

## A SIDUR 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 be 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.

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### **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 , Hessed, 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*

*-  
with compassion all beings in it.  
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,  
 Paean 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  
 bNo place is untouched by their gentle rays  
 x 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 sensitze 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 Go  
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'  
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.  
 ג., Such one can sleep easy at night,  
 Knowing that her children  
 will inherit the Earth.  
 ד., You, Yah, impart Your secrets  
 To Your awakened ones.  
 Your mysteries You share with them.  
 ה., My eyes are focused on You, Yah.  
 You untangle my feet from the trap.  
 ו., Turn to me with kindness,  
 For I am lonely and wretched.  
 ז., My troubles have opened my heart  
 and made space in it for others.  
 Do extricate me from my despair.  
 ח-ט., See my struggle, my heavy burden.  
 Forgive then all my failings.  
 י., See how much I suffer,  
 How I am hated for no reason.  
 יא., Keep my soul safe and free me.  
 Let me not be reviled for my trust in You.  
 יב., 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 be 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**

עלנו לשבח - שלו עשנו עם  
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 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 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.