

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 HA'SHAKHAR 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 עוֹשֵׂה בְּרֵאשִׁית
בְּרוּךְ אוֹמֵר וְעוֹשֵׂה
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 Hai la'ad v'kayam lanetzakh
Barukh m'shalem sakhar tov li're'av, 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 הַרְחֵמֵן הַמְהַלֵּל בְּפִי עַמּוֹ
 מְשַׁבַּח וּמְפָאֵר בְּלִשׁוֹן חֲסִידָיו וְעַבְדָּיו וּבְשִׁירֵי דָוִד עַבְדְּךָ.
 נְהַלְלֶךָ יְהוָה אֱלֹהֵינוּ בְּשִׁבְחוֹת וּבְזִמְרוֹת
 נְגִדְלֶךָ וּנְשַׁבַּחְךָ וּנְפָאֲרֶךָ וּנְזַכִּיר שְׁמֶךָ וְנִמְלִיכֶךָ מִלְּפָנֵינוּ אֱלֹהֵינוּ
Hazzan – יְחִיד חַי הָעוֹלָמִים מֶלֶךְ מְשַׁבַּח וּמְפָאֵר עַד־עַד שְׁמוֹ הַגָּדוֹל.
 בָּרוּךְ אַתָּה יְהוָה מֶלֶךְ מְהַלֵּל בְּתִשְׁבָּחוֹת
 (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'shinei David avdekha.
 N'halekha Adonai Eloheinu bishvakhot uvizmoriot,
 N'gadelkha u'n'shabehakha, u'n'fa'erkha v'nazkir shimkha,
 v'namlkhekha, 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 חֲצִירוֹתָיו בְּתִהְלָה הוֹדוּ לוֹ בְּרָכוּ שְׁמוֹ:
כִּי־טוֹב יְהוָה לְעוֹלָם חֲסִדוֹ וְעַד־דֹּר וָדֹר אַמּוֹנָתוֹ:

Mizmor l'toda – Hari'u Ladonai kol ha'arezt!
Ivdu et Adonai b'simkhah, 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!
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 יְהַלְלוּךָ סְלָה
Ashrei Yoshvei Veitekha,
Od Y'hal'lukha, Selah!

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
Ashrei Ha'am Shekacha Lo
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 שִׁיְהוָה אֱלֹהָיו
Ashrei Ha'am She'Adonai Elohav!
Joyful are those for whom Existence Itself is their God!

Kiss fingers, relax hands

תְּהִלָּה 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 לְאַחֲדוֹתוֹ

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 וְאֵינוּ גּוּף, לֹא נִעְרַךְ אֱלֹהֵי קְדוּשָׁתוֹ
קְדָמוֹן לְכֹל דְבַר 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!

Perceptualize Malkhut at your feet, chant:

שתים רוח מרוח

Sh'tayim – Ruakh MeRuakh

Two – Breath from Breath

Perceptualize outer Malkhut below feet, chant:

אמת מלפניו 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, אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא

וְאַחֲרַי כְּכֹלֹת הַכֹּל, לְבַדּוֹ יִמְלֹךְ נוֹרָא

וְהוּא הָיָה וְהוּא הוֹה, וְהוּא יִהְיֶה בְּתִפְאַרָה

(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 הָעֶז וְהַמְשָׁרָה
וְהוּא אֵלֵי וְחֵי גּוֹאֲלִי, וְצוּר חֻבְלֵי 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
וְעִם 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 וּמְקוֹם מִשְׁכַּן כְּבוֹדְךָ:

וְאֲנִי אֲשַׁתְּחֶוּהָ וְאֶכְרַעָה אֶבְרִיכָהּ לְפָנָי 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 תַפְלִיטִי־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 בְּחִכְמָה וּבְרָא בּוֹ נְקֻבִּים נְקֻבִּים חֲלוּלִים חֲלוּלִים

(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-צָרָכִי

(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

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:

בְּדַחֲלִילוּ וּרְחִימוּ לְיַחַד שֵׁם י"ה בּו"ה בְּיַחְדָּא שְׁלִים בְּנִשְׁמ כָּל יִשְׂרָאֵל

...Bidkhillu 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 בְּרֵאתָ אֶתָּה יִצְרָתָה אַתָּה נִפְחָתָה
בִּי וְאַתָּה מְשַׁמְרָה בְּקִרְבִּי וְאַתָּה עֹתִיד לְטָלָה מִמֶּנִּי וְלְהַחְזִירָה בִּי לְעֵתִיד 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 יְהוָה 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 יְהוָה 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 כְּפֻפִים
(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 יְיָ 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:

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 מוֹדֶה אֲנִי לְפָנֶיךָ יְהוָה אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי רַבּוֹן כָּל
הַמַּעֲשִׂים אֲדוֹן כָּל הַנְּשָׁמוֹת: בָּרוּךְ אַתָּה יְהוָה הַמַּחְזִיר נְשָׁמוֹת לְפָגְרִים מֵתִים
(אָמֵן – Cong.)

Kol z'man sheha'neshamah v'kirbi, modeh ani l'fanekha, Adonai Elohai
Veilohei Avotai, Ribon kol hama'asim, Adon kol haneshamot.
Barukh Atah Adonai, HaMakhazir neshamot lifgarim meitim!
(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 וְרַחֲמוֹם יְהוָה אֶרֶךְ אַפַּיִם וְגָד־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 לַיָּעִיף 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 balance 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 לְרֹאוֹת 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 וְיָדוּעַ לְפָנַי כִּסֵּא כְבוֹדְךָ 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 Shadai

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*):

יִוְדֻכָּהּ אֲדֹנָי כֹּל מַ'אֲסַחָהּ וְחַסִּידֶיךָ 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 יְיָ 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 מְלֻכּוֹת כָּל־עֲלָמִים וּמְשִׁלְתְּךָ 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 יְדָיִם
(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, Being, 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 נֹתֵן לָהֶם אֶת־אֲכָלָם בְּעֵתוֹ

Einei khol eilekha y'sabeiru,

v'Atah notein lahem et akhlam b'ito

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

Affirmation:

I Am Seeking

I Am Perceptive

I Am Perception

Blessing:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמַּעֲבִיר שָׁנָה 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, Being, 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:

פּוֹתַח 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 כִּלְנוּ יוֹדְעֵי שְׁמֶךָ וְלוֹמְדֵי תוֹרָתְךָ לְשִׁמְחָה:

V'ha'arev Na! (V'ha'arev Na!)

Adonai Eloheinu et Divrei Torat'kha!

B'finu ufi amkha Beit Yisrael

(Kulanu yodei Sh'mekha v'lomdei Toratekha lishmah!)

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

וְנִהְיֶה אֲנַחְנוּ וְצִאֲצָאֵינוּ וְצִאֲצָאֵי עַמֶּךָ בֵּית יִשְׂרָאֵל כִּלְנוּ יוֹדְעֵי שְׁמֶךָ וְלוֹמְדֵי

תוֹרָתְךָ לְשִׁמְחָה: בְּרוּךְ 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, all of us 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 וַיִּשְׁמְרֶךָ:
Yivarekhekha Adonai v'yishm'rekha!
May the Divine bless you and guard you!

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

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

וַיִּשְׂמוּ אֶת שְׁמִי עַל בְּנֵי יִשְׂרָאֵל וְאֲנִי אֲבָרְכֵם:
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 נִשְׂאִין לָהֶם שְׁעוֹר
הַפֵּאָה וְהַבְּכוּרִים וְהַרְאִיּוֹן וְגַמְלֵלוֹת חֲסָדִים וְתִלְמוּד תּוֹרָה

These are precepts for which no fixed measure is prescribed: [leaving] the corner [of a field unharvested], [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 וּדְבַרְךָנוּ
בְּמִצְוֹתֶיךָ, וְאַל תְּבִיאֵנוּ לֹא לַיְדֵי חַטָּא וְלֹא לַיְדֵי עֲבָרָה וְעוֹן וְלֹא לַיְדֵי גְסִיוֹן
וְלֹא לַיְדֵי בְזִיוֹן וְאַל יִשְׁלַט בָּנוּ יֵצֵר הָרָע וְהִרְחִיקֵנוּ מֵאָדָם רָע וּמִחֶבֶר רָע
וּדְבַרְךָנוּ בְּיֵצֵר הַטּוֹב וּבְמַעֲשֵׂים טוֹבִים וְכוּף אֶת־יֵצֵרְנוּ לְהִשְׁתַּעֲבֹד־לָךְ

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 our desires to
be for You!*

וּתְנֵנּוּ הַיּוֹם וּבְכָל-יּוֹם לְחַן וּלְחֶסֶד וּלְרַחֲמִים בְּעֵינֶיךָ וּבְעֵינַי כָּל-רוֹאֵינוּ
וְתִגְמְלֵנוּ 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 לְכָל־קוֹרְאָיו לְכָל־אֲשֶׁר יִקְרָאֶהוּ 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 מַקְדֵּי־שֵׁי שְׁמֶךָ וְקִדַּשׁ אֶת שְׁמֶךָ בְּעֹלָמְךָ, וּבִישׁוּעָתְךָ תָּרוּם

וְתִגְבֶּיֶה קִרְבָּנוּ לְמַעְלָה, 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,

the One who sanctifies Your Name 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-יִרְאַיוּ יַעֲשֶׂה וְאֶת-שׁוֹעֲתֵם יִשְׁמַע וְיִוְשִׁיעֵם
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*:

רְאֵשִׁית חֲכָמָה יִרְאַת יְהוָה, שִׁכֹּל טוֹב לְכָל-עֹשִׂיהֶם,
תְּהִלָּתוֹ עוֹמֶדֶת לְעַד:
בְּרוּךְ יְשֵׁם 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 destroyed.*

Affirmation:

I Am Watching

I Am Watchful

I Am Watchfulness

Blessing:

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

פָּנִים וּמֵעֲזוֹת פָּנִים מֵאָדָם רָע וּמִחֵבֵר רָע וּמִשָּׂכֵן רָע וּמִפְּגַע רָע וּמִשָּׂטָן

הַמִּשְׁחִית מִדִּין קָשָׁה וּמִבְּעַל דִּין קָשָׁה, בֵּין לְשֹׂא כֹן בְּרִית

וּבֵין לְשֹׂאֵינוּ כֹן בְּרִית

(Cong. – אָמֵן)

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*):

תְּהִילַת 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 יִרְא שָׁמַיִם בְּסֵתֵר וּבִגְלוּי וּמוֹדֵה עַל־הָאֱמֶת 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 נְבָרְךָ יְהוָה מִעַתָּה וְעַד-עוֹלָם הַלְלוּ-יָהּ

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 הַרְבִּים

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 שֶׁנֶּעֱקַד עַל גְּבֵי הַמִּזְבֵּחַ
Zera Yitzhak y'khido shene'ekad al gabei hamizbe'akh
The seed of Yitzhak, Unique One, who was bound atop the altar

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

עַדַּת יַעֲקֹב בְּנֵךְ בְּכוֹרֶךָ שְׁמֵאֱהָבָתְךָ שְׁאֱהָבָתָ אוֹתוֹ וּמִשְׂמֹחַתְךָ שְׂשִׂמְחָתָ 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 אֲנִיחֵנוּ 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 בְּגַבְוֹרֹתָיו הַלְלוּהוּ כְּרֹב גְּדֻלוֹ:
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 good'lo!
Halleluhu b'teka shofar, halleluhu b'nevel v'khnor!
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 עֹשֶׂה נִפְלְאוֹת לְבַדּוֹ:

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'aretz!

(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 מְהֵ טוֹב חֵלְקֵנוּ וּמֵה נְעִים גּוֹרְלֵנוּ וּמֵה יָפָה יְרֻשָׁתֵנוּ:

אֲשֶׁרֵינוּ כְּשֶׁאֵנוּ מִשְׁפִּימִים וּמַעֲרִיבִים בְּבֵתֵי כְּנִסְיֹת וּבְבֵתֵי מְדֻרָּשׁוֹת

וּמְיַחֲדִים 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:

שִׁמַע 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 שְׁמֶךָ לְעַד מְלִכְנוּ
הָאֵל הַמֶּלֶךְ הַגָּדוֹל וְהַקְּדוֹשׁ בְּשָׁמַיִם וּבָאָרֶץ
כִּי לֹךְ נָאָה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
נְשִׁיר וְשִׁבְחָה הַלֵּל וְזִמְרָה עִז וּמְמִשְׁלָה גִצַּח גְּדֻלָּה וּגְבוּרָה תְהִלָּה וְתַפְאֶרֶת
קַדְשָׁה 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!

Hazzan – בָּרוּךְ אַתָּה יְהוָה אֵל מֶלֶךְ גָּדוֹל בְּתַשְׁבְּחוֹת
אֵל הַהוֹדָאוֹת אֲדוֹן הַנִּפְלְאוֹת הַבוֹחֵר בְּשִׁירֵי זִמְרָה
מֶלֶךְ אֵל חַי הָעוֹלָמִים
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!*)

Hatzi Kaddish
(with *minyan*)

Hazzan:

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא

Yitgadal v'yitkadash sh'mei raba!

May the Great Name grow exalted and sanctified!

Cong. – אמין Amein

Hazzan:

בְּעֵלְמָא דִּי בְּרָא כְרַעוּתָהּ וְיִמְלִיךָ מַלְכוּתָהּ 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.*

Cong. – אמין Amein

All then *Hazzan:*

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עַלְמַיָּא

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 כּוֹל בִּרְכָתָא וְשִׁירָתָא
תְּשֻׁבְתָתָא וְנִחְמָתָא 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

Barkhu

(with minyan)

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

Hazzan:

בְּרַחוּ 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 יְיָהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
יוֹצֵר אוֹר וּבוֹרֵא הַשֶּׁשׁ עֲשֵׂה שְׁלוֹם וּבוֹרֵא אֶת-הַכֹּל

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 לְאֶרֶץ וְלַדָּרִים עָלֶיהָ בְּרַחֲמִים
וּבְטוּבוֹ מְחַדֵּשׁ בְּכָל-יוֹם תָּמִיד מְעַשֶּׂה 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 מִשְׁרָתִיו כְּלָם עוֹמְדִים
בְּרוּם עוֹלָם וּמִשְׁמִיעִים בְּיִרְאָה 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'sharta 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 – וְכֻלָּם מְקַבְּלִים עָלֵיהֶם עַל מַלְכוּת שָׁמַיִם זֶה מִזֶּה.
 וְנוֹתְנִים רְשׁוּת זֶה לָזֶה לְהַקְדִּישׁ לְיוֹצְרָם בְּנֶחֱת רוּחַ.
 בְּשִׁפְהַ בְּרוּרָה וּבְנִיעִימָה.
 קְדוּשָׁה כָּלָם 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, all exclaim Kedushah in unison and reverently exclaim:

קְדוֹשׁ קְדוֹשׁ קְדוֹשׁ יְהוָה יְצַבְאוֹת. 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 – וְהָאוֹפָנִים וְחַיּוֹת הַקֹּדֶשׁ 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,*

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

לְאֵל בְּרוּךְ נְעִימוֹת יִתְנוּ.
 לְמֶלֶךְ אֵל חַי וְקַיָּם זְמֵרוֹת יֹאמְרוּ וְתִשְׁבְּחוּת יִשְׁמִיעוּ
 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;
 to the King, living and enduring One, they sing hymns and chant praises!*

Hazzan – אור חדש על-ציון תאיר ונזקה כגנו מהרה לאורו:
ברוך אתה יהוה יוצר המאורות. Cong. – אמין:

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 לִבֵּנוּ בְּמִצְוֹתֶיךָ
וְיִחַד לְבָבֵנוּ לְאַהֲבָה וּלְיִרְאָה אֶת־שְׁמֶךָ:
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 batakhnu
Nagila v'nism'khah bishuatekha!

*And enlighten our eyes in Your Torah, attach our hearts to Your mitzvot,
and unify our hearts have love and awe for Your Name;
May we not be shamed, be humiliated nor stumble forever,
for we trust in Your great, mighty and awesome Holy Nam;
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 וַיִּבְנוּ בְּחִרְתָּ מִכָּל־עַם וּלְשׁוֹן.
— *Hazzan* — וְקִרְבָּתָנוּ לְשִׁמְךָ הַגָּדוֹל סֵלָה בְּאַמַּת לְהוֹדוֹת לְךָ וּלְיִחְדָּךְ בְּאַהֲבָה:
בְּרוּךְ אַתָּה יְיָ הַבּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה:

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!

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 מְצַוְךָ הַיּוֹם עַל-לְבָבְךָ:
וְשָׁנַנְתָּם לְבִגְדֶיךָ וְדַבַּרְתָּ בָם בְּשַׁבְּתֶךָ בְּבֵיתְךָ
וּבְלִקְתֶּךָ בְּדֶרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:
וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:
וְכָתַבְתָּם עַל-מְזוֹזוֹת 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: הַשְׁמְרוּ 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 וְאֲבַדְתֶּם
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, and you worship false gods and bow to them. Then the Divine fire will blaze 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 אֱלֹהֵי עַל־לְבַבְכֶם וְעַל־נַפְשְׁכֶם וּקְשַׁרְתֶּם אֹתָם לְאוֹת
עַל־יְדֵיכֶם וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֵיכֶם: וְלִמְדֹתֶם אֹתָם אֶת־בְּנֵיכֶם לְדַבֵּר בָּם
בְּשַׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ בְּדַרְךָ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וְכַתַּבְתֶּם עַל־מְזוּזוֹת
בֵּיתְךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבוּ יְמֵיכֶם וְיָמֵי בְנֵיכֶם עַל הָאָדָמָה אֲשֶׁר נִשְׁבַּע
יְהוָה לְאַבְתִּיכֶם לֵתֵת לָהֶם כִּי־מֵי 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 וְעָשׂוּ
לָהֶם צִיצִית עַל־פְּנֵי בְגְדֵיהֶם לְדֹרֹתָם וְנָתַנּוּ עַל־צִיצִית הַכֶּנֶף פֶּתִיל תְּכֵלֶת:
וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם אֶת־כָּל־מִצְוֹת יְהוָה וְעָשִׂיתֶם אֹתָם
וְלֹא תִתּוּרוּ אַחֲרַי לְבַבְכֶם וְאַחֲרַי עֵינֵיכֶם אֲשֶׁר־אֲתֶם זִנִּים אַחֲרֵיהֶם:
לְמַעַן תִּזְכְּרוּ וְעָשִׂיתֶם אֶת־כָּל־מִצְוֹתַי וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם:
אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהִיּוֹת לָכֶם לֵאלֹהִים
אֲנִי יְהוָה אֱלֹהֵיכֶם: אָמֵת

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!

יְהוָה אֱלֹהֵיכֶם אָמֵת – *Hazzan*
Hazzan – Adonai Elohekhem Emet!
Existence Itself is your own Divinity – Truth!

וַיִּצְיֵב וְנִכּוֹן וְקַיָּם וַיִּשָּׁר וְנִיָּאֵמָן וְאֶהוּב וְחֶבִיב וְנִחְמָד וְנִעִים וְנוֹרָא וְאָדִיר
וּמְתֻקָּן וּמְקַבָּל 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 מִגֵּן יִשְׁעֵנוּ, לְדֹר וְדֹר הוּא קָיָם וְשְׁמוֹ קָיָם
וְכִסְאוֹ נֹכַח 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'khiso
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 וְעַלֵינוּ עַל בְּנֵינוּ וְעַל דּוֹרוֹתֵינוּ
וְעַל כָּל דּוֹרוֹת יִשְׂרָאֵל עֲבָדֶיךָ:
עַל־הָרָאשׁוֹנִים 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'avor. 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, יה *Yah* – All Manifestation – are That – the One Reality.

Or, feel free to use the masculine and/or feminine forms: אֵתָהּ הוּא *and/or* אֵת יְהוּה

Atah HU, and/or At YAH Hi

SILENT MEDITATION

Hazzan – אַתָּה הוּא עַד שֶׁלֹּא 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!*

Hazzan – תְּהִלּוֹת לְאֵל עֲלִיוֹן בְּרוּךְ הוּא וּמְבֹרָךְ,
מִשֶׁה וּבְנֵי יִשְׂרָאֵל לָהֶם 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 כַמְּכָה בְּאֵלִים יְהוָה מִי כַמְּכָה נִאֲדָר בְּקִדְשׁ נִוְרָא תְהִלַּת עֲשֵׂה פִלְא:

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־שִׁפְתַי 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!

צוּר יִשְׂרָאֵל קוּמָה בְּעֶזְרַת יִשְׂרָאֵל וּפְדֵה כְּנָאֲמֶךָ יְהוּדָה וְיִשְׂרָאֵל,
גְּאֻלְנוּ יְהוָה צְבָאוֹת שְׁמוֹ קְדוֹשׁ יִשְׂרָאֵל:
בְּרוּךְ אַתָּה יְהוָה גֹּאֲלֵ יִשְׂרָאֵל

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.

אֲדֹנָי שְׁפֹתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתֶךָ:
Adonai s'fatai tiftakh, ufi yagid tehilatekha!
My Lord, open my lips, and that my mouth may declare Your Praise!

ANCESTORS

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

*Blessed are You, Hashem, Life of all worlds,
Supreme Divinity, eternally bestowing kindness and creating all; Who
remembers the kindness of our ancestors
And brings redemption to their children's children with love.*

(Chant each line 3x)

יְהוָה צְבָאוֹת עִמָּנוּ מִשְׁגַּב־לָנוּ אֱלֹהֵי יַעֲקֹב סֵלָה:
יְהוָה צְבָאוֹת אֲשֶׁר־י אָדָם בִּטָּח בְּךָ:
יְהוָה הוֹשִׁיעָה הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם־קְרִיאָנוּ:

**Adonai Tz'va'ot imanu misgav lanu, Elohei Ya'akov, selah!
Adonai Tz'va'ot ashrei adam boteiakh bakh!
Adonai Hoshiah! HaMelekh ya'aneinu v'yom koreinu!**

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

Kahal:

אַתָּה סֵתֶר לִי מִצָּר תִּצְרֵנִי רָנִי פֶלֶט תְּסוּבְּבֵנִי סֵלָה: וְעֲרֹבָה לִיהוָה מִנַּחֲת
יְהוּדָה וִירוּשָׁלַם כִּי־יִ עוֹלָם וּכְשָׁנִים קְדָמֹנִיּוֹת

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

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

ANA B'KHOAKH

Hazzan, Kahal in boldface:

אָנָא בְּכֹחַ גְּדֻלַּת יְמִינְךָ תַּתִּיר צְרוּרָה:

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

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

קַבֵּל רִנַּת עַמֶּךָ שְׂגִבְנוּ טַהֲרֵנוּ נוֹרָא:

Kabel rinat amkha sagveinu tahareinu nora!

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

נָא גִבּוֹר דּוֹרְשֵׁי יְחִוּדְךָ כְּבַבְתָּ שְׂמֵרִים:

Na Gibor dorshei yekhud'kha k'vavat shomrem!

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

בְּרַחֲמֵי טַהֲרֵם רַחֲמֵם צְדָקֹתֶיךָ תָּמִיד גִּמְלֵם:

Barkhem taharem rakhamem tzid'kat'kha tamid gomlem!

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

חֲסִין קְדוֹשׁ בְּרַב טוֹבָךָ נִהַל אֲדַתְךָ:

Hasin kadosh b'rov tuv'kha nahel adatekha!

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

יְחִיד גְּאֵה לְעַמֶּךָ פְּנֵה, זֹכְרֵי קְדוּשַׁתְךָ:

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

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

שׁוֹעֲתֵנוּ קַבֵּל וּשְׁמַע צַעֲקוֹתֵנוּ יוֹדֵעַ תְּעֻלוֹמוֹת:

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

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

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

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

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

This completes the Morning Blessings and Thirty-Two Paths Practice

Healing Chant

אל נא רפא נא לה

El Na Refa Na La

Divine Source –heal now!

Mourners Kaddish

Mourners:

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא

Yitgadal v'yitkadash sh'mei raba!

May the Great Name grow exalted and sanctified!

Congregation: Amein אמן

Mourners:

בְּעֵלְמָא דִּי בְּרָא כְרַעוּתָהּ וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל
בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזַמַּן קָרִיב, וְאָמְרוּ אַמֵּן

B'alma di v'ra khirutei, v'yamlikh malkhutei, b'hayeikhon
uvyomeikhon uvhayei 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.*

Congregation: Amein אמן!

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עָלְמַיָּא

Mourners and Congregation:

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

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

Mourners:

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ
דְּקֻדְשָׁא. 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.*

Congregation: בריך הוא Brikh Hu

It is blessed.

Mourners:

לְעֵלָא מִן כּוֹל בִּרְכָתָא וְשִׁירָתָא תְּשֻׁבְחָתָא וְנַחֲמָתָא דְאַמִּירוֹן בְּעֵלְמָא. וְאָמְרוּ
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*

Congregation: Amein אמן

Mourners:

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ 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.

Congregation: Amein אָמֵן

Mourners (take three steps back):

עוֹשֵׂה שְׁלוֹם בְּמִרְוֹמָיו 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 amen

Congregation: Amein