי לְרָצוֹן תָּמִיד עֲבוֹדַת
יִשְׂרָאֵל עַמְּךָ

Be pleased, Hashem our God, with Your people Israel, and their prayer; and restore the service to the Holy of Holies in Your abode, and the fire-offerings of Israel; and accept their prayer, lovingly and willingly. And may You always find pleasure with the service of Your people, Israel.

Rosh Hodesh and Hol HaMo'ed:

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ יַעֲלֶה וְיָבֵא וְיַגִּיעַ וְיִרְאֶה וְיִרְצֶה וְיִשְׁמַע וְיִפְקֹד וְיִזְכֹּר
זְכוּרֵנוּ וּפְקֻדוֹתֵנוּ וְזִכְרוֹן אֲבוֹתֵינוּ. וְזִכְרוֹן מְשִׁיחַ בֶּן דָּוִד עֲבָדְךָ. וְזִכְרוֹן
יְרוּשָׁלַיִם עִיר קֹדְשְׁךָ. וְזִכְרוֹן כָּל עַמֶּךָ בֵּית יִשְׂרָאֵל לְפָנֶיךָ. לְפִלִּיטָה לְטוֹבָה
לְחַן וּלְחַסֵּד וּלְרַחֲמִים לְחַיִּים וּלְשָׁלוֹם. בְּיוֹם

*Our God and God of our ancestors, may there ascend, come, and reach, appear, be
desired, and heard, counted and recalled our remembrance and reckoning; the
remembrance of our ancestors; the remembrance of the Messiah the son of David, Your
servant; the remembrance of Jerusalem, city of Your Sanctuary and the remembrance of
Your entire people, the House of Israel, before You for survival, for well-being, for favor,
kindliness, compassion, for life and peace on this day of:*

Rosh Hodesh:

רֵאשׁ הַחֹדֶשׁ הַזֶּה
This New Moon

Sukkot:

חַג הַסֻּכּוֹת הַזֶּה
This Festival of Huts

Pesakh:

חַג הַמַּצּוֹת הַזֶּה
This Festival of Matzah

זְכוּרֵנוּ יְהוָה אֱלֹהֵינוּ בּוֹ לְטוֹבָה. וּפְקֻדָּנוּ בּוֹ לְבִרְכָה. וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים.
וּבְדָבָר יְשׁוּעָה וְרַחֲמִים חַיִּים וְחַנּוּנוֹ וְרַחֲמֵי עַלְיָנוּ וְהוֹשִׁיעֵנוּ. כִּי אֱלֹהֶיךָ עֵינֵינוּ כִּי
אֵל מֶלֶךְ חַנּוּן וְרַחוּם אַתָּה

*Remember us Hashem, our God, on this day for well-being; be mindful of us on this day
for blessing, and save us for life. In accord with the promise of deliverance and
compassion, spare us and favor us, have compassion on us and save us; for our eyes are
directed to You, because You are the Divine Who is Sovereign, Gracious, and
Compassionate.*

וְתִחְזַיְנָה עֵינֵינוּ בְּשׁוֹבְךָ לְצִיּוֹן בְּרַחֲמִים:

בְּרוּךְ אַתָּה יְהוָה הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן

*And may our eyes behold Your merciful return to Zion.
Blessed are You, Hashem, Who returns The Divine Presence to Zion.*

GRATITUDE

(Bow at מוֹדִים and straighten at ה')

מוֹדִים אֲנַחְנוּ לָךְ שְׂאֵתָהּ הוּא יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ לְעוֹלָם וָעֶד צוֹר
תֵּינוּ מִגֵּן יִשְׁעֵנוּ אֵתָהּ הוּא לְדוֹר וָדוֹר גּוֹדֵה לָךְ וְנִסְפָּר תְּהִלָּתְךָ עַל־תֵּינוּ
הַמְּסוּרִים בְּיָדְךָ וְעַל גְּשׁוּמוֹתֵינוּ הַפְּקוּדוֹת לָךְ וְעַל גְּסִיךָ שְׂפָכְךָ יוֹם עֲמָנוּ וְעַל
נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂפָכְךָ עֵת עָרַב וּבִקְרֹן וְצַהֲרַיִם הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ
וְהַמְּרַחֵם כִּי לֹא תָמוּ חֲסָדֶיךָ מֵעוֹלָם קוֹיֵנוּ לָךְ

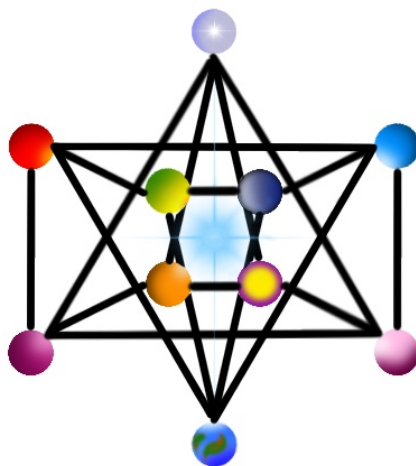
(Bow at “We” and straighten at Hashem)

We gratefully thank You, Hashem, for You are our God and the God of our ancestors forever; Rock of our lives, You are the Shield of our salvation in every generation. We will give thanks to You and recount Your praise, for our lives which are committed into Your hand, and for our souls which are entrusted to You, and for Your miracles with us every day, and for Your wonders and benefactions at all times— evening, morning and noon. The Beneficent One—for Your compassion is never withheld; And the Merciful One—for Your kindness never ceases; we have always placed our hope in You.

Hanukkah and Purim:

עַל הַנְּסִים וְעַל הַפְּרָקָן וְעַל הַגְּבוּרוֹת וְעַל הַתְּשׁוּעוֹת וְעַל הַמְּלַחְמוֹת שְׁעָשִׂיתָ
לְאֲבוֹתֵינוּ בַּיָּמִים הָהֵם בְּיָמֵינוּ הַזֶּה

For the miracles, for the redemption, for the mighty deeds, for the deliverances and for the battles that You performed for our ancestors in those days at this season.



Hanukkah:

בִּימֵי מַתִּיתָיו בֶּן יוֹחָנָן כֹּהֵן גָּדוֹל חֲשׂוֹמְנָאִי וּבָנָיו כְּשֶׁעָמְדָה מַלְכוּת יוֹן
הָרָשָׁעָה עַל־עַמֶּךָ יִשְׂרָאֵל לְהַשְׁפִּיחֵם תּוֹרַתְךָ וּלְהַעֲבִירֵם מִחֻקֵּי רְצוֹנְךָ,
וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים עָמַדְתָּ לָהֶם בְּעֵת צָרָתָם רַבָּת אֶת־רִיבָם
דָּגַת אֶת־דֵּינָם נִקְמַתְּ אֶת־נִקְמָתָם מִסַּרְתָּ גִבּוֹרִים
בְּיַד חֲלָשִׁים וְרַבִּים בְּיַד מְעַטִּים וְטַמְאִים בְּיַד טְהוֹרִים וְרָשָׁעִים בְּיַד צַדִּיקִים
וְזוֹדִים בְּיַד עוֹסְקֵי תּוֹרַתְךָ וְלָךְ עָשִׂיתָ נֶשֶׁם גָּדוֹל וְקָדוֹשׁ בְּעוֹלָמְךָ
וּלְעַמֶּךָ יִשְׂרָאֵל עָשִׂיתָ תְּשׁוּעָה גְדוֹלָה וּפְרָקוֹן כִּהְיוּם הַזֶּה
וְאַחֲר־כֵּן בָּאוּ בָנֶיךָ לְדַבֵּר בֵּיתְךָ וּפָנּוּ אֶת־הַיְכָלְךָ וְטִהְרוּ אֶת־מִקְדָּשְׁךָ
וְהִדְלִיקוּ נֵרוֹת בְּחִצְרוֹת קֹדֶשְׁךָ וְקִבְּעוּ שְׂמוֹנֵת יָמֵי חֲנֻכָּה אֵלּוֹ
לְהוֹדוֹת וּלְהַלֵּל לְשִׁמְךָ הַגָּדוֹל

In the days of Matityahu, son of Yokhanan the High Priest, the Hasmonean and his sons, when the evil Greek kingdom rose up against Your people Israel to make them forget Your and to turn them away from the statutes of Your will— You, in Your abundant mercy, stood by them in their time of distress, You defended their cause, You judged their grievances, You avenged them. You delivered the mighty into the hands of the weak, many into the hands of the few, defiled into the hands of the undefiled, the wicked into the hands of the righteous, and arrogant into the hands of diligent students of Your Torah; You made Yourself a great and sanctified name in Your world. For Your people, Israel, You performed a great salvation and redemption to this very day. Afterwards, Your children entered the Holy of Holies of Your Abode, cleansed Your Temple, purified Your Sanctuary, and kindled lights in the Courtyards of Your Sanctuary, and designated these eight days of Chanukah to thank and praise Your great Name.

Purim:

בִּימֵי מֶרְדֵּכַי וְאֶסְתֵּר בְּשׁוּשַׁן הַבִּירָה כְּשֶׁעָמַד עֲלֵיהֶם הָמָן הָרָשָׁע בִּקֵּשׁ
לְהַשְׁמִיד לְהַרוֹג וּלְאַבֵּד אֶת־כָּל־הַיְהוּדִים מִנְּעַר וְעַד־זָקֵן טָרַף וְנָשִׁים בָּיוֹם
אֶחָד בְּשָׁלוֹשָׁה עָשָׂר לַחֹדֶשׁ שְׁנַיִם־עָשָׂר הוּא־חֹדֶשׁ אָדָר וּשְׁלָלָם לְבוֹז: וְאַתָּה
בְּרַחֲמֶיךָ הַרְבִּים הִפְרַתְּ אֶת־עֲצָתוֹ וְקִלְקַלְתָּ אֶת־מַחְשַׁבְתּוֹ וְהִשְׁבֹּתָ לוֹ גְּמוּלוֹ
בְּרֵאשׁוֹ וְתָלוּ אוֹתוֹ וְאֶת־בָּנָיו עַל־הָעֵץ וְעָשִׂיתָ עִמָּהֶם נִס וּפְלָא וְנוֹדָה לְשִׁמְךָ
הַגָּדוֹל סְלָה

In the days of Mordechai and Esther in Shushan the Capital [of Persia], when the evil Haman rose up against them, he sought to destroy, to kill, and to annihilate all the Jews, young and old, infants and women, in one day, the thirteenth day of the twelfth month, which is the month of Adar, and to plunder their wealth. But You, in Your abundant mercy, annulled his counsel, frustrated his intention, and brought his evil plan upon his own head, and they hanged him and his sons upon the gallows. And You made a miracle and a wonder for them, and we are thankful to Your great name forever.

וְעַל־כָּל־מַעֲלָוֹתֵינוּ וְיִתְרַוַּמְךָ וְיִתְפָּאֵר וְיִתְעַלֶּה וְיִתְעַדָּךְ
*For all of these, may Your Name be blessed and exalted and extolled,
our Sovereign, continuously, forever and ever.*

Between Rosh Hashanah and Yom Kippur:

וּכְתוּב לְחַיִּים טוֹבִים כָּל בְּנֵי בְרִיתְךָ

And inscribe for a good life all the children of Your covenant.

וְכָל הַחַיִּים יִזְדוּךָ סְלָה וְיִהְיֶה לָּךְ אֶת־שִׁמְךָ בְּאֵמֶת הָאֵל יְשׁוּעָתָנוּ וְעֲזָרָתָנוּ סְלָה:

כָּרוּךְ אַתָּה יְהוָה הַטוֹב שִׁמְךָ וְלָךְ נִאֶה לְהוֹדוֹת

All the living shall thank You forever and praise Your Name with sincerity — the Almighty, Who is our salvation and our help forever. Blessed are You, Hashem, Your Name is 'The Beneficent One' and to You it is fitting to give thanks!

PEACE

שָׁמַיִם וְשָׁלוֹם טוֹבָה וּבְרָכָה חַן וְחֶסֶד וְרַחֲמִים עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל עַמְּךָ.
בְּרַכְנוּ אֲבוֹתֵינוּ כְּלָנוּ כְּאֶחָד בְּאֹר פְּנִיךָ. כִּי בְּאֹר פְּנִיךָ נִתְּתָ לָנוּ יְהוָה אֱלֹהֵינוּ
תּוֹרַת חַיִּים וְאֶהְבֵּת חֶסֶד וְצַדִּיקָה וּבְרָכָה וְרַחֲמִים וְחַיִּים וְשָׁלוֹם. וְטוֹב בְּעֵינֶיךָ
לְבָרֶךְ אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל־עֵת וּבְכָל־שָׁעָה בְּשָׁלוֹמְךָ

Grant peace, goodness, and blessing, favor, kindness and compassion upon us and upon all Israel, Your people. Bless us, our Father, all of us as one with the light of Your countenance. For by the light of Your countenance You gave us Hashem our God, a Torah of life and the love of kindness, righteousness, blessing, compassion, life and peace. And may it be good in Your sight to bless Your people, Israel, at all times and at every moment with Your peace.

Between Rosh Hashanah and Yom Kippur:

בְּסֵפֶר חַיִּים בְּרָכָה וְשָׁלוֹם וּפְרֻסָּה טוֹבָה נִזְכָּר וְנִפְתָּר לְפָנֶיךָ אֲנַחְנוּ

וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל לְחַיִּים טוֹבִים וְלְשָׁלוֹם

*In the book of life, blessing, and peace, good livelihood,
may we be remembered and inscribed before You –
we and all Your people, the House of Israel,
for a good life and for peace!*

כָּרוּךְ אַתָּה יְהוָה הַמְּבָרֵךְ אֶת־עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם

Blessed are You, Hashem, Who blesses the people Israel with peace.

יְהִיו לְרִצּוֹן אֲמָרֵי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ יְהוָה צוּרִי וְגוֹאֲלִי

*May the words of my mouth and the thoughts of my heart be acceptable before You,
Hashem, my Rock and my Redeemer!*

**אֱלֹהֵי נְצוּר לְשׁוֹנֵי מִרְעַע וּשְׁפָתַי מִדְּבַר מְרָמָה. וְלִמְקַלְלֵי נַפְשִׁי תְדוּם וְנַפְשִׁי
 כְּעֶפֶר לְכֹל תִּהְיֶה. פֶּתַח לִבִּי בְּתוֹרָתְךָ וּבְמִצְוֹתֶיךָ תִּרְדֹּף נַפְשִׁי. וְכֹל הַחֹתְשֵׁבִים
 עָלַי רַעַה מְהֵרָה הִפֵּר עֲצָתָם וְקַלְקַל מַחְשַׁבְתָּם: עֲשֵׂה לְמַעַן שְׁמֶךָ עֲשֵׂה לְמַעַן
 יְמִינְךָ עֲשֵׂה לְמַעַן קִדְשָׁתְךָ עֲשֵׂה לְמַעַן תּוֹרָתְךָ. לְמַעַן יִחַלְצוּן יְדֵיֶיךָ
 הוֹשִׁיעָה יְמִינְךָ וְעַנְגִּי: יְהִיו לְרִצּוֹן אֱמִרֵי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ
 יְהוָה צוּרֵי וְגוֹאֲלֵי**

My God, guard my tongue from evil and my lips from speaking deceitfully. May my soul be unresponsive to those who curse me; and let my soul be like dust to all. Open my heart to Your Torah and let my soul pursue Your commandments. And all who plan evil against me, quickly annul their counsel and frustrate their intention. Act for the sake of Your right hand. Act for the sake of Your holiness. Act for the sake of Your Torah. In order that Your loved ones be released, let Your right hand save and answer me. May the words of my mouth and the thoughts of my heart be acceptable before You Adonoy, my Rock and my Redeemer.

Take three steps back, bow left:

עוֹשֵׂה שְׁלוֹם בְּמְרוֹמָיו
Ose Shalom Bimromav
The One who makes peace in the heights

Bow right:

הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
Hu Ya'ase Shalom Aleinu
Make peace upon us

Bow forward:

וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן
V'al Kol Yisra'el, V'al Kol Yoshvei Tevel, V'imru: Amein
Upon all Israel, upon all who dwell on earth, and say amen

**Full Kaddish
(with minyan)**

Hazzan:

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא

Yitgadal v'yitkadash sh'mei raba!

May the Great Name grow exalted and sanctified!

Cong. – אָמֵן Amein

Hazzan:

בְּעֶלְמָא דִּי בְּרָא כְרַעוּתֵיהּ וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל

בֵּית יִשְׂרָאֵל בְּעֶגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן

B'alma di v'ra khirutei, v'yamlikh malkhutei, b'haveikhon uvyomeikhon
uvhavei d'chol beit Yisrael, ba'agala uvizman kariv. V'imru: Amein

In the world created as the expression of the Divine,

*may Divine Reality be revealed in your lifetimes and in your days, and in the lifetimes of
the House of Israel swiftly and soon, and say: Amein.*

Cong. – אָמֵן Amein

All then Hazzan:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעֵלְמֵי עֵלְמַיָּא

Y'hei sh'mei raba m'vorakh l'olam ulalmei almaya.

May the Great Name be blessed forever and for all Eternity.

Hazzan:

יְתִבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא

וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ הוּא

Yitbarakh v'yishtabakh v'yitpa'ar v'yitromam v'yitnasei v'yit'hadar

v'yit'aleh v'yit'halal sh'mei d'Kudsha Brikh Hu

*Blessed, praised, glorified, exalted, extolled, mighty, upraised and lauded be the Name of
the Holy One – It is blessed.*

Cong. – בְּרִיךְ הוּא Brikh Hu

It is blessed.

Hazzan:

לְעֵלָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא
תְּשַׁבְּחָתָא וְנִחַמְתָּא דְאַמִּירָן בְּעֵלְמָא וְאַמְרוּ אָמֵן
L'eila min kol birkhata v'shirata
tushb'hata v'nehemata, da'amiran b'alma.
V'imru: Amein.

*Blessed is the One beyond all blessing and song, praise and consolation that are uttered
in the world, and say: Amein*

Cong. – Amein אמן

Hazzan:

תְּתַקַּבֵּל צְלוֹתֵהוֹן וּבְעוֹתֵהוֹן דְּכָל בֵּית יִשְׂרָאֵל
קָדָם אָבוּהוֹן דִּי בְשָׁמַיָּא
וְאַמְרוּ אָמֵן
Titkabel tz'lot'hon uva'ut'hon d'khol Beit Yisrael,
kadam avuhon di vishemaya,
v'imru, Amein.

*May there be acceptance of the prayers and supplications of the entire House of Israel
before their Divine Parent in heaven,*

And say, Amein.

Cong. – Amein אמן

Hazzan:

יְהֵא שְׁלָמָא רַבָּא מִן שָׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל. וְאַמְרוּ אָמֵן
Y'hei shlama raba min sh'maya, v'hayim aleinu v'al kol Yisrael,
v'imru: Amein

*May there be abundant peace from heaven and a good life for us and for all Israel,
and say, Amein.*

Cong. – Amein אמן

Hazzan:

עוֹשֵׂה שְׁלוֹם בְּמִרְמֵיּוֹ הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאַמְרוּ אָמֵן
(Bow left) Ose Shalom bimromav, (bow right) Hu ya'ase shalom aleinu,
(bow forward) 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, Amein!*

Cong. – Amein אמן

ALEINU

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל לְתַת גְּדֻלָּהּ לְיוֹצֵר בְּרֵאשִׁית
Aleinu l'shabe'akh Ladon Hakol, lateit g'dulah l'yotzer bereisheet!

*It is upon us to praise the Master of All,
to ascribe greatness to the Creative Source of all form!*

(Bow at וְאֲנַחְנוּ כּוֹרְעִים and straighten at מְלֶךְ)

וְאֲנַחְנוּ כּוֹרְעִים וּמְשַׁתַּחֲוִים וּמוֹדִים לְפָנֵי מְלֶךְ מְלֵכֵי הַמַּלְאָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא

(Bow at *Va'anakhnu korim* and straighten at *Melekh*)

Va'anakhnu korim umishtakhvim umodim lifnei Melekh
Malkhei ham'lakhim, HaKadosh Barukh Hu!

*We bend our knees, bow ourselves, and give thanks
before the Supreme King of Kings,
the Holy Blessed One!*

Hazzan:

כִּי הַמַּלְכוּת שְׁלֶךָ הִיא וְלְעוֹלָמֵי עַד תִּמְלוֹךְ בְּכָבוֹד,
כַּפְתּוּב בְּתוֹרָתְךָ יְהוָה יְמֶלֶךְ לְעֵלָם וָעַד:
וְנֶאֱמַר וְהָיָה יְהוָה לְמֶלֶךְ עַל כָּל הָאָרֶץ
בַּיּוֹם הַהוּא יְהִי יְהוָה אֶחָד וַיִּשְׁמוּ אֶחָד

Ki HaMalkhut shelkha hi ul'olmei ad timlokh b'khavod,
Kakatuv b'Toratekha: Adonai Yimlokh Le'Olam VaEd!
V'ne'emar v'hayah Adonai l'Melekh al kol ha'arets
BaYom HaHu Yiyeh Adonai Ekhad, uSh'mo Ekhad!

*For the kingdom is Yours, and to all eternity You will reign in glory,
as it is written in Your Torah: Hashem will reign forever and ever.
And it is said: And Hashem will be Sovereign over the whole earth;
on that day Hashem will be One The Name, One!*

MOURNER'S KADDISH

Mourners and those observing a *Yartzeit* chant:

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא

Yitgadal v'yitkadash sh'mei raba! (Cong. – **Amein** אָמֵן)

May the Great Name grow exalted and sanctified!

בְּעֵלְמָא דִּי בְּרָא כְרַעוּתָהּ וְיִמְלִיךָ מְלַכּוּתָהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל

בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן

B'alma di v'ra khirutei, v'yamlikh malkhutei, b'haveikhon uvyomeikhon
uvhaye d'khol beit Yisrael, ba'agala uvizman kariv. V'imru: Amein

*In the world created as the expression of the Divine,
may Divine Reality be revealed in your lifetimes and in your days, and in the lifetimes of
the House of Israel swiftly and soon, and say: Amein.*

(אָמֵן) – אֵל יֵהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעֵלָם וּלְעֵלְמֵי עֵלְמַיָּא

All – (Amein!) Y'hei sh'mei raba m'vorakh l'olam ulalmei almaya.

May the Great Name be blessed forever and for all Eternity.

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא

וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ הוּא

Yitbarakh v'yishtabakh v'yitpa'ar v'yitromam v'yitnasei v'yit'hadar v'yit'aleh

v'yit'halal sh'mei d'Kudsha Brikh Hu (Cong. – **Brikh Hu** בְּרִיךְ הוּא)

*Blessed, praised, glorified, exalted, extolled, mighty, upraised and lauded be the Name of
the Holy One – It is blessed.*

לְעֵלָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא

תְּשַׁבְּחָתָא וְנִחְמָתָא דְאִמְרֵין בְּעֵלְמָא וְאָמְרוּ אָמֵן

L'eila min kol birkhata v'shirata

tushb'hata v'nehemata, da'amiran b'alma.

V'imru: Amein. (Cong. – **Amein** אָמֵן)

*Blessed is the One beyond all blessing and song, praise and consolation that are uttered
in the world, and say: Amein*

יֵהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ אָמֵן

Y'hei shlama raba min sh'maya, v'hayim aleinu

v'al kol Yisrael, v'imru: Amein (Cong. – **Amein** אָמֵן)

*May there be abundant peace from heaven and a good life for us
and for all Israel, and say, Amein.*

עושה שְׁלוֹם בְּמִרְוּמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן
(Bow left) Ose Shalom bimromav, (bow right) Hu ya'ase shalom aleinu,
(bow forward) 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, Amein!*

Cong. – Amein אמן

Healing Chant:

אל נא רפא נא לה
El Na Refa Na La
Divine Source – heal now!