

A SIDDUR FOR WEEKDAY AND SHABBAT MORNINGS

Dear Davvener

If you are not used to reading Hebrew with comprehension, and with the ability to dilate the Hebrew from the literal meaning, - or if you cannot read Hebrew and need a resource for daily davvenen I offer you this set of texts, which I too use frequently for myself.

I translated the Psalms and the liturgy in the way in which I experience them in my **feeling consciousness**. This does not offer the 'pshat', the literal meaning of the words, but the devotional interpretation that can make it a prayer of the heart.

I suggest that you davven it first all the way through, reading it out loud enough to hear it yourself with feeling. You will like some sections better than others. However, as you will note, there are 5 sections to this heart siddur. They describe the raising your awareness from the realm of **sensation**, the prayer of **Assiyah**, to the realm of **feelings**, the prayer of **Yetzirah**, from there to the realm of **reason and the intellect**, the world of **B'riyah** and to the summit, the world of the **intuition**, **Atzilut**.

When you are done with this ascent, coming back to the grounded world of sensation and action, you will need to reflect on the stirrings you felt on the way up and ask yourself the question; How am I to apply this in my consensus reality and with my family and other contacts? How am I to act in a manner that will lead to the healing of our planet and society? This part is called the **bringing down of the Divine influx**, **yeridat hashefa**.

You may need to pick some paragraphs from each plane of prayer if all of it is too much for you. Some days you may wish to vary some parts and say others. This 'siddur' is meant to help you stay in daily touch with God, to gain blessed assistance from God, to lighten your burdens not to add to them.

Then recite some of the sentences of blessings and proceed with your daily tasks.

May you experience your praying as a blessed meeting with your God.

Reb Zalman Schachter-Shalomi

Thank You Living God and Master
For giving me an other day of awareness
Thank You for this sacred trust.

תפילת העשיה

אשר יצר

I worship You
Yah, our God
Cosmic Majesty
You formed me,
A human being,
So wisely
You created in me
All kinds of
Hollows and ducts –
inner organs and intestines

As I am all transparent to You
It is apparent and clear
That if any of these
That need to be open would clog
Or any of these
That need to be enclosed
Would seep
I could not exist and live
In Your sight
Not even for a moment.

So I am grateful and bless You
for healing me
in amazing ways.

נשמה שנתת בי

My God
The breath You have given me
Is fresh
You create it
You form it
You breathe it into me
And you keep me breathing.
At some time
You will take it away from me
And I will have breathed my last breath
in this body
And You will resuscitate me
To the life of the spirit..
For each breath still in me
I thank You
My own God
Who is also my parents' God
Lord of all spirits
Master of all that happens
I offer You thanks
Cosmic Majesty
And worship You
For keeping me breathing
And in this way
With each breath
You give me Life anew.

ברכות התורה

You commanded us
To exercise our awareness
In Your Torah;
For this instruction
we offer You our appreciation,
Yah, our God.

We ask that we may find
Zest and delight
in the words of Your teaching
May we and our children

(and their children too)
become intimate with You
and with pure intent -
immerse ourselves in the Torah.
Barukh attah Yah
You mentor Your people
In Torah.

Barukh attah Yah
I offer You thanks
Cosmic Majesty
And worship You
For selecting us
Among all nations
to reveal to us
the Torah meant for us
Barukh attah Yah
You keep gifting us
with Your Torah.

*- Now study where your heart prompts
you -*

ברכות השחר

Barukh attah Yah
I offer You thanks
Cosmic Majesty
And worship You
For giving me the gift
To discern the difference
Between day and night

Barukh attah Yah
I offer You thanks
Cosmic Majesty
And worship You
For giving sight to my eyes.

Barukh attah Yah
I offer You thanks
Cosmic Majesty
And worship You
For giving free movement
to my limbs.

Barukh attah Yah
I offer You thanks
Cosmic Majesty
And worship You
For helping me to stand upright.

Barukh attah Yah
I offer You thanks
Cosmic Majesty
And worship You
For giving me clothes to wear.

Barukh attah Yah
I offer You thanks
Cosmic Majesty
And worship You
For the firm ground
On which You place me.

Barukh attah Yah
I offer You thanks
Cosmic Majesty
And worship You
For leading my steps
In the right direction.

Barukh attah Yah
I offer You thanks
Cosmic Majesty
And worship You
For providing for my needs.

Barukh attah Yah
I offer You thanks
Cosmic Majesty
And worship You
For imbuing me
among other Jews
With Strength.

Barukh attah Yah
I offer You thanks
Cosmic Majesty
And worship You
For making my soul bright
when I wrestle and dance with You.

Barukh attah Yah
I offer You thanks
Cosmic Majesty
And worship You
For taking my weariness
And giving me energy.

Barukh attah Yah
I offer You thanks
Cosmic Majesty
And worship You
For shaping my life in Your image.

Barukh attah Yah
I offer You thanks
Cosmic Majesty
And worship You
For giving me options.

Barukh attah Yah
I offer You thanks
Cosmic Majesty
And worship You
For giving me the privilege
To worship You as a Jew.

Barukh attah Yah
I offer You thanks
Cosmic Majesty
And worship You
For removing the last
Trace of sleep from my eyes.

יהי רצון

And we ask Your blessed help
To find that our habits
follow Your Torah,
to make our desire seek Your Mitzvot.
Keep us from sin and offense
From shame and temptation
Do not allow evil to attract us
Keep us far from malicious people
But draw us to seek goodness
And right action
Induce our selfishness to serve You
And help us this day, yes every day

To be generous, friendly and cheerful.
As we face You
and all who we will meet
Keep us in Your grace and bless us.
Barukh attah Yah
You are always generous to us,
Your people Israel.
Amen

**I accept upon myself the command
to love my neighbor as myself.**

תפילת היצירה

Psalm 30

*A Psalm For A Housewarming--
Composed By David*

I acclaim You my God.
You set me free
so that my foes could not gloat at my troubles.
Yah, my God, I pleaded with You.
You healed me. Yah,
You lifted me from the pit;
From the brink of the grave
You brought me back to Life.
Join me in my song, Fellow devotees-
Remembering what is sacred, let's give thanks.

For a moment I felt You angry,
Then I felt Life and acceptance.
Though weeping as I fell asleep,
I woke up singing.

You, Yah, made my mountain firm,
I thought I was safe;
That I won't ever stumble.
But when You hid your Face from me,
I panicked.
I call to You, Yah!
I plead with You Adonai!
What use is there in my death,
to go down to ruin?
Can dust appreciate You?
Can it discern Your Truth?
Listen, Yah! Be kind to me!
Yah, Please help me.

You turned my grieving
into a happy-dance,
You took off my rags
and wrapped me in joy.
Now Your Glory is my song,
I won't hold back.
Yah, my God I will ever be grateful!

Psalm 67 *(not recited on Shabbat and Yom Tov)*
(A psalm for all the peoples of the planet)

God, bless us with grace!
Let Your loving Face shine on us!
We want to get to know Your way
here on Earth,
Seeing how Your help is given
to every group of people.
Oh, how the various peoples
will thank You,
All of them will sing and be grateful.
Many people will be joyous and sing
When You will set them right
with forthrightness.
And the peoples, as You direct them,
will cheer You.
Oh how the various peoples
will thank You
All of them will sing, be grateful.
The Earth will give her harvest.
Such blessings come from God,
Yes from our God!
Bless us God,
All the ends of the Earth
will esteem You!

Baruch Sh'amar

Blessed One,
You talked
the Worlds into being
What a Blessing, You!
Blessed One, Your Word
makes for becoming
What a blessing, Your Name.
Blessed One,
You decree and sustain

Blessed One,
 All beginnings are Yours!
 Blessed One,
 Your Compassion
 enwombs the Earth
 Blessed One,
 Your Caring is kind
 to all creatures
 Blessed One,
 You are generous
 in rewarding those
 who respect Your Creation
 Blessed One, Ever Alive,
 ever confirming existence.
 Blessed One,
 You make us free,
 You rescue us!
 When we hear Your Name
 we offer blessing. Amen.
 Baruch attah Yah
 Melech m'hullal batishbachot.

Psalm 100 *(not recited on Shabbat and Yom Tov)*

This is how you sing to God
a thank You song.
 You join the symphony
 of the whole Earth

In your gratefulness you meet Him,
 voices echo joy in God's halls.

In giving thanks
 we engage Her blessings.
 We meet His goodness here and now,
 Her encouragement
 from generation to generation.

You are filled with joy
 serving God's purpose.
 You sound your own song as you do it.
 Certain that God is Be-ing,
 we know that we are
 brought forth from Her,
 - both God's companions and His flock.

Enter into God's Presence,
 Singing your own song
 in grateful appreciation.
 Thank You God, You are all Blessing.

In this world You are goodness,
 Yes, Grace itself.
 This is the trust we bequeath
 the next generation.

For Shabbat include:

What is printed in italics

*God!
 The Heavens manifest Your splendor,
 The sky, Your fingerprint,
 How eloquent its message!*

*Each day speaks to the one that follows
 And each night imparts what it knows
 To the next.*

*Not words, no speech,
 Though nothing is heard, it has voice.*

*Their messages encircle the globe
 To the end of the universe they give word.
 The sun, he is at home in them.*

*And he - the sun - like a proud lover
 Who comes forth from his tryst,
 Rejoices like a sprinter
 Speeding on his track.
 From one end of the sky he dashes forth
 And his circuit touches the entire rim.
 And there is no hiding from his heat.*

*So is God's teaching total,
 So does it invigorate the spirit.*

*So trustworthy is God's witness,
 Making the confused wise.*

*So are God's ventures direct,
 So hearts are at bliss.*

*Awe of God brings purity
Lasting through all changes.*

*God's determination makes for Truth,
In which all are made right.*

*God's ways are
More attractive than gold,
More than heaps of jewels,
More pleasurable than honey
And delicate sweets.*

*I am devoted to You,
I want to glow in Your service;
In its practice I find refuge.*

*Who can apprehend
One's own errors?
Please clear me
From what I am unaware.*

*Also from wanton harming
Protect me, who serves You.
Let evil not control me.*

*Then will I be made whole,
And I will be cleared from all guilt.*

*God!
May the prayers I speak
And the awareness in my heart
Be transparent to You, God!
Please support and free me.*

Amen!

Moses, a God's man at prayer:

*Master! You are our home
each time we are born again.*

*Before mountains emerged,
before Earth and Space were born,
from Cosmos to Cosmos
You are God.*

*You bring us, poor weak ones
to death's door
and you urge us:
"Return, Adam's kin!"*

*In your gaze,
a millennium is as yesterday gone,
like a watch at night.*

*You flooded us with sleep.
Morning had us as wilted hay.*

*Blossoming with dawn,
only to change at dusk,
all wilted and dry.*

*Your wrath makes us panic.
Your anger confuses us.*

*For all our crooked places
are open to Your gaze.
Our hidden stirrings,
Are visible to Your inner light.*

*We note all our days,
fleeing from Your ire.
Our years are fading
like a fleeting thought.*

*Our life span's days,
are seventy years,
and if hardy, eighty years.
Their gain is struggle and offense.
Soon we are chopped down,
Dispersed and gone.
Who can estimate
the extent of Your rage?
Fear of Your ire paralyzes us.*

*Make us aware enough
to treasure our days,
a wise heart brings vision.*

*How long it seems - Relent!
I am in Your service.*

Become reconciled with me.

*Gladden us, no less
than You made us suffer,
-those years we endured such harm.*

*Oh that we could see
Your design clearly,
Your grandeur in our children.*

*May Your kindly Presence, Lord,
be ever pleasant for us.
May our hands' efforts
achieve their aim.
Please let our efforts
Result in good.*

*Psalm 91
(A song against evil spirits)*

*In concealment You dwell,
Most High, Almighty,
You linger in the shadow.*

*I say to You YHVH
You are both my safe haven,*

*My bastion holding me.
I must trust You my God.*

*You save me from entrapment,
from putrid scourge.*

*You cover me under Your shelter.
You keep me safe under Your wings.
I am protected by Your truth.*

(I am assured by You.)

***Do not panic
facing night's terror,
a bullet shot in broad daylight,
a blight creeping in the murky dark,
a wasting plague at high noon.***

***You will not be harmed
though a thousand fall near you
a myriad at your right hand.***

***You just look steadfastly ahead
and you will see
how malice will
get its rebuke.***

*Yes, You, YHVH are my defense.
I am at home with You,
high beyond reach.*

*(You assure me.)
No mishap will befall you.
Your tent will be safe from harm.*

***Angels are appointed to care
and watch over you
wherever you are.***

***They will bear you high
on their hands.
You will not strike your foot
against a stone.
Snakes and wildcats
will avoid you.
Lions and serpents
will get out of your way.***

*(You assure me.)
Because you long for Me
I will rescue you.
I will raise you up
because you know My Name.*

***When you call Me
I will answer you.
I will free you and esteem you.***

***I will make you content
with your life span
and I will have you witness
how I bring deliverance.***

Psalm 135

*Celebrate Yah!
You who serve Yah!
Celebrate Him.
You, who stand in Yah's house-
Where Yah is at home.
Offer Hallel to Yah!
Set His Name to music,
How pleasant this is.*

*Yah has considered Jacob special,
Considers Israel Her beloved treasure.*

*(I urge you to celebrate)
Because I have come to know
How grand Yah, our Lord, is,
Transcending all our notions
Of Divinity.*

*Every wish of Yah,
In Heaven, on Earth,
In oceans deep,
Becomes a reality, a fact.*

*At Her will rain clouds rise
From the horizon,
Lightning flashes,
Rain pours down,
Wind issues from its storehouse.*

*Egypt's firstborn, man or beast
He destroyed,
Sending portents and warnings
To Pharaoh and his subjects,
Into the center of Egypt.*

*Many enemy nations
And their mighty rulers
Sichon the Emorite's despot,
Giant Og Bashan's tyrant,
Canaanite's ramparts,
He removed.
Their land He gave over,
A bequest to Israel, His people.*

*Yah! Your Name is honored forever.
Generation after generation
We will chant Your fame.
You will take up the cause of Your folk
And comfort those who serve You.
Those who venerate idols
Forged with their own hands,
Made of money and gold,
They have mouths that do not speak.
They have eyes that fail to see.
Their ears hear no plea.
They lack the breath of life.
Those, who make them are
As lifeless as they are.
Pointless is their hope,
For all the trust
They place in them.*

*But you, all Israel, bless Yah,
Ahron's kin bless Yah
Levites bless Yah and sing
God fearing folks you too bless Yah.
(And all together shout out loud)*

From Zion

Baruch Yah!

Halleluyah to the ONE

Who dwells in Jerusalem!

Psalm 136

The Great Hallel

*Thank You Yah! You are so Good.
You are kind to us.
Thank You, Most Divine God.
You are caring.
Thank You Sublime Master.
You are Gentle.
Singly You work miracles.
Only known to Yourself,
You are compassionate.
Ki L'olam Hasdo*

*You give awareness to the Heavens
You are considerate.
You extend dry land beyond the waters.
You are helpful.*

*You make light to shine in grandeur.
You enlighten us.
You give us sunlight and it is day.
You warm us.
You give us moonlit nights.
You make us romantic.
Ki L'olam Hasdo
You threatened our enemies,
By eliminating their first born,
And had pity on us.
You removed us from Egypt.
You freed us.
You showed Your strength.
You helped us.
You split the sea.
You saved our lives.
You helped us across.
You rescued us.
Ki L'olam Hasdo*

*You tossed Pharaoh and his army
Into the reed sea
And kept them from chasing us.
You led us through the wasteland.
You nurtured us.
Ki L'olam Hasdo*

*Many enemy nations
And their mighty rulers
Sought to destroy us
And you did not allow that to happen.
You protected us from
Sichon, despot of the Emorites,
From the tyrant of Og Bashan
You sheltered us.
Ki L'olam Hasdo*

*Their land You gave to us.
We are grateful.
A bequest to Israel His people.
To be our lasting heritage.
Ki L'olam Hasdo*

*When we were down and out
You remembered us.
We thank you.*

*You lifted oppressors from our back.
We show You our gratitude.*

*When we were hungry
You gave us to eat.
We so appreciate it.
Heavenly Power!
All of us thank You.
Ki L'olam Hasdo!*

Psalm 92

*A Song for the Sabbath day
set to music.*

*It is good to give thanks to You, Yah.
O transcendent One!
We sing praises to Your name.*

*We affirm Your caring every morning
and Your constancy every night,
Upon a ten string guitar -
Our ten spirit rungs
and upon the harp,
meditating to the tune of the lute
- our soul's light-*

*For You, Yah, have given me joy
through Your actions;
I will celebrate
the works of Your hands.*

*O Yah, how great is what You do!
Your designs are very profound!
A boor does not know;
a stupid one remains unaware.
When the depraved ones
spread like weeds,
when all the evil doers
seem successful;
in the end they shall be ruined.*

*But You, Yah, are ever triumphant.
For swiftly Your enemies, Yah,
Your enemies shall be wiped out;
all the wicked shall be scattered.*

*But You empower me
With elemental strength.
I shall be refreshed, anointed by You.*

*In my mind's eye, I have seen
the downfall of my detractors.
My ears have heard
of the doom of the corrupt,
who rise up against me.
The righteous flourish
like a pair of fruitful palm trees;
or like a tall cedar on Lebanon.
As long as their roots are
in the house of YaH,
in the courts of our God,
they shall continue to flourish.
Even in old age they shall bear fruit;
Still being potent and vibrant;
As they declare that YaH is truthful;
I am secure in Her,
there is no sham in Him.*

Psalm 93

*This psalm was the **Friday** song
of the Levites in the Holy Temple*

Yah, You ruled, robed in dignity.

*Donning intensity,
girded with strength
Even the cosmos You arrayed
that it not falter.
Your Throne is prepared
from the farthest past.
You have been before there was a world.*

*The currents raise their roar -
the rivers raise the spumes,
The mighty torrents' thunder;
The thunder of the ocean's breakers:
All exclaim, 'Most powerful are You,
Yah!'*

*Oh, Yah!
Your creation witnesses You well.*

*Of sacred beauty is Your house--
■ through all of time.*

Y'hi kh'vod

Yah! Fill our world to reflect Your nobility
So You will find joy in Your creation

We adore Your name ever,
in all circumstances.

Those who come from East
And those who come from the West
Celebrate Your Name in their ways.
Yah transcends all national bigotries
Her glory is in what concerns Heaven.

Yah – this is Your Name for ever
Yah is the watch word
each generation passes to the next.

Yah You have set Your Sh'chinnah
in the Heavens
Your domain encompasses all there is.

So Heaven is glad
Earth is happy
All nations agree that
You are in charge.

Yah! You are now
Yah You were then
Yah You will be
Constant for ever.

Yah! Your reign is eternal
Earth is Yours alone
No nation can claim her.

You Yah void the designs of tyrants
You Yah block their schemes.

People brood over so many desires
It is Your design Yah that prevails.

What You Yah design lasts through all
time

What You propose works for many generations.

You speak and it becomes real
You command
and it comes to existence.

You Yah chose Zion
You wish to make Your seat there.

You Yah have singled out Jacob
Israel is Your treasure.

You Yah will not desert Your people
You will not forsake Your heritage.

Because You are caring
You will forgive sin
You will not destroy
But time and again
You will subdue Your wrath
And not let Your fury rise.
Yah! Please help,
Prince!
Answer us the same day
when we cry out.

Ashrey, Psalm 145

*Sitting in Your home is happiness
and offering appreciation of You
is even more so.
Selah!*

*There is contentment for a people
so at home with Yah.
There is serenity among the people
who have You as their God.*

David's Aleph Bet Praise:

I hold You in the highest esteem,
My God, My King.
In all that I do--

Every day, I will offer You
my appreciation

and I will cheer You in all that I do.

Magnificent are You, Yah,
and much appreciated,
but Your true greatness
is beyond knowing.

One generation transmits
its excitement to the next,
over Your amazing actions,
telling them of Your might.

Splendid and glorious is Your fame,
I delight to tell of Your marvels.

While others may speak of
Your awesome power,
I stress Your great kindness

Many will recall
Your great goodness
and sing of Your fairness.

You, Yah, are gentle and compassionate,
most patient and caring.

You, Yah, are good to all of us,
all that You have made
You hold in Your tenderness.

We, who are fashioned by You,
acclaim You,
In fervent devoutness we bless You.

We talk of the honor of Your realm
and draw our energy from Your power.

Thus we announce to others
how powerful You are--
and how distinguished Your Majesty is.

Your domain embraces universes,
Your authority is recognized
throughout all generations.

You, Yah, keep us from faltering

and help us up when we stumble.

We all look up to You with hope-
And trust that You will provide us,
at the right moment,
with what we need.

You open Your hand
and each one of us
receives what we desire.

You are a Tzaddik in all Your ways,
A Chassid in all that You do.

You are close by
when we call on You,
especially when we fully mean it.

You shape the will
of those who respect You;
You hear their pleading
and You help.

You, Yah, protect those
who are Your lovers.
Those who do evil You eliminate.

I offer my mouth to God's praise.
Let all who are in bodies of flesh
bless Your holy Name,
at all times yet to be.
And we will bless You, Yah,
from now on and for as long
as there is life on this world.

Psalm 146

Halleluyah
Spirit of mine praise Yah!
I will indeed praise Yah with my life,
I will sing to God with all my being.
I will not put my reliance in big shots.
What can people do-
Who can't even help themselves?
When their spirits leave them

They return to their dust,
All their schemes have vanished.

Happy is one who is helped
by Jacob's God,
Whose hope is entrusted
in Yah, his God--
-The One who makes heaven and earth,
The ocean and all that lives there.
He is also the One who is forever.
The standard of truth and sincerity,

He seeks justice for the oppressed,
And gives food to the starved.
Yah is the One
who frees the imprisoned.
Yah gives sight to the blind.
Yah upholds the stooping.
Yah loves the Tzaddikim.
Yah protects the converts,
Consoles the orphaned and widowed,
Confounds the way of the malicious.
Please Yah! Zion's God!
Manifest Your rule in the world!
For us and for our children **Halleluyah**

Psalm 147

Halleluyah Yah builds Jerusalem
By gathering her scattered Godwrestlers.

He makes the broken hearted well,
And soothes the hurt of their bruises.

Counting the stars and naming them,
He creates them each to be.

Great is our Master
And powerful beyond measure.
No one can describe
His way of comprehension.

Yah encourages the downtrodden,
But the insolent He brings low.

Offer gratitude to Yah!
To the harp sing songs of celebration.

to our God

He covers the sky with billowing clouds,
Thus arranging rain for the ground,
Making the hills sprout forth grass.

Giving the beasts the food they need,
Even to the young ravens,
who cry to be fed.
He is not impressed
by a stallion's feistiness
nor by the muscles of a man's thighs.
Yah welcomes those who respect Him,
Who long for His grace.
Jerusalem! Give praise to Yah,
Zion, celebrate that He is your God!

Because He strengthened
The bars of your gates
And blessed your children in your midst.
Your borders He set to hold peace
And satisfies you
with good nourishment.

When He decrees something for Earth--
His command is swiftly fulfilled.

Snow, like white wool He sends down,
Frost, He scatters like sand.
He sends hail like crumbs,
No one can stand it
when He brings on the cold.

Sending His word, He melts them,
Blowing warm wind
And the waters flow.

He imparts His words to Jacob,
His statutes and judgments to Israel.

He did not do the same for other nations.
His judgments
He did not share with them.
Halleluyah!

Psalm 148

Halleluyah!
Applaud and cheer Yah
from the heavens.
Praise Him, the most sublime!
Angel assembly sing Hallel!
Heaven hosts sing Hallel!
Hallel too sun and moon.
Hallel also stars of light!
Jubilation from the heavens of heavens.
From the streams of endless space
He has decreed your existence.
Praise God and be grateful for life.
He fortified you to last long,
Set a directive, that cannot be disobeyed.
Hallel too from earth,
From dragons and deep canyons.
Fire, Hail, snow and fog,
Tempests and storms obeying His word.
Mountains, Hallel! And hills echo.
Fruit trees and cedars sway their praise.
Wild and tame creatures,
Creepers and winged birds.
Hallel too from you –
Rulers of lands and nations,
Officials and judges of the land.

Lads and also lasses Hallel,
Elders together with youths.

All of you praise Yah's Name.
His very Name is so transcendent.
His glory is reflected
by Heaven and Earth.
Grand is the fate of His people
His devout ones in constant adoration.
Halleluyah those intimate
and close to Him,
You Children of Israel, Halleluyah.

Psalm 149

Halleluyah
Sing a brand new song to Yah.

This is how He is celebrated
among the Chassidim.
Yisrael is happy knowing his Maker.
Zion's children delight in their King.
Dancing, they chant His Name.
Making rhythm with drums and strings.
Yah loves His people.
The self-effacing
Can count on Him for help.
Chassidim savor His awesome Presence.
Even on their bed they hum His praises.
They exalt God in inner speech.

Such praise is a potent blade
Repelling antagonists,
Scolding bigots.
To immobilize their commanders,
And arrest their agitators.
Rebuke them as they deserve!
All this because God's Chassidim
Give honor to Him in splendor.
Halleluyah!

Psalm 150

(#10 of R' Nachman's 10)

Halleluyah. Praise God
in His sanctuary:
praise Him powerfully to the sky.

Praise Him for His potent acts:
praise Him like His generosity.

Praise Him with trumpet sound:
praise Him
with the strings and harp.

Praise Him with drum and dance:
praise Him with organ and flute.

Praise Him
with crashing cymbals:
praise Him
with cymbals that resonate
Let all souls praise Yah. Halleluyah.

~*~

Psalm 104

*Bless YAH, breath of mine.
YAH my God, You are so vast and great
All veiled in pride and glory!*

You are wrapped in Light.
The sky You spread like a sheet.

*Your upper chambers are water roofed
As You stride clouds.
You waft on the wings of wind.*

The breezes You send are Your aides,
Your helpers - blazing flames.

*You founded Earth so sound
To outlast time itself.*

The abyss You covered like a mantle
Water! On mountains rests.

*You sound a roar and they flee.
Your thunder makes them shake.*

Mountains high and valleys low
Their places they assume.

*You set them limits they cannot pass
Never again to flood the land.*

Springs - flow into brooks
and snake between the mountains.

*All the wild of field drink there.
The beasts slake there their thirst.*

By their shores dwell birds that soar,
Sounding calls through leaves and reeds.

*You drench the hills
from Your Upper Chambers.
From your hands' produce
The Earth is filled.*

You grow fodder for the tamed beasts
And herbs with human labor,
To bring forth bread from Earth.

*And wine - to delight the sad ones,
And oil - that softens skin,
And bread - that sustains the weak.*

Even the trees you sate with sap,
The cedars You planted on the Lebanon.

*There birds find their nesting.
There storks find homes to rest.*

Antelopes bound on the heights.
Marmots hide behind rocks.

*The Moon pulls tides and seasons.
The sun knows where to set.*

You darken dusk to night,
The forest's night life stirs.

*The big cats cry for prey,
Praying God for their food.*

They return at the rising of the sun
To crouch once more in lairs.

*While humans go out to work,
To their toil - up to night.*

How many things You do!
So wisely are they made.
All Earth at your command.

*This vast sea beyond all grasp,
Countless are the creatures in her,
Tiny ones and giant whales.*

There go stately ships,
This Leviathan You shaped
To play and romp therein.

*They all rely on Your care,
To feed them well each time.*

You give to them and they take it.
Your hand's gifts sate them well.

*You hide your face, they panic.
You recall their breaths, they die.
They return to their dust.*

You send your spirit
And they are re-created.
So too, You renew life on Earth.
*Let Your glory, Yah, fill time and space.
Take Joy, O Yah, in what You do!*

You look at Earth and she trembles,
Hills You touch and they smoke.

*I live Your song, my Yah,
My Yah, I am Your tune.*

Let my talking give You joy.
I am so happy, my Yah!

*I wish no sin exist on Earth
All wickedness were gone.*

Bless that Yah, my soul, my breath.

HALLELU--YAH!
Barukh Yah always Amen Amen
From Zion,
from Your dwelling in Jerusalem
we send our Halleluyah.
Barukh too to You Yah, Israel's God,
who alone does amazing things.
May the glorious Presence
Governing numberless worlds,
manifest in this world
In all magnificence Amen Amen

ויברך דוד
And David worshipped Yah
For all the crowd to see
And David said

I offer worship to You Yah
Blessed are You Yah, God of Israel,

Our Father
Ruling countless worlds.

All virtue is Yours
Gedulah , Hesed, Largesse
Gevurah, power and Law,
Tif'eret, balance and splendor,
Netzach, effectiveness
And Hod, elegance
For all that is in Heaven and Earth
Is founded in Yesod, the urge to live
Yours Yah is majesty
Malkhut, most sublime

Abundance and honor are before You
And You reign over the all
In your hand is force and might
You can empower and raise up

And as of right now,
O our God
We thank you
And sing to your glory
To our utmost.

You , Yah You alone
Have made the heavens,
The heavens beyond our heaven,
all their those that serve You there,
Earth and all that is on her,
The oceans and all that they contain

The host of heaven bow to You
And your infuse them all with Life.
You chose Abram,
You brought him out of Ur of the
Chaldees
You named him Av-raham
And found his heart
To be trustworthy enough
to make a covenant with him
-*-

On the day.
When You saved us, his children
from Mitzrayim.

We saw how You dealt
With Mitzrayim with superior force
We the people saw it
And we put our faith in You Yah
and in Moshe your servant

We sang then the great song
And placed out trust in You
To bring us, plant us,
On the mountain sacred to You
The Place You established
To reside there,
The sanctuary, that Your hands
Had set up for us.

Yah will reign there always
Yah will reign there always
On that day Yah will be One
And His Name will be One.

Nishmat

*All breathing life
adores Your Name
Yah, our God -
All flesh alive
is raised to ecstasy
each time we become aware of You!
Beyond endless Time
and Space that's vast
You are Divine
Only You are the One who
ultimately extricates and frees
ransoms, saves and sustains us
and cares when we are in distress
You, You alone secure our lives.*

*You ultimate Cause and ultimate Effect,
Source of all Creation
You manifest in all birthing
In every compliment it is You we praise
You manage Your universe with kindness
-*

Yah ever awake and ever alert!

*You rouse us from the deepest sleep
You give words to the speechless
You release the imprisoned
You support the stumbling
You give dignity to the downtrodden
Every appreciation we offer is Yours.*

*If ocean-full our mouth were with music
Our tongues singing like the ceaseless surf
Our lips praising You to the skies
Our eyes blazing like sun and moon
Our arms spread like soaring eagles
Our legs sprinting like those of deers
We could not thank You enough
Yah! Our God, our parents' God!
Neither could we celebrate by naming
the times exceeding millions
the places exceeding billions
the favors You did
for our parents and for us.*

*Yah! Oh God! From oppression
You redeemed us
Now we can never be at home in slavery
-
During famines You fed us enough to live on
You shielded us from wars and plagues
From diseases of body and mind
you pulled us out.
To this moment Your caring helped us
We never lacked Your kindness
- Please don't ever abandon us God!.-*

*Our limbs want each to thank you
The air of each breath You breathed into us
Their very substance bless with gratitude
with praise and celebration
honoring that exalted holiness
so majestic, that is Your fame!*

*Our speech is appreciation
our expression an oath of loyalty
our attitude surrender*

*our stance before You obedience
our feelings overwhelming awe
our inners singing scales of Your Names
As it is in Scripture:
All my very essence exclaims:
Yah! Who? Like You?
You inspire the gentle to stand up to the bully
The poor disempowered to stand up to the thug.*

*No other can claim to be what You are
No other can pretend to be
THE GREAT GOD
THE MIGHTY, THE AWESOME,
THE GOD, MOST HIGH
Yet nesting in Heavens and Earth!
So we will keep celebrating and
delighting
and blessing Your Holy Name with
David:*

*"Yahhh! breathes my soul out to You.
all my inners pulse with You!"*

*Potent God Force!
Magnanimous in Glory
Ever prevailing
Awesome Mystery!*

*Majestic One,
who presides over all destiny!*

*Eternal Sh'khinnah, Holy Beyond
Saints sing Yah!
In harmony with decent folks.*

*Good people exalt You
Saints are Your blessing
Devotees sanctify You
You delight in our inner holiness.*

Yishtabach

*Your Name be praised, always
Majestic One.*

Powerful and gentle Source,
 making Heaven and Earth sacred.
 It is our pleasure to dedicate to You,
 Our God and Our parents' God,
 Time and again:
 Music and Celebration,
 Jubilation and Symphony,
 Fortissimo, Anthem,
 Victory March, Largo Forte,
 Paeon and Hymn,
 Sanctus and maestoso,
 Laudo and Aria,
 Celebrating Your Divine reputation
 In every realm.
 We worship You Yah,
 Generous, Great, Regal One
 Who is the One
 to whom we offer all these.

God whom we appreciate,
 Source of all wonder,
 Fountain of all souls
 Author of all that happens,
 Who delights in music and chant
 Origin of Unity.
 You are the Life
 that flows through all the worlds
 Amen

A good preparation and a bridge for the next phase of prayer, as you enter into the world of B'riyah, is Reb Ahrele Roth's list of mitzvot one can do with consciousness alone.

Reb Ahrele Roth a"h wrote a list of 32 mitzvot whose fulfillment is completed in the brain, the heart and the mouth. The Hebrew alphabetical equivalent of 32 is ~) , the letters of which spell the Hebrew word for Heart. "

O my Creator! May Your Name be praised: With my mouth, brain and

heart prepared, I am ready to fulfill Your mitzvot. - You who shape me.

1. Faith I place in You.
2. Oneness I affirm in You.
3. I am mindful of You.
4. I focus on Your vast Greatness
5. and focus on my insignificance.
6. Thus do I turn back to You
in *teshuvah*
7. and am bashful in Your Presence.
8. I am awed by You
9. and love You.
10. I accept the authority of your *mitzvot*,
11. find my joy in You
12. and place my trust in You.
13. I deny all false gods and those
in their service;
I reject unfit thoughts that rise
in my heart.
14. I give You my thanks
15. and aim to hold You sacred.
16. I remember Jerusalem -
Your House of Prayer for all peoples,
17. and look out to You
to redeem us and free our souls.
18. Amalek I will blot out
19. by loving my neighbor as myself
20. and adhering to You in *devetut*
21. walking in Your ways.
22. Thus will I make a Holy Space
in me for You to be at home in.
23. I long for Your intimacy and love
24. and am energized to find You
empowering my heart.
25. I affirm that Your actions are just
26. and am mindful that You redeem us
from *Mitzrayim*.
27. Therefore I will not welcome
in my awareness thought that opposes -
faith in Your/our service –
and in Your Torah.
28. I will not yield to pride.
29. I will not hate any fellow Godwrestler
in my heart
30. and I will give up all vindictiveness not

consider my self flawless
 31. but remember
 that I caused You displeasure.
 32. With all these I intend not to forget
 Your presence in my life. Amen!
 Thus may You be pleased
 O Supernal Parent,
 That by the merit and the power
 of my making mention of these *mitzvot*
 with my mouth
 there be stimulated the energy
 of these *mitzvot*
 in their supernal root
 to draw down to me
 that High Holy flow
 that will shield my thoughts,
 my voice and my words
 from all damage, all taint,
 all dross and dirt
 and there be drawn to me a flow
 that will make pure
 my thoughts and heart,
 my voice and words.
 May all of them be surrendered
 to You, Praised One
 to the end that I may merit to be
 connected to You
 in *devekut* and love
 and to attain the fulfillment
 of Your *mitzvah*
 to cleave to You.
 Thus will I be privileged
 to be an instrument of Your will,
 a vehicle for
 the blessed Shechinah of Your Glory.
 Thus will the light in my soul
 not darken
 nor will Your Divine spark
 be extinguished in me
 from now on and forever
 Amen! May this be Your will.

תפילת הבריאה
Barchu

I bow before You
 Yah, our God
 Cosmic Majesty
 For shaping light and creating darkness
 Promoting peace and creating what is.

You bring on light with compassion
 To the world and to all who live in it.
 In goodness
 You constantly renew each day
 What You made happen at the beginning

You make numberless beings,
 all different
 Each one with its own wisdom
 All there is, is Yours.

Yah, our Master!
 How mighty is Your fame all over Earth,
 Such glory, You radiate
 from the Heavens.

I am awed when I see Your skies,
 Your handiwork and fingerprints,

The moon and stars
 You have arranged.

(For Shabbat include El Adon)
EL ADON

*A gentle Lord of all that is
 Blessed and loved by each soul alive.
 Great and good You fill all space.
 Delight there is in knowing You.*

*How You transcend all holy life
 Which bears You high above any throne
 Zekhut and equity radiate from You
 Hesed and compassion the worlds reflect.*

*The stars and the planets You made to give light
 You formed them all conscious,
 all worthy and wise
 Knowledge and power You gave them to shine
 Like powerful assistants they serve You in space.*

*Much light and energy they radiate forth
 No place is untouched by their gentle rays
 So joyful their path is, so happy their course*

g Enroute to fulfill their Creator's command.

*Praising Your glory, they honor Your name
Singing Your Majesty's anthem of joy.
Quietly suns shine to answer Your call
Reflections of moonlight change size at Your word.*

*Seraphim, angels, and all heavenly hosts
They praise You in concert with Sfirot on high
All elements Mingle their harmonious tune
Nature and mankind the rhythm provide.*

And the angels;

Ophanim –

Turning orbits and the planets

Hayot -

the constellations of the zodiac,

Seraphim -,

blazing ones, the galaxies

All in concert adore and venerate You

And sanctify Your Name

Chanting:

Kadosh, Kadosh, Kadosh

Holy, Holy, Holy are You

Lord of Hosts

The cosmos is filled with Your radiance.

They plead also

Bring this glory to radiate to us

also on the level where we live.

They all offer to You, blessed God

All pleasure in worship.

Aware that You alone are

Sacred, beyond all limits

Condensing and focusing

Creating anew

Overcoming all barriers

Seeding virtue

Growing liberations

Making healing available

Awesome in admiration

Master of marvels

In Your benevolence

You renew each day, each moment,

The work of Creation.

Please, focus, new light on Zion

And let us all receive its benefit.

Barukh attah Yah

You shape luminaries.

Ahavat Olam

From ever

You have loved us into life.

Yah—our G-d

You nourished us with kindness

and abundance.

Holy One!

for the sake of Your plan

for Your honor,

and because we know

that our parents trusted You,

and You, in turn, taught them

how to live life

so as to be serving Your purpose.

We ask You to share with us

in the same way.

God, kind Parent,

we live in the embrace

of Your caring.

Make ours an understanding heart,

To become aware and

be careful and effective,

in this way to make real

what You speak to us in Torah

And with so much love.

When we study Torah-

May we see clearly

what is meant for us to know.

When we do Mitzvot,

may all our feelings

sit harmonious in our heart.

Focus all our hearts' longing

to that moment

when we stand in Your Presence

in both awe and adoration .

.

May we never have to be apologetic

for our love for You

Trusting You
We are happy to see
Your beneficent plan unfolding.

May Your kindness and compassion
Be available to us

Please hurry
Bring blessing and peace to us.
Gather us, so we not be scattered
all over the world.
Lift the hold of estrangement from us.
Lead us to live in this world
so that we feel at home in it.

You can do this for us.
You have assigned us
To do our special work in life

You brought us close to You
We are grateful.
We hold You special.
And are filled with love for You
Barukh attah Yah
Who relates to us in Love
Amen

Sh'ma'

Listen you Yisrael person,
(say your own name here)
Yah who Is, is our God,
Yah who Is,
is One, Unique, All there Is.

Through time and space
Your glory shines, Majestic One.

Love Yah, who is your God,
in what your heart is,
in what you aspire to,
in what you have made your own.
May these values

which I connect with your life
be implanted in your feelings
May they become the norm
for your children:
Address them
in the privacy of your home,
And on the errands you run.
May they help you relax
and activate you to be productive.
Display them visibly on your arm.
Let them focus your attention.
See them at all transitions at home
and in your environment

*

How good it will be
when you really listen
and hear my directions
which I give to you today
for loving Yah who is your God
and to act godly
with feeling and inspiration.
Your earthly needs will be met
at the right time,
appropriate to the season.
You will reap what you planted
for your delight and health.
Also your animals will have ample feed.
All of you will eat and be content.

Be careful - watch out!
Don't let your cravings delude you;
don't become alienated;
don't let your cravings
become your gods;
don't debase yourself to them,
because the God-sense within you
will become distorted.
Heaven will be shut to you,
grace will not descend,
Earth will not yield her produce.
Your rushing will destroy you!
And Earth will not be able
to recover her good balance
in which God's gifts manifest.

May these values of Mine reside

in your feelings and aspirations:
marking what you produce,
guiding what you perceive.
Teach them to your children
so that they are instructed
how to make their homes sacred;
and how they deal with traffic.

*(May these values of Mine reside
in your feelings and aspirations)
even when you are depressed,
and when you are elated.*

Mark your entrances and exits
with them,
so you will be more aware.

Then, you and your children
and their children,
will live out on earth
that divine promise
given to your ancestors
to live heavenly days
right here on this earth. ---

Yah who Is, said to Moses

“Speak, telling the Israel folks
to make tzitzit
on the corners of their garments,
so they will have generations
to follow them.
On each tzitzit tassel let them set
a blue thread.
These tzitzit are for your benefit!
Glance at them.

And in your seeing remember
all the other directives of Yah who Is,
and act on them!

This way you will not be led astray,
craving to see and want
and then prostitute yourself
for your cravings.

This way you will be mindful
to actualize my directions
for becoming dedicated to your God;
to be aware That
I Am Yah Who is your God,
Who is the one who freed you
from oppression
in order to God you.

I am Yah who is your God.”

That is the truth! --

You, Yah, who saved our ancestors
May You soon bring redemption
to us also.

Barukh attah Yah Ga'al Yisrael.

תפילת האצילות

Amidah for Shabbat

ברוך אתה ה'

I bow before You

Yah, our indwelling God

Our parents' God

Abraham and Sarah's God

Isaac and Rebecca's God

Jacob and Leah and Rachel's God

Great, Powerful and Awesome God.

God transcendent.

You nurture us gently

and are kind to us

You, who possesses it all

*You remember how our parents
loved You.*

Yes we trust

that You will bring redemption

to their children's children

Who chant Your name and love You.

Our Prince, Our Helper, Our Protector

Barukh attah Yah

Magen Avraham U'foked Sarah

You are powerful with worlds Adonay

What is dead you can make live

You are really capable of helping

You give dew (and rain)

to parched earth and souls.

You feed all life with gentleness

You invigorate bodies with mercy's flow

You support us in falling

You heal us in sickness

You free us from compulsion

You keep faith with those now dead.

In Your might

no one can compare with You.

You deal out life and death

Yet in all this You make salvation grow.

Barukh attah Yah, M'chayeh Hametim.

*You are Holy, Your name is Sacred
And those who aspire to be holy
Sing your Halleluyah all day.
Indeed, You are
the Great and Holy God.
Barukh attah Yah, Ha'el hakkadosh.*

*You implanted in the hearts
of individuals and society
the desire to rest
one one day in the week
Happy are
we, we delight in our portion,
we take pleasure in our lot
Our legacy is beautiful,
Happy are we
to rest on the Seventh Day
So states Your Torah :
Israel shall keep the
Shabbat, to make the Shabbat
an enduring commitment
for generations to come,
Between Me and Israel it is a
signal for all time -
for by means of seven phases
did God make Heavens and Earth
and in the Seventh God ensouled them*

*Through Your delegates The prophets
You stated:
Leave your habits behind
don't go after your busy-ness
on My holy day
evoking delight in shabbos-ing
valuing holy **Yah Being**
more than your errands -
finding bargains and making deals
Then you will delight in **Yah Being**
and I will make you sit
on top of the world
and feed you Jacob's endless bounty
This is the word of Yah!*

*We pray that all the weary ones
may also share the rest
then all of us will be filled*

*with Your goodness to ecstasy
It was that seventh one
that You took delight in and sanctified,
calling it the longed for day
on which we are mindful
of the miracle of Creation*

*Our God- Our Parent's Sustainer
Take pleasure in our relaxing today.
When we do Your Mitzvoi
We want them to help us to holiness
When we study Your Torah
We want to find in it the parts we are to
live
In the places where we are starved
Fill us with Your goodness
Where we have given up hope
Give to our spirits
the joy of Your comfort
And chiefly, purify our hearts
That we be sincere in serving You.
And Yah, Blessed God,
Out of Your love and goodwill
Award us Your sacred Shabbat
So that we, all Godwrestlers
Rest from our straining
And sanctify Your Name*

*Baruch Attah Yah
M'kaddesh Hashabat*

*Take pleasure God
in our way of praying.
Teach us to encounter Your Presence.
May we merit to pray
in Your Temple in Zion.
Barukh attah Yah "ברוך אתה ה'
Hammachazir Sh'chinnato L'tzion.*

*We are grateful God and count our
blessings
(here in your words detail your
gratitude for events in your life)
Barukh attah Yah "ברוך אתה ה'
HaTov Shimcha U'I'cha Na'eh L'hodot.*

We pray for Peace

(in your words)

Barukh attah Yah "ברוך אתה ה'
HaM'varech Et 'Amo Yisrael Bashalom.
Amen.

תפילת האצילות

Weekday Affirmations

*Based on the Amidah. You can add
personal affirmations to these*

I affirm

the power of positive affirmations.
I affirm that the Shechinah
surrounds me, and blesses me.
I affirm the light beings of God's service,
who support and guide me.

Avot

I affirm the blessings
of Abraham and Sarah, in my life.

T'hiyah

I affirm the sacrifice of Isaac,
and God's power over my life, and death.

K'dushah

I affirm God's holiness,
and my growth toward it.

Shover oyvim

I place myself under the protection of
the S'phirah of Keter,
which will shield me from all harm
and neutralize it.

Atah honen

I invoke the inflow of **Chochmah**
to align my intellect
with clarity and purpose,
to inspiration and realization.

Hashivenu

I invoke the care of **Binah**
to lead me to God's heart.

S'lihah

I invoke the abundance of **Chesed**,
to bring me to atonement.

Ge'ullah

I invoke the power of **Gevurah**,
to see me through trouble
and lead me to redemption.

Refu'ah

I place myself
in the compassionate heart
of God's Tiferet,
and affirm the healing, balancing,
integrative, centering light within me

Brachah, Mashiach, Shechinah

I support myself on the pillar of Netzach,
channeling to me
all manner of blessing and prosperity,
and place it at the disposal
of the redeeming Mashiach,
unfolding to witness
the Shechinah's residing in Zion.

Kibbutz Galuyot, Yerushalayim, Modim

I support myself on the pillar of Hod,
making order in my life,
gathering all the forces from dispersion,
and settling them
in the blessed Jerusalem,
where I offer my thanks to God's Glory.

Tzedakah Umishpat, Tzaddikim, Shalom

I base myself
on the foundation of Yesod,
to act righteously and justly,
To assist
every righteous effort in the world,
and to become peaceful,
to work for peace.

Shome'a T'fillah

I affirm that Malchut, the Shechinah,
is the one
offering these affirmations in me,
and is attracting the flow of blessings,
to suffuse my life. Amen...Amen.

or Havinenu this short form

**Help us YaH to understand Your ways,
And sensitize our hearts
with reverence all our days.
Forgive us, with compassion, each sin,
That redemption we may hope to win.
In Your caring
take our pain and suffering away,
And satisfy us with Your abundance,
we pray.
With Your all-powerful
and tremendous hand
Our scattered ones bring together
to our own land.
May Justice be effective
and righteousness prevail
May evil plots be razed and fail
But righteous efforts be well regarded
And those who serve goodness
be rewarded
When Your sacred city
with joy we rebuild
And Your House of prayer
with all peoples be fill'd,
Then with a loud and exultant voice
Will the righteous,
O God of Israel, rejoice.
Let it be Thy divine will
to speedily found
A messianic life for all abound
And may the light of peace
brightly blaze
As in reverence
Your sacred Name we praise.
For You do hear the voice of Prayer,
Are blessed! This we declare AMEN
(J. F. Stern).**

Another version of the Amidah
העמידה

ברוך אתה ה'

I bow before You
Yah, our indwelling God
Our parents' God
Abraham and Sarah's God
Isaac and Rebecca's God
Jacob and Leah and Rachel's God
Great, Powerful and Awesome God.
God transcendent.

You nurture us gently
and are kind to us
You, who possesses it all
You remember how our parents
loved You.
Yes we trust
that You will bring redemption
to their children's children
Who chant Your name and love You.
Our Prince, Our Helper, Our Protector
ברוך אתה ה' Barukh attah Yah
Magen Avraham U'foked Sarah

You are powerful with worlds *Adonay*
What is dead you can make live
You are really capable of helping
You give dew (and rain)
to parched earth and souls.

You feed all life with gentleness
You invigorate bodies with mercy's flow
You support us in falling
You heal us in sickness
You free us from compulsion
You keep faith with those now dead.
In Your might
no one can compare with You.
You deal out life and death
Yet in all this You make salvation grow.
ברוך אתה ה'
Barukh attah Yah, M'chayeh Hametim.

You are Holy, Your name is Sacred
And those who aspire to be holy
Sing your *Halleluyah* all day.
Indeed, You are
the Great and Holy God.
ברוך אתה ה'

Barukh attah Yah, Ha'el hakkadosh.

We pray for the right awareness

(in your words)

Barukh attah Yah "ברוך אתה ה'
Chonen Hada'at

**We pray for becoming harmonized
with God's will**

(in your words)

Barukh attah Yah "ברוך אתה ה'
Harotzheh Bit'shuvah.

We pray for forgiveness

(in your words)

Barukh attah Yah "ברוך אתה ה'
Channun Hammarbeh Lis'lo'ach.

We pray for support and redemption

(in your words)

Barukh attah Yah "ברוך אתה ה'
Go'el Yisrael.

We pray for healing

(in your words)

Barukh attah Yah "ברוך אתה ה'
Rofe' Chol Bassar U'mafli' La'assot.

We pray for the ecology and economy

(in your words)

Barukh attah Yah "ברוך אתה ה'
M'varech Hashanim.

We pray for the the ending of exile

(in your words)

Barukh attah Yah "ברוך אתה ה'
M'kabbetz Nid'chey Ammo Yisrael.

We pray for a just society

(in your words)

Barukh attah Yah "ברוך אתה ה'
Melech Ohev Tzedakka U'mishpat

**We pray for release
from the struggle with negativity**

(in your words)

Barukh attah Yah "ברוך אתה ה'
Shover Oyvim U'machni'a' Zeydim.

**We pray for all righteous effort to
succeed**

(in your words)

Barukh attah Yah "ברוך אתה ה'
Mish'an U'mivtach latzaddikim

**We pray for Jerusalem, God's city,
The House of Prayer for all Peoples.**

(in your words)

Barukh attah Yah "ברוך אתה ה'
Boneh Y'rushalayim.

We pray for the rule of Mashi'ach

(in your words)

Barukh attah Yah "ברוך אתה ה'
Matzmi'ach Keren Y'shu'ah.

You hear Our Prayer
Compassionate parent
Accept our pleading with
kindness and grace.
Everyone praying to You is heard
So I add my own concerns
beyond what I have expressed before
and I trust that You will respond.
(in your words)
Barukh attah Yah "ברוך אתה ה'
Shome'a' T'fillah.

Take pleasure God
in our way of praying.
Teach us to encounter Your Presence.
May we merit to pray
in Your Temple in Zion.
Barukh attah Yah "ברוך אתה ה'
Hammachazir Sh'chinnato L'tzion.

We are grateful God and count our
blessings
(here in your words detail your
gratitude for events in your life)
Barukh attah Yah "ברוך אתה ה'

HaTov Shimcha U'I'cha Na'eh L'hodot.

We pray for Peace

(in your words)

Barukh attah Yah ברוך אתה ה'

HaM'varech Et 'Amo Yisrael Bashalom.
Amen.

After the Amidah it is important to find a moment to search your heart and conscience. If you find something that needs repair make your commitment to do so and ask for the grace to fulfill that tikkun. You may wish to recite psalm 6 or 25

On days when Tachanun is not recited, joyful and celebrative days recite instead psalm 15.

Psalm 6

A David Song

[Note to the Conductor -

play this melody on the eight stringer]

Yah! Please don't chide me in Your anger

Don't scold me in Your wrath.

I need You to show me kindness.

I am so miserable.

Heal me, Yah!

My bones ache so.

My inner self is very troubled.

I ask You, Yah!

How long must I still endure?

Relent, Yah,

And for mercy's sake

Pull me out

And spare me.

How can I remember You

If I am dead in the pits?

Who will thank You?

I groan and am all worn out.

I sob on my bed

My tears drench my mattress.

My eyes are stinging from frustration,

As if all my troubles wept them out.

Away with you,

All you traffickers of sin!

Yah has heard my wailing.

Yah has listened to my pleading.

Yah will fulfill my prayer.

Confusion and embarrassment
on you, you fiends!

This very moment let shame

Bring you to your senses.

Psalm 25

(an Aleph-Bet song) Of David

א, Yah! To You I raise my soul.

ב, My God I trust You.

Let me not be shamed.

Let not my detractors mock me.

ג, All who place their hope in You

Will not be disgraced,

But shame will cling to those

who riot without cause.

ד, Get me to know your ways.

Teach me your way.

ה, Guide me in Your Truth.

Teach me to know

That You are the God of my salvation.

All day long I set my trust on You.

ו, ---

ז, Recall Your compassion, Yah

And Your kindness,

They precede all Creation.

ח, To the failings of my youth

and my rebellions

Don't pay heed.

Remember Your good will for me,

Yah, for Your goodness' sake.

ט, Because You are good and fair

You can gently show the way to the neglectful.

י, You guide the modest in their judgments,

Teaching the unassuming Your way.

יא, Those who respect Your covenant

And witness You

Find that Your ways, Yah,

Are kind and real.

יב, For Your sake, Yah

Pardon my flaw – though it is great.
א., When a person
So minds You, Yah,
You will teach him the path to choose.
א., Such one can sleep easy at night,
Knowing that her children
will inherit the Earth.
ב., You, Yah, impart Your secrets
To Your awakened ones.
Your mysteries You share with them.
ג., My eyes are focused on You, Yah.
You untangle my feet from the trap.
ד., Turn to me with kindness,
For I am lonely and wretched.
ה., My troubles have opened my heart
and made space in it for others.
Do extricate me from my despair.
ו-ז., See my struggle, my heavy burden.
Forgive then all my failings.
ח., See how much I suffer,
How I am hated for no reason.
ט., Keep my soul safe and free me.
Let me not be reviled for my trust in You.
י., Because I trust You--
Let simple directness protect me.
God! Free all of Israel
from all their distress

Psalm 15

David's song:
Yah! Who may be at home in Your tent?
Who may find sanctuary
On Your Sacred mountain?

One who strides with wholeness,
Acts with fairness,
Whose heart and words
Speak with honesty,
Not given to gossip,
Not hurting others,
Not shifting blame on others.
Wary of his own motives,
He honors those
Who are respectful of God.

She will not stoop to lie
When she swears,
Even if it causes her loss.
He lends his money
Interest free,
Won't accept a bribe
To convict the innocent.
One who acts in this way
Will never waver.

Dear God
We take delight in the privilege
To be created for Your glory--
-- Not to walk about in confusion
-- To feel in us Your implant
Of eternal life.
Open our hearts to Your Torah.
Secure in our hearts
Love and Awe for You.
May we not waste our lives
or cause discord.
We plead with You, Yah Our God,
Support of our Parents, –
That in this life
we may be faithful to Your intent
And that we may live to experience
the days of Mashiach
and the life of the world to come.

To trust in You Yah
Is our blessing.
I will keep chanting in Your honor
And offer my gratefulness
And not be silent.

Yah will prove trustworthy.
Yah shaped the worlds,
We can stake our trust on this.

Knowing how to call on You
We can depend on You.
You never abandoned those
who sought You, Yah.

This is true because-
You, Yah, desire this.

In order that Your justice prevail
You extend the Torah to be
ever more compelling and strong.

***Here are the psalms
for the day of the week***

*This psalm was the **Sunday** song
of the Levites in the Holy Temple.*

Psalm 24 David's song

(for opening himself to Spirit)

Earth and her fullness are Yours, Yah,
The cosmos and its beings.
You founded Earth
on the endless seas of space.
You set her by the streams
of the great Flow.
Who can rise to Your summit, Yah?
Who can stand
in Your place of holiness?
One who has
Hands that are clean,
A heart that is pure,
Who has no false oath
on her conscience,
Who swore not to larceny,
Such a one will raise a blessing
from You, Yah,
Kind generosity from You,
her helpful God.
Such people are of a generation
that seeks You
Like Jacob seeking to face You,
Selah!
Open your minds' imagination!
Let the Gates to eternity come into view!
Then the King of Glory will appear.

Who is this, the King of Glory?
Yah – Tzebaot,
She is the Queen of Glory.
Yah! powerful and strong.
Yah, the ever victorious!

Open your minds' imagination!
Let the Gates to eternity come into view,
And then the King of Glory will appear.
Who is this, the King of Glory?
Yah – Tzebaot,
She is the Queen of Glory.
Selah!

Psalm 48

*This psalm was the **Monday** song
of the Levites in the Holy Temple.
Song and music from the Korachites*
Here in God's city,
On this holy mountain
God is vast and His fame is glorious.
This beautiful landscape,
The joy place of Earth,
Mount Zion at Jerusalem's North side,
The great royal capital.
In her palaces God is known
in exaltation.
Here kings gathered,
They came together.
(If they came as enemies)
They saw and were overwhelmed
with awe,
They were shaken and took flight.
Trembling, they shook,
Shaky like a woman in labor.

A storm You raised from the East
Shattering Tarshish cruisers.
All this we heard, we even saw it all
In God's city,
The Seat of Yah Tzebaot,
-may God keep it flourishing for ever.
Selah!
In the midst of Your Temple
We looked for Your Grace, O God.
Your reputation is well deserved.
So we praise You
To the ends of the Earth.
Fairness and kindness
Issue from Your right hand.

Zion's mountain rejoices,
 Judah daughters are gleeful,
 All because of how You act justly.
 Go round Zion,
 Encircle her
 Take note of her towers.
 Set your heart on her strengths,
 Raise her mansions high.
 Then you will tell about it
 To generations yet to come:
 This is God, our God!
 For ever and ever.
 He will guide us past death.

Psalm 82

*This psalm was the **Tuesday** song
 of the Levites in the Holy Temple.*

Assaph sings:
 God is present to the godly gathering,
 He presides among those
 Who administer judgment
(and warns them)
 "How much longer
 will you twist your verdicts
 and favor the wicked?
 Selah!
 In your judging consider
 The modest, the orphan.
 Find justice
 For the destitute and the oppressed.
 Assist the poor, the down and out,
 Save them from the bullies' hands.
 Not knowing, unawares you are,
 You walk in the dark,
 While the foundations of earth
 are toppling.
 I set you to be judges,
 To be like angels of the Most High.
 But you will die like anyone else,
 Topple like demoted princes.
 Arise, O God!
 Bring justice to the world!
 You can bring order to all the nations.

Psalm 94

*(This psalm was the **Wednesday** song
 of the Levites in the Holy Temple.*

God who settles scores!
 Appear in Divine vengeance!
 Make Yourself known as
 The Judge of the World.
 Let the arrogant suffer Your retribution.
 How long yet YHVH will the wicked –
 How long yet will the evil ones prosper?
 Boasting their malice,
 They talk each other into greater evil.
 YHVH! They oppress Your people.
 They demean Your legacy.
 They murder widows and strangers.
 They kill orphans!
 Deluded are they, thinking
 That Yah cannot see;
 The God of Jacob is not aware.
 Boorish trash! Try to make sense!
 Fools, will you ever get wise?
 The One who plants ears –
 Can He not hear?
 Who shapes eyes –
 Can She not see?
 He who reproaches nations -
 Does She not call them to task?
 He - Who teaches people
 to be aware,
 Is She not aware?
 YHVH knows our human thoughts
 - they are all worthless.
 Blissful is the one
 whom You, Yah, take to task
 and teach him of Your Torah.
 To keep him secure
 During evil days,
 Tiding him over
 Until ruin overtakes the wicked.
 Because YHVH
 will not forsake His people.
 She will not abandon Her heritage.
 Justice will return to the courts,
 Vindicating those of upright heart.
 Will anyone stand with me
 against the wicked?

Who will stand up for me
 against the bullies?
 Had YHVH not helped me-
 I would not have escaped
 the silent tomb.
 When my knees buckled
 Your Grace, YHVH, held me up.
 When overwhelmed
 by disturbing thoughts-
 Like –‘How could You assist malice?’
 I found comfort as You
 delighted my soul.
 Those who scoff all laws and justice –
 Who band together
 against righteous souls
 And shed pure blood in meanness.
 You paid them back for their crimes.
 YHVH God, You suppressed them
 for their evil.
 YHVH is ever my tower of strength,
 My God, the rock of my safe place.

Psalm 81

*This psalm was the **Thursday** song
 of the Levites in the Holy Temple
 Accompany this Assaph song with the
 guitar*

Make music to God
 The Source of our strength,
 Trumpet a fanfare to Jacob’s God.
 Louder, drum rolls,
 Sweet sounding violins and pipes.
 Greet the New Moon with the Shofar,
 The time when the moon is hidden
 And still we celebrate
 This is the imperative for Israel
 To become prepared
 For being judged by Jacob’s God.
 (Like that day when)
 Joseph was empowered
 To go out and rule Egypt,
 able to understand
 A language he never learned.
 (This caused that in the end)
 The heavy load was taken from his back

No longer having to knead the clay.

(God said:)

**You called when oppressed
 And I freed you.
 In the thunder you heard
 my secret message
 Later, I tested you
 at Meribah’s springs. Selah!
 Listen my people!
 I witness this to you!
 Israel if only you would listen to Me.
 “Don’t cling to a strange god,
 Don’t worship an alien deity.
 It is I, Yah,
 who took you up from Egypt
 I fed you
 and you were sated to fullness
 But My people did not obey me,
 Israel did not desire Me close.
 I let them have their hearts’ way,
 To pursue their own devices.
 Oy! If only my people would obey Me
 Israel would walk in My ways
 In a moment I would subdue
 their foes,
 I would with My hands repay them.
 Those who loathe Yah but deny it
 Will have their rebuke for ever.
 (But you who obey)
 I will feed with the fat of grain
 And satisfy with honey from the rock.**

Psalm 93

*This psalm was the **Friday** song
 of the Levites in the Holy Temple
 Yah, You ruled, robed in dignity.
 Donning intensity,
 girded with strength
 Even the cosmos You arrayed
 that it not falter.
 Your Throne is prepared
 from the farthest past.
 You have been before there was a world.
 The currents raise their roar -
 the rivers raise the spumes,*

The mighty torrents' thunder;
The thunder of the ocean's breakers:
All exclaim,
'Most powerful are You, Yah!'
Oh, Yah!
Your creation witnesses You well.
Of sacred beauty is Your house--
through all of time.

On Rosh Chodesh – New Moon day insert

Psalm 92

*A Song for the Sabbath day
set to music.*

It is good to give thanks to You, Yah.
O transcendent One!
We sing praises to Your name.

We affirm Your caring every morning
and Your constancy every night,
Upon a ten string guitar -
Our ten spirit rungs
and upon the harp,
meditating to the tune of the lute
- *our soul's light*-.
-

For You, YaH, have given me joy
through Your actions;
I will celebrate
the works of Your hands.

O Yah, how great is what You do!
Your designs are very profound!
A boor does not know;
a stupid one remains unaware.
When the depraved ones
spread like weeds,
when all the evil doers
seem successful;
in the end they shall be ruined.

But You, Yah, are ever triumphant.
For swiftly Your enemies, YaH,
Your enemies shall be wiped out;

all the wicked shall be scattered.

But You empower me
With elemental strength.
I shall be refreshed, anointed by You.

In my mind's eye, I have seen
the downfall of my detractors.
My ears have heard
of the doom of the corrupt,
who rise up against me.

The righteous flourish
like a pair of fruitful palm trees;
or like a tall cedar on Lebanon.
As long as their roots are
in the house of YaH,
in the courts of our God,
they shall continue to flourish.
Even in old age they shall bear fruit;
Still being potent and vibrant;
As they declare that YaH is truthful;
I am secure in Her,
there is no sham in Him.

Yequim Purqan

From Heaven let our freedom flow
favor Mercy and kindness show
ample life years, ample living
with G-d's helpful blessing glow

Generations well and strong
Generations that belong
To God's Mitzvot and the Torah
Engaging in them all our life long.

Teachers Rabbis Havurot
learning Torah - polyglot
Heads of Yeshivot, magistrates
and their students who are Torah gates

Any one who spends their time
even studying just one line
May G-d's blessings fill their life
and save them all from war and strife.

New Moon Mussaf
Weekday

New moon's celebrations
You gave to us
A change of periods
for days and blood.
A time of renewal
for all generations.
As we come close to You
in prayer and turning:
Mighty love?
to help with at-one-ing,
and with remembering,
and to be freed from struggles.
May Zion become the home
of a new kind of altar
to which we make
our pilgrim trip.
Love songs
we will sing,
and in the shared home
we will rejoice.
David's devout song
will be heard in Your City;
spoken in the tongues of many peoples,
in the house of prayer for all people -
brings us to love our Earth.
Remember your bond with our parents
for their sons and daughters.
Bring us to Zion Your City with song,
to Jerusalem Your Holy Place
with Earth Joy.
There we will become close to You,
in love,
as You communicate.
Your Prophets spoke for You
as Scripture states,?
"Each month at the New moon
each Shabbat each week
All living people
will come to worship in my Presence"
said God.
And so, send Your renewal to us

Then close with the Alenu.

Aleynu

עָלוּנוּ לְשַׁבַּח - שְׁלוֹ עֲשֵׂנוּ עִם
We rise to praise You Source of All.
Your generous work as Creator of All
You made us one with all of Life.
You helped us to share with all mankind.
You linked our fate with all that lives
and made our portion
with all in the world
**Some of us like to worship You
as emptiness and void**
Some of us want to worship You
as King of Kings
We all consider You sacred and blessed
We stand amazed at the vault of the sky
At the firmness of Earth
And deem You enthroned
in the Highest realms,
Dwelling also in and with us.
You are our God
There is nothing else.
Your Truth is supreme
Existence is nothing but You
So Your Torah guides us;
Yah's kingdom extends
throughout the Cosmos.
Further it is stated:
Yah will indeed govern over all there is,
On that Day, Yah will be One
and Her Name will be **ONE**.
(*In a minyan*
you can recite the Kaddish here)
And recite some blessing affirmations
to accompany you during the day.

**AN'IM Z'MIROT –
A HYMN OF GLORY**

I chant to please You,
I weave You dear songs
For You my soul yearns,
For You she longs.

Nestled in Your palm

*her love for You grows
She will not rest
until it's You she knows!*
I look for words to speak Your praises
my heart to You its yearning raises.

*Therefore I will speak
the virtues of Your Fame
And garland with excellence
the honor of Your Name.*

Though I do not see You,
still I draw Your Face
Portray Your features, name Your Place.

*Your prophets spoke,
Your servants darkly knew
In symbols and myths
they referred to You.*

When describing your pow'r
and declaring Your care
Of Your awesome compassion
they made us aware.

*Yet it is not Your Being
that they could describe
Only the way
Your compassion touches our life.*

Countless their visions
of Your mysterious feats
In all their forms Your ONEness meets.

*They saw you Young,
they saw You Old
They saw You patient,
They saw You bold.*

Ancient of Days Eternally Just
Each moment our Helper
in whom we trust.

*Wearing Your helmet
as hero to help us
Your strong arm,*

Your right hand to save us.

Your hair drenched with light drops,
all shining with brilliance.
Your Darkness is shelter,
Your love in all radiance.

*How fair is Your kindness,
how splendid Your sight
May our song rise to crown You
with endearing delight*

A jewel all golden
Your image sends rays
with t' fillin on forehead
we follow Your ways.

*With grace and honor,
all splendid in glory
Your people sing loudly
your triumphal story*

In words of young lovers
they gaze at your visage
the letters of Torah in black
hold Your message.

*Justice Your mantle
in balance with kindness
This gives You pleasure
delight and sublimeness.*

May we deserve to be scepter
in Your regal hand
A crimson royal cape,
we Your loyal band.

*The burdened sufferers ,
You sustained them with might
How precious You held them,
so dear to Your sight.*

Your glory my pride is,
my delight for Your care
So close You are,
to answer my pray'r.

*Your shining face illumines my days
I am awed by the magic
revealed in Your ways.*

To Moshe You showed
Your Head -T'fillin's knot
Your image was clear
in his mind and his thought.

*Though humble Your folk,
they are Your proud fame
You are enthroned on their praises,
they honor Your Name.*

Truth is Your Word ,
enduring its worth
From parent to child
its message flows forth.

*I cannot sing your praises complete ,
May those that I do sing
and reach You be sweet.*

Like perfume and incense
may my singing rise high
A paean to crown You,
a poor lover's sigh.

*My poor song devoid is of all artifice
still this loving song
is my best sacrifice.*

My blessings are lifting
to rise to new heights,
To make fertile the birth
of the Tzaddik with might.

*And with these blessings,
these love words so fond.
With a nod of Your head,
I ask You :Respond.*

Regard please these poor words
that I blush to recite
My soul's ardent longing

to give You delight.

You were cosmic Lord *Adonay Malakh*
Before there even was a world
Then Your will all things did make
Adonay Melekh we call you now.

Once when all things will cease to be
Adonay Yimlokh still true will be
You were, You are, eternally
Resplendent to infinity.

You alone, there are not two
To join as friends, as lovers do.
Beginningless and without end
You keep all one by plan and strength.

You are my G-d, Redeemer,
Life Protecting me in war, in strife.
My holy haven and my flag
My cup of health for what I lack.
Into Your hand I trust my breath
You breathe in me by night by day

SENTENCES OF BLESSING *To recite to one another
The sentences from scripture have been cast in more
contemporary terms
and changed from power over to power with.*

God's gift to you be
sky dew and the fat of the land
lots of grain and wine.

El Shaddai bless you
make you fruitful, give you the increase
that will become a
source of harmony for people.

From El, your parents God, help for you!
From Shaddai, all the blessings;
Sky blessings from above,
Blessings from the deepest strata below
Blessings of fertility and nurture.

May G-d fulfill the blessing to Abraham
in you and in your loved ones
along with you.
Wherever, like Abraham,
you once were a stranger

there , in that place may you be at home.

Blessings of your parents (Jacob)
to add more force
to those of their parents
(Isaac and Abraham)
to cap the desires of the ancient hills
be they upon your head (Joseph)
and surround the heads of your siblings.

God loves You
God blesses and increases you
God blesses your family and your land
your income and your holdings
right here on Earth
as God promised your parents.
All peoples will bless you
You and your possessions
will all prosper.
May God remove all illness and pain,
all tensions and pressures
you have known...
The angel who redeemed me
from all that was corrupt,
may that one bless these children.
May my name, that of Abraham and Isaac
be associated with theirs...

Be blessed in the city.
Be blessed in the country.
Blessed as you arrive,
Blessed as you are leaving.

God decree for you blessing
in what you have stored up
for yourself from before
through your hands' work now
right here on Earth.
This be your gift from God.
May God open for you
treasures of heavenly goodness,
of earthly timeliness
to succeed in what you do.
May you have good credit and not need it.

God be with you and help you at all times

May you not ever
have to feel shame or blame.

Go in joy, arrive in peace,
mountains and hills sing you on your way.
Trees in the meadows applaud your trip.

Draw waters of Joy
from the source of help.
May you live to the day
that God be so present
the way we hoped Yah
to be present to us all along,
a real help in our lives!
How we will then celebrate
God's helpfulness!
So you say to each other; L'chayim!
To you Shalom, to your home Shalom
All of yours Shalom!

The Teaching of the Beit Ha Midrash at Elat Chayyim:

Each one who aligns oneself every day
with these principles of the faith and lives according
to them can be assured that s/he will have a role in
the World to Come for us and for all the peoples on
the entire world soon:

1. Help me God to believe with perfect
faith that You are infinite G-d who is the blessed
light that issues from that Infinite Source, who is
beyond time and space, yet You long to have a
dwelling place among us who live in the worlds here
below; and who, out of loving beneficence to Your
creatures, contracted Your light and Your radiant
glory, in order to emanate, to create, to form, and to
effectuate all that exists in the universe.

2. Help me God to believe with perfect
faith in Your Oneness, a oneness of the kind of One
that has no second; and that all which exists in the
universe exists solely according to the Your will that
constantly calls everything into being and causes all
existence at every moment.

3. Help me God to believe with perfect
faith that You, the Creator, have an intent and a
purpose in creation, and that one of the aspects of
that purpose is so that You shall become known to
us by and through it; and that we, creatures have a

task to broaden and enlarge that knowledge /awareness until the world will be as filled with knowledge of G-d as the waters cover the sea.

4. Help me God to believe with perfect faith that the hoped-for goal is that all of us will come to constitute one united, interconnected and organic whole and that every living being will know that You are the One who constantly causes its existence.

5. Help me God to believe with perfect faith that all the pathways through which the Holy Spirit is manifest and revealed are of one piece with the Torah that was given at Sinai.

6. Help me God to believe with perfect faith in the mission of Judaism, which is one of the vital organs of the collective being that comprises all existence, and that through Your compassion on all creatures, it is revealed to them also how indispensable and integral they are to the health of all the species of the planet.

7. Help me God to believe with perfect faith that the universe is not ownerless and abandoned, and that every one who does good with his/her life takes part in the fixing on the world and that every one who uses his/her life for evil participates in the destruction of the world; and that every action has an impact on the rest of existence.

8. Help me God to believe with perfect faith that the amount of good in the world is greater than the amount of evil, and that the entire order of movement through the chain of evolution is designed to bring about the fulfillment of the Divine intention.

9. Help me God to with perfect faith that the deeds of the fathers and mothers accrue to the benefit of the children, and that the tradition that is passed on contains within it the seeds of the light of redemption.

10. Help me God to believe with perfect faith that our prayers are heard and answered.

11. Help me God to believe with perfect faith that the Holy Shechinah dwells within our midst and that all who show kindness to living creatures show kindness too to the Sh'khinnah, and vice versa.

12. Help me God to believe with perfect faith that physical death does not terminate the existence of the soul; rather, that there are innumerable worlds, within which they return to live again.

13. Help me God to believe with perfect faith in Tikkun HaOlam, that the world can be repaired and healed and that it is becoming alive; and that besides coming to life, the world will come to possess a consciousness and feeling, and as such

will become a fitting vessel for a fuller revelation of the Divine will.