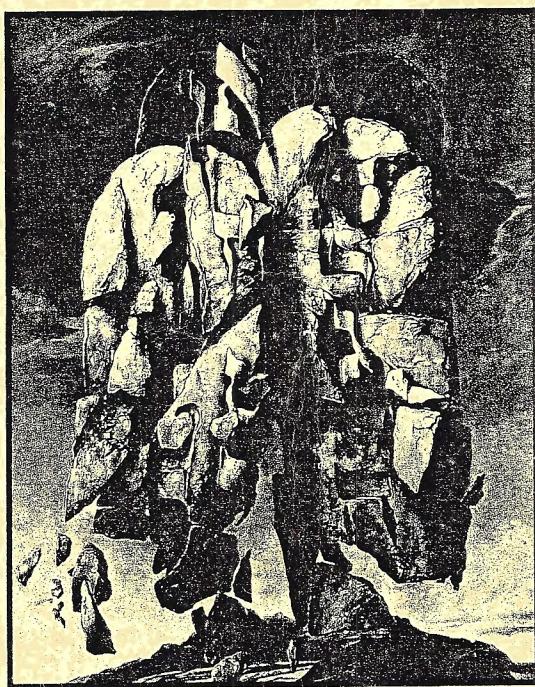


BEYT TIKKUN

HEALING AND
TRANSFORMATION



PRAYERS FOR SHABBAT &
HOLIDAY MORNINGS

In Loving memory of Rabbi David Wolfe Blank

This prayer book is a version of the prayer book developed by Rabbi David Wolfe Blank, may his memory be a blessing (*zichrono le'vracha*), and somewhat modified through the work of Rabbi Michael Lerner. Its use was made possible through the permission of Elaine Wolfe Blank.

Ordained as an orthodox rabbi by a Chabad Hasidic Kollel (rabbinic training yeshiva), Rabbi Wolfe Blank brought the wisdom of Hasidism to hundreds of congregants. Rabbi Wolfe Blank was a spiritual advisor to *Tikkun Magazine* and was a member of the rabbinic Beyt Din which conferred Smicha (rabbinic ordination) on Rabbi Michael Lerner.

The translations of the prayers presented in this siddur are usually deeply rooted in the original Hebrew, and yet move beyond the literal to open up the deepest possible meanings, free associations, and spiritual insights contained within the prayer. In so doing, these translations are meant to encourage you, the participant, to similarly innovate, free associate, and find your own language and your own silence—whatever is the best path for you.

We at Beyt Tikkun are in the neo-Hasidic tradition and part of a Jewish renewal that is happening in contemporary Jewish life. Thanks particularly to Larry Newhouse, Harriet Zeiner, and Achi Ben Shalom for their assistance to Rabbi Lerner in making this version of the siddur possible.

Welcome to Beyt Tikkun!

We welcome you to participate with us in the prayer services and in building the community of Beyt Tikkun synagogue/shul. We are delighted that you are here!!!

We are a Jewish Renewal synagogue that is post-denominational and committed to the vision of Judaism that is emerging in the works of many contemporary teachers, particularly that articulated in Rabbi Michael Lerner's books *Jewish Renewal: A Path to Healing and Transformation* and *Spirit Matters: Global Healing and the Wisdom of the Soul*, and in the works of his teachers Rabbi Zalman Schachter Shalomi and Rabbi Abraham Joshua Heschel. To get a fuller presentation of our perspective, please read our Founding Principles, which you can get in hard copy at the door, or read on the web at www.beyttikkun.org.

“But I can’t read Hebrew and I don’t know the melodies, so how welcome can I feel?”

You are not alone. Many of the people in this room are just learning, and while some have known Hebrew all their lives, most who seem to know the music learned it last year or the year before--by attending the services and just faking it, singing along, and slowly picking it up. We've seen it happen to people who had zero previous connection, so it can happen to you if you stick with it, keep coming back. Just hum the melodies. You are welcome here at whatever level of knowledge you have. Don't worry about the Hebrew--use the time to do inner work, and let the music be background for that.

“But I’m not even sure I believe in God!”

Many members of Beyt Tikkun have trouble with traditional conceptions of God--too often portrayed in the past as an authoritarian figure sitting in heaven and swinging from anger to love depending on how well we recite prayers or do commandments.

We believe it is time for you to let go of these and other visions of God that you don't believe in, so that you can open yourself to experiencing or conceptualizing the God that you might believe in.

So here is our message: the God that you don't believe in doesn't exist. We stipulate to that. Also, please don't waste your time at our services arguing against the God you don't believe in--because he doesn't exist. Let go of all those old concepts and pictures that have become a stumbling block or minor irritant. Forget that God.

Now, while you are here, how about using this time to open yourself to whatever spiritual experience could actually be real for you? See what comes to you if you just allow yourself to be open to receiving any form of contact you can with any aspect of the spiritual reality of the universe.

This is not going to be easy. There will be moments during our service when the older language throws you back into the old arguments in your head against the God you don't believe in. We invite you to notice that, and then move beyond it. Our community does not require or invite any orthodoxy of religious belief. But we do invite you to read the account of God and Judaism developed in Rabbi Lerner's book *Jewish Renewal: A Path to Healing and Transformation* to hear an approach that will challenge you, and possibly show you that there

is a way to understand God that does not require any subordination of your rational mind, your commitment to science, your psychological sophistication, or your integrity. Yet that is only one approach, and we invite you to develop your own.

By using this space while you are at our services, you will help us. We co-create for each other the safety to get into spiritual reality by each of us using this time to be "real" about our own spiritual work. It's very disruptive to that to have people who are just glaring, buzzing to their neighbors, or projecting an attitude of "show me because I don't think any of this makes sense." We can't show you--it takes your own individual work to get yourself in a space where something real can happen spiritually, and we invite you to use your time with us to do that inner work.

How to Pray or *davven* (it's hard for everyone)

Prayer is always hard. It requires opening ourselves to a level of spiritual reality that is scary and embarrassing, because we have to get beyond our own self-consciousness and ourselves. To "get into it" means to lose some of our self-conception of ourselves as self-contained, goal-directed and in control. We have many inner voices that tell us we are being ridiculous if we allow ourselves to really get involved in something greater than our own lives and personal struggles.

Prayer is about responding to the universe and the experience of living with joy, awe, wonder and radical amazement. It is the opposite of the self-assured, savvy, manipulative, cynical, technocratic consciousness that gets rewarded in the competitive marketplace. No wonder it seems so counter-intuitive to let go and sing to the universe.

But we invite you to do just that--to let go of your self-constraint and to jump into the experience of relating to the world from the standpoint of joy and wonder. We invite you to be "silly"--let go of being serious, and have fun celebrating the miracles of creation. That's what this prayer service is all about.

R E F L E C T I O N S GOD AS THE MIND OF THE UNIVERSE

We might think of God as the mind of the universe, including every part of the universe within it and yet not reducible to any part of it. We are part of this mind, as a particular theory or orientation might be part of our minds. If that's true, then we might be the particular way that God is becoming self-conscious, the mechanism in God for God's becoming self-aware. Human beings do not originate consciousness--they only tap into a larger pool of consciousness that surrounds and pervades all Being. The Kabbalists talk of God contracting in order to create the space for human beings, so we might say that God's contraction is a contraction of the consciousness pool in order to allow specific beings to embody that consciousness and to develop it toward self-consciousness.

The process through which we come to know ourselves is a process of recognition of ourselves through the other, and recognizing the other as a self-determining and freely choosing embodiment of God's energy, which, as it shines through the other, has the capacity to recognize each of us as similarly embodying God's energy. I am most authentically recognized by the other when I am recognized not only for my particularity but for what I have in common with the other, namely, the pulsation through me of God's Being and energy. Mutual recognition becomes the necessary condition for the fullest development of each component part of God's universe.

--Rabbi Michael Lerner in Jewish Renewal: A Path to Healing and Transformation

The Nature of God

An impoverished person thinks that God is an old man with white hair, sitting on a wondrous throne of fire that sparkles with countless sparks. Imagining this and similar fantasies, the fool corporealizes God. He falls into one of the traps that destroy faith. His awe of God is limited by his imagination.

But if you are enlightened, you know God's oneness; you know that the divine is devoid of bodily categories--these can never be applied to God. Then you wonder, astonished: "Who am I? I am a mustard seed in the middle of the sphere of the moon, which itself is a mustard seed within the next sphere. So it is with that sphere and all it contains in relation to the next sphere. So it is with all the spheres--one inside the other--and all of them are a mustard seed within the further expanses. And all of these are a mustard seed within further expanses.

Your awe is invigorated; the love in your soul expands.

When you contemplate the Creator, realize that his/her encampment extends beyond, infinitely beyond, and so, too, in front of you and behind you, east and west, north and south, above and below, infinitely everywhere. Be aware that God fashioned everything and is within everything. There is nothing else.

THE ESSENCE OF DIVINITY

The essence of divinity is found in every single creature--nothing but it exists. Since it causes every thing to be, no creature can live by anything else. It enlivens them; its existence exists in each existent.

Do not attribute duality to God. Let God be solely God. If you suppose that EIN SOF emanates until a certain point, and that from that point on is outside of it, you have dualized, God forbid! Realize, rather, that Ein Sof exists in each existent. Do not say, "This is a stone and not God." God forbid! Rather, all existence is God, and the stone is a creature pervaded by divinity.

Before anything emanated, there was only EIN SOF. It was all that existed. Similarly, after it brought into being that which exists, there is nothing but it. You cannot find anything that exists apart from it. There is nothing that is not pervaded by the power of divinity. If there were, EIN SOF would be limited, subject to duality, God forbid! Rather, God is everything that exists, though everything that exists is not God. It is present in everything, and everything comes into being from it. Nothing is devoid of divinity. Everything is within it; it is within everything and outside of everything. There is nothing but it.

--from a Kabbalistic text

AN ALL ENCOMPASSING UNITY

The essence of reality is an all-encompassing UNITY that embraces and indeed generates relative diversity. It is not that you and I are creatures fashioned by God. It is rather that you and I are temporary manifestations of God. We are real. We are worthwhile. We are unique. What we are not is eternal, separate and independent. We are God, though certainly not the totality of God.

The relationship between God and creation is like that between an ocean and its waves. Each wave, while unique and distinct in time and space, is yet a manifestation of the same ocean. Without the ocean there could be no wave. Yet waves are no less real for their having no existence separate from the ocean. Similarly, you and I, and the myriad details of creation are no less real for being manifestations of the one God. Our separate reality is dependent upon that larger reality. Our separate reality is momentary, transient, and relative, but that does not make it illusory or unreal.

Jewish spiritual practice does not supplant the self with the One, but awakens the self to its inseparability from the One. Jewish spiritual practice awakens you to the complementary awareness of One and the Many as equal manifestations of God, and allows you to function in the relative world of separate selves while at the same time encountering through the relative world the absolute world of inseparable unity. It is not that the relative is more or less real than the absolute, but that both are authentic expressions of God as we encounter God.

--selected from MINYAN by Rami Shapiro

THE UNITY OF ALL BEING

It is our estrangement from the oneness of all being, from the God Who IS ONE, that is the source of our greatest illusion, sickness and misunderstanding of ourselves. This estrangement leads to idolatry--our tendency to absolutize or worship some part of the universe or some configuration of reality at a particular moment as though it were the ultimate reality, rather than what it is, a split-off part of the whole. Instead of seeing current tendencies toward extreme individualism and selfishness as the flourishing of an unchanging and unchangeable "human nature," the politics of meaning recognizes that the current way in which people relate to one another is only a manifestation of this particular moment in history when market societies shape our views of what is natural. It is not the absolute, and the world could be very different.

The fundamental aspiration of many spiritual movements today is to help us overcome the false pride and egotism that comes from conceptualizing ourselves as the center of the universe and acting from the arrogant assumption that the world was made to serve our individual needs. This egotistical arrogance has led us to the brink of ecological disaster. A similar arrogance underlies our belief that one country (or race or religion) has the right to impose its needs on the rest of humanity, to appropriate a disproportionate amount of the world's resources and wealth, or to impose its agenda on everyone else. We live in a globally interconnected world, and the destruction of the web of life in one part of the planet or in one urban neighborhood will have dramatic consequences for all of us in the not-too-long run.

We are at a moment when the highest ideals of the Bible and of the spiritual heritage of the human race can no longer be marginalized. Recognizing the God in each other, recognizing our place as part of the totality and unity of all being, is no longer a task for an enlightened minority--it is the practical survival requisite for our planet. In the coming generations, we shall be experiencing the next stage in the evolution of Spirit, what some people call God-in-the-making, or what other traditions would call the full acceptance of our human role as partners with God in tikkun (the healing and transformation of the world). The God energy in the universe, working through the human race, is realizing itself, becoming more aware of itself and its task, and is manifesting itself more fully. As Ken Wilber puts it, "Spirit is not some particular stage, or some favorite ideology, or some pet god or goddess, but rather the entire process of unfolding itself, an infinite process that is completely present at every finite stage, but becomes more available to itself with every evolutionary opening." We human beings, created in the image of God, are one of the vehicles for this evolutionary process. And we are on the threshold of one of the major advances in self-understanding, as we fully realize that our survival depends on our ability to love and care for each other and our ability to respond to the universe with awe and wonder.

We are the beginning of a process in which human beings will recognize each other, and treat each other with the respect and caring that heretofore seemed only a distant ethical aspiration. There are millions of people already moving in that direction, and millions more ready to move the moment they see that they will not be alone (so that they can feel safe enough to withstand what will still be the dominant cynicism that will come at them from the media and the larger society). This is a wonderful moment in human history.

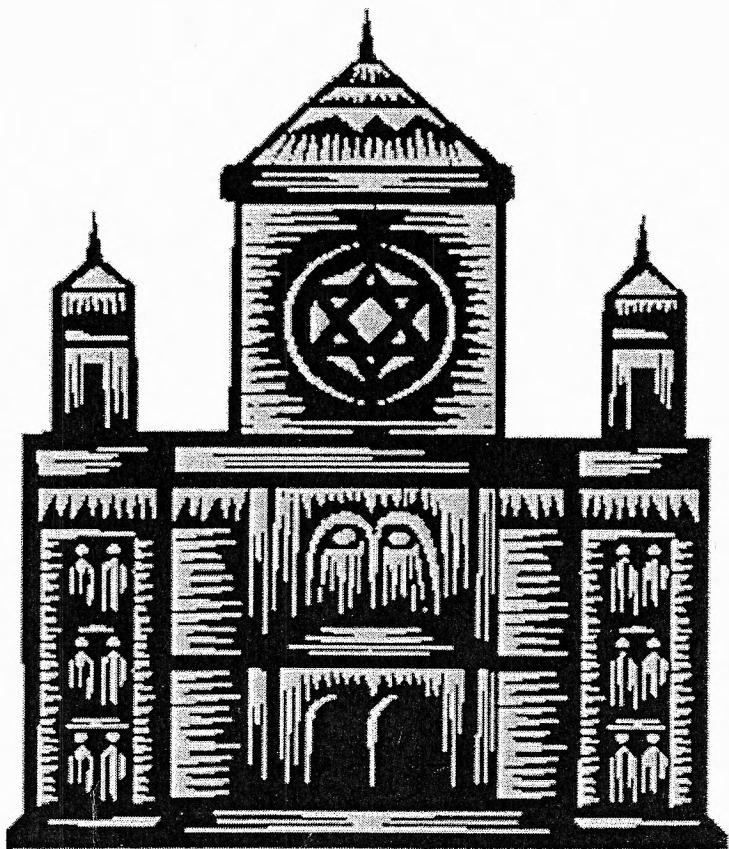
--Rabbi Michael Lerner from The Politics of Meaning

May We Always Remember

May we always remember
Where we come from,
May we see the whole
In every part.
May all blessings
Pour down on everyone
As love flows from the heart.

לשם ייחוד קדשא
בריך הוא ושבינתייה

For the sake of the Unity of the Holy
Blessed ONE
and the Holy Blessed CREATION



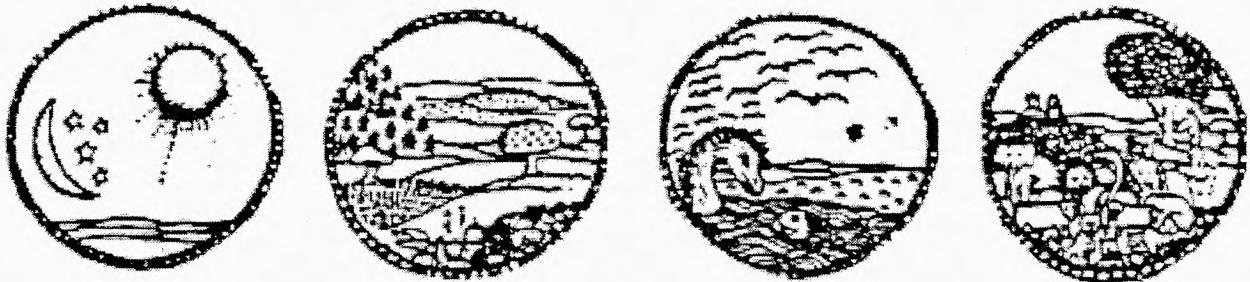
We Believe

We believe that the world is beautiful and worth singing about.
We believe that the world is good and is worth shouting about.
We believe that the world is full of kindness and of faith and that behind the facade is a design, profound and wonderful.
We believe that the success of evildoers, of bigots, of tyrants--is only temporary. That the righteous will strike deep roots and will grow in stature and in power.
They will grow in esteem and the admiration of humanity like the stately palm tree and the mighty cedar.
We believe that our ancestors made a Covenant with God at Sinai--never to forget Pharaoh and the current systems of economic and political oppression, from sweat-shops to homelessness to hunger to the growing inequality the world's rich and the world's poor.

--based on writing of Rabbi Noah Golinkin.

Praise Yourself....

Criticism breaks down the inner spirit. Praise builds it up. Praise yourself as much as you can. Tell yourself every day how well you are doing every little thing.



Birchot HaShachar - Morning Blessings

ברכות השחר

מוֹדָה (מוֹדָה) אַנְי לְפָנֶיךָ מֶלֶךְ חַי וּקְיָם שְׁהִצְרָתָ בֵּין נִשְׁמָתִי
בְּחִמְלָה רַבָּה אֶמְעָנְתָךְ.

*Modeh (modah) ani lefanecha melech chai veckayam shehechezarta bi nishmati
bechemla raba emunatecha.*

I am grateful to you, God of life, for remembering me again. Your grace has awakened my body and soul. For this gift of life, I thank you.

With deep humility I awaken as a newborn babe from a dreaming world and open my eyes. I leap to my bygone dreams to retain and regain connection with all that is now receding into unconsciousness as my eyes open wider into physically visual appearances.

With all that I, this consciousness container, am-- part awareness and obviously part unawareness as my dreams recede-- my first commitment is to broaden my awareness to connect with the Most High infinitude, beyond present imagination.

I surrender my sense of the current boundaries of awareness to an ocean of dynamically changing complex supersystems in awe and grateful abandon, in growing awareness and appreciation of the intricacy and richness of the Source of the weather changes of my own rapidly shifting awareness.

I enter this day with commitment to recovering, and maintaining connection with, and certitude of, the unlimited orders of complexity increasing with each morning's awakening. I offer my thanks before you, God of life, enlivening me once again. your grace has renewed for me today my soul and body. For this continuing blessing of life, I offer my thanks.

Master of all the worlds, You instructed us in the sacrifices that were appropriate to the Temple in Jerusalem in ancient times. Now that the Temple is destroyed, may we learn to sanctify our bodies as the temple of the living spirit. May it be your will, our Source and Center, that the prayers we offer be answered, that our thoughts and intentions be pure, that our actions be timely, and that our highest visions be manifested as part of Your ever-unfolding creation.

מה טובו אֶחָלִיך יְעַקֹב מִשְׁכְנֵתְך יִשְׂרָאֵל

Mah tovu ohalecha Ya'akov mishkenotecha Yisrael.

How lovely are your sanctuaries O people of Jacob,
Your houses of study and prayer, O Israel.

וְאַנִי בַּרְבָּן חָסֶד אֲבוֹא בִּיתְךָ אֲשֶׁתְּחַנוֹה אֶל הַיכָּל קָדְשָׁךָ
בִּירָאָתְךָ. יְיָ אֱהָבָתִי מְעוֹן בִּיתְךָ וָמָקוֹם מִשְׁפָנוֹ כְּבוֹדְךָ. וְאַנִי
אֲשֶׁתְּחַנוֹה וְאֲכָרְעָה אֲבָרְכָה לִפְנֵי יְיָ עֲשֵׂי. וְאַנִי תְּפִלָּתִי לְךָ יְיָ עֲתָה
רָצֹן אֱלֹהִים בַּרְבָּן חָסֶד עֲנֵנִי בְּאַמְתָה יְשֻׁעָךָ.

Your great love inspires me to enter Your house, to worship in Your holy sanctuary, filled with awe for You. I love Your house, the place of Your glory. Before my Maker will I bow in worship. I pray that this be an acceptable time for my prayer. O God, Your love is great; answer me with Your true deliverance.

אֱלֹהִי, נְשָׁמָה שְׁנַתָּתְךָ בִּי טֹהוֹרָה הִיא. אַתָּה בְּרָאתָה, אַתָּה יִצְרָתָה, אַתָּה נִפְחַתָּה
בִּי, וְאַתָּה מִשְׁמְרָה בְּקָרְבִּי, וְאַתָּה עַתִּיד לְטַלָּה מִפְנֵנִי, וְלַהֲמֹזִירָה בִּי לְעַתִּיד
לִבּוֹא. כֹּל זָמָן שְׁהַנִּשְׁמָה בְּקָרְבִּי, מוֹדָה (לְנִקְבָּה מוֹדָה) אַנִי לִפְנֵיךְ, יְיָ אֱלֹהִי
וְאֱלֹהִי אָבוֹתִי, רָבוֹן כָּל הַמְּעָשִׂים, אֲדוֹן כָּל הַנְּשָׁמוֹת. בָּרוּךְ אַתָּה יְיָ, הַמְּחֹזֵיר
נְשָׁמוֹת לִפְגָּרִים מַתִּים.

My God, the soul You have placed within me is pure. You created it; You fashioned it; You breathed it into me; You safeguard it within me.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר יִצְרָא אֶת הָאָדָם בְּחִכָּמָה, וּבְרָא בּוּ
גְּקָבִים גְּקָבִים, מְלֻולִים מְלֻולִים. גָּלוּי וִידּוּעָה לִפְנֵי כְּסֵא כְּבוֹדְךָ, שָׁם יִפְתַּח
אָחָד מִהָּם, או יִסְתַּחַם אָחָד מִהָּם, אֵי אָפָּשָׁר לְהַתְּקִיעִים וְלַעֲמֹד לִפְנֵיךְ. בָּרוּךְ
אַתָּה יְיָ, רֹפֵא כָּל בָּשָׁר וּמְפֵלִיא לְעַשׂוֹת:

Blessing the Body:

Blessed are You, YHVH, our Source, who has created human beings with these incredible bodies of complexity and magnificent coordination. We know that if any one part would stop functioning, any of the openings would close or the closed would open, we'd be unable to be with You. We appreciate it all, the constant miracles that are going on every moment around us and within us. Blessed are you, YHVH, who heals all flesh and makes each of us an ongoing miracle.

I am not a mechanism, an assembly of various sections. And it is not because the mechanism is working wrongly that I am ill. I am ill because of wounds of the soul to the deep emotional self, and the wounds to the soul take a long, long time, only time can help and patience, and a certain difficult repentance, long difficult repentance, realization of life's mistakes, and the freeing oneself from the endless repetition of the mistakes which mankind at large has instead chosen to sanctify.

(Based on a prayer by D.H. Lawrence).

Morning Blessings

ברוך אתה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן לְשִׁכְנֵי בִּינָה
לִמְבָחֵן בֵּין יוֹם וּבֵין לְילָה.

Baruch atah Adonai Eloheynu melech ha'olam asher natan lesechvee veena lehavcheen bayn yom uvayn laalah.

Blessed are you, Lord our God, all pervading spirit of the universe, who has given the rooster understanding to distinguish between night and day.

ברוכָה אַתָּה יְהוָה שְׁכִינָה רُוחַ חַי הָעוֹלָם, שְׁעַשְׂתָּנוּ בְצָלָמֶה.

Bruchah at Yah Shechina ru'ach chay ha'olamim she'asanee betzalma.

Blessed are you, Shechina, living spirit of the universe, who has made me in your image.

ברוך אתה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁעַשְׂנִי בֵן (בָּת) חֹרֵין.

Baruch atah Adonai Eloheynu melech ha'olam she'astanee ben (bat) chorin.

Blessed are you, Lord our God, all pervading spirit of the universe, who has made me free.

ברוך אתה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, פּוֹקֵחַ עֲוֹרִים.

Baruch atah Adonai Eloheynu melech ha'olam pokayach ivrim.

Blessed are you, Lord our God, all pervading spirit of the universe, who opens the eyes of the blind.

ברוכָה אַתָּה יְהוָה שְׁכִינָה רُוחַ חַי הָעוֹלָם, מַלְבִּישָׁה עָרְמִים.

Bruchah at Yah Shechina ru'ach chay ha'olamim malbeesha arumeem.

Blessed are you, Shechina, living spirit of the universe, who clothes the naked.

ברוך אתה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מַתִּיר אַסּוּרִים.

Baruch atah Adonai Eloheynu melech ha'olam mateer asureem.

Blessed are you, Lord our God, all pervading spirit of the universe, who releases us from our physical prisons.

ברוכָה אַתָּה יְהוָה שְׁכִינָה רُוחַ חַי הָעוֹלָם, זֹקֵפֶת כְּפֻפִים.

Bruchah at Yah Shechina ru'ach chay ha'olamim zokefet kefufim.

Blessed are you, Shechina, living spirit of the universe, who raises up those who are bowed down and moves us beyond our constricted limitations.

ברוך אתה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, רֹקֵעַ הָאָרֶץ עַל הַמְּיִם.

Baruch atah Adonai Eloheynu melech ha'olam rokah ha'aretz al hamayeem.

Blessed are you, Lord our God, all pervading spirit of the universe, who has stretched out the earth over the waters.

ברוכה אתה יה Shechina רוח חי העולמים, שעשתה לי כל צרכי.

Bruchah at Yah Shechina ru'ach chay ha'olamim she'asta li kol tzarki.

Blessed are you, Shechina, living spirit of the universe, who provides for all of my needs.

ברוך אתה יהוה אלהינו מלך העולם, אשר הכין מצudy גבר.

Baruch atah Adonai Eloheynu melech ha'olam asher haychin mitzaday gavayr.

Blessed are you, Lord our God, all pervading spirit of the universe, who guides our karmic path.

ברוכה אתה יה Shechina רוח חי העולמים, אוצרת אותי בגבורה.

Bruchah at Yah Shechina ru'ach chay ha'olamim ozeret oti bigvura.

Blessed are you, Shechina, living spirit of the universe, who has girded me with strength.

ברוך אתה יהוה אלהינו מלך העולם, עוטר אותי בתפארה.

Baruch atah Adonai Eloheynu melech ha'olam otayr oti betifara.

Blessed are you, Lord our God, all pervading spirit of the universe, who has crowned me with radiant beauty.

ברוכה אתה יה Shechina רוח חי העולמים, הנוטנת ליעף בך

Bruchah at Yah Shechina ru'ach chay ha'olamim hanotenet laya'ayf ko'ach.

Blessed are you, Shechina, living spirit of the universe, who gives strength to the weary.

לעולם יהיה אדם יראה שמיים בסתר ובגלו, ומזה על האמת, ודובר אמת בלבבו, וישם ויאמר:

רבות כל העולמים, לא על צדוקתינו אנחנו מפילים תחנונינו לפניה, כי על רחמייך הרבים. מה אנחנו, מה מיינו, מה מסינו, מה צדקו, מה ישועתנו, מה פחנו, מה גבורתנו. מה אמר לפניה, כי אלהינו ואלהי אבותינו, שלא כל הגברים באין לפניה, ואנשי השם שלא היו, וחכמים בבני מזע, ונבונים בבני השכל. כי רוב מעשיהם תהו, וימי מיהם הבל לפניה, ומותר האדם מן הבהמה אין, כי הכל הבל.

אבל אנחנו עמוק, בני בריתך, בני אהבתך, שנשבעת לנו בהר המוריה, זרע יצחק ייחדו שנתקד על גבי המזבח, עדת יעקב בנד בכורך, שמאhabitך שאהבת אותו, ומשמתקתך ששמחת בו, קראת את שמו ישראל וישראל.

לפיכך אנחנו מיבים להודות לך, ולשבחה, ולפארך, ולברך ולקדש

וְלֹתֶת נִשְׁבָּח וְהַזְּדִיה לְשָׁמֶךָ. אֲשֶׁרָינוּ, מַה טֹּוב חֶלְקָנוּ, וּמַה גָּעִים גָּוְרָלָנוּ,
וּמַה יְפָה יְרַשְּׁתָנוּ. אֲשֶׁרָינוּ, שֶׁאָנָחָנוּ מִשְׁכִּים וּמִעֲרִיבִים, עָרֵב וּבָקָר,
וְאוֹמְרִים פָּעָמִים בְּכָל יוֹם:

**שמע ישראל, יי' אלהינו, יי' אחד:
ברוך שם כבוד מלכותו לעולם ועד.**

Let us have the courage to look squarely at our brief lives on this planet, meditate about it in our hearts, and acknowledge to ourselves the following truth:

We can't approach the Sacred Spiritual Reality of the Universe with a sense of entitlement or demand, but only with a strong appreciation that the universe is governed by a Force that is filled with love and compassion and hence reflects on us in a spirit of kindness, gentleness, and mercy. When we are ready to be honest, we can say: "What are we, what are our lives, how deep and serious has been our compassion, how powerful our righteousness and our search for justice, what have we done with the talents and strengths we have been given? What can we really say to YOU, the Force of Healing and Transformation, that would give us standing to challenge or make demands? Are not all of strengths that we've assembled rather unimpressive when viewed from the perspective of eternity? And the people whom we think of as famous or deserving reward for their accomplishments-- doesn't their fame look a bit ridiculous? The wise ones--as though really lacking the most profound wisdom, and the discerning ones as though they were barely understanding the universe in which we live. For most of our deeds are empty when looked at from this larger perspective, and even our lives seem of only limited importance when seen from the standpoint of the multi-billion year evolution of the universe.

And yet, there is something which makes it possible for us to evolve beyond the most unfree or beast-like parts of our being, a NOTHINGNESS unlike any "existing thing" which is the Spirit of God as Eyn Sof, the ultimate EMPTINESS from which all flows, and in the face of which every specific thing looks like vanity and without substance. Recognizing all this is our special lineage as the children of Abraham, who put everything at stake in his life by following YOU where he heard YOU ask him to go, of Isaac who responded with mystical intensity to what otherwise appeared to him to be an irrational and hurtful world, to Jacob who despite his many shortcomings got to experience your loving energy. From this line of limited, sometimes distorted, unhealed-healers, and from a thousand generations of people filled with the aspiration to be close to YOU and to do as much as they could to bring YOUR presence into greater actuality on this planet, we have evolved, and so in our generation we ARE the embodiments of this people Israel. Therefore, in joyous recognition of the incredible inheritance that we've received through the generations, we can full-heartedly proclaim

Ashreynu, mah tov chelkeynu, mah na'eem goe'raleyunu, mah yafah yerusateynu:
We are so happy, how very good is our portion, how very appropriate that this should be our fate, and what a wonder is our spiritual inheritance!!!!

Ana BeKo'ach

אָנָא בְּכֶם
 גַּדְלָת יְמִינָךְ
 תַּתֵּיר אַרְוֹתָה.

 קְבָל רָנָת
 עַמְקָה, שְׁגַבָּנו
 טְהָרָנו נוֹרָא.

 נָא גָבָור
 דּוֹרְשֵׁי יְחִידָה
 כְּבָבָת שְׁמָרָם.

 בְּרָכָם טְהָרָם
 רְמַמִּי צְדָקָתָךְ
 תִּמְיד גָּמְלָם.

 חָסִין קָדוֹש
 בְּרוֹב טֻובָךְ
 נָהָל עֲדָתָךְ.

 יְחִיד גָּאהָ
 לְעַמְקָה פְּנָה
 זָכוּרִי קָדְשָׁתָךְ.

 שׁוֹעֲתָנו קְבָל
 וּשְׁמַע צְעַקְתָּנו
 יוֹדֵע תְּعִלוּמוֹת.



Source of mercy
 With loving strength
 Untie our tangles.

Your chanting folk
 Raise high make pure
 Accept our song.

Compassionate power
 Guard the precious
 Who seek your union.

Cleanse and bless us,
 Infuse us ever
 With loving care.

Gracious source
 Of holy power,
 Do guide your folk.

Awesome one
 Turn to those
 Who mirror the holy.

Receive our chant
 O hear our cries
 You know our secrets.

ברוך שם כבוד מלכותו לעולם ועד.

Baruch shaym Kevod malchuto le'olam va'ed.

Blessed is the Holy One guiding throughout Eternity.

פָסְלִיקְ דֶּזְמְרָה

Songs of Praise

Master of the Universe, may it be your will, that all of your creation know with their hearts and see with their eyes and hear with their ears that your beauty fills and guides all.

יְהוָה מֶלֶךְ וְהַנָּה מֶלֶךְ יְהוָה יְמָלֵךְ לְעוֹלָם נָעֵד.

The Mystery is, the Mystery was, the Mystery shall be, from one world to the next.

from Psalm 19

הַשְׁמִים מִسְפָּרִים בָּבּוֹד אֵל
וּמְעֻטָּה יְדֵיו מִגֵּיד קְרָקִיעַ
יּוֹם לַיּוֹם יְבִיעַ אָמֵר
וְלִילָה לְלִילָה יְחִוָה דְּעָתָה
אֵין אָמֵר וְאֵין דָּבָרִים
בְּלִי נִשְׁמַע קּוֹלִים
בְּכָל הָאָרֶץ יֵצֵא קּוֹם
וּבְקָצָה תְּבִלָה מִלְיָהֶם
לְשָׁמֶשׁ שֵׁם אֲהָל בָּהֶם
וְהִיא בְּחַתּוֹן יֵצֵא מְחֻפָּתוֹ
יִשְׁישַׁ בְּגֻבוֹר לְרוֹעַ אֶרֶחֶת
מִקְצָה הַשְׁמִים מָוֹצָאוֹ
וְתִקְוֹפְתּוֹ עַל קְצֹותָם וְאֵין נִסְתַּר מְחֻמֶּתוֹ

The mystery is in the heavens,
which speak the glory of God.
The sky itself recounts the work of hidden hands.
From day to day the mystery is voiced.
From night to night the story is retold.

There is no sound,
no words at all, and yet,
we hear the call
of a wordless language
penetrating the universe.

The darkness is a love-tent for the sun,
who now rises, like groom from bride of night,
like a joyous runner, trembling to start the race.
From one end of the heaven climbing into the sky,
arching to the horizon, where sun sets into night,
nothing can hide from the sun's heat and light.

וַיהֲיוֹ לַرְצֹן אָמְרֵי פִי וְהַגְיוֹן לְבִי לְפָנֶיךָ וְהַנָּה צּוֹרֵי וְנוֹאָלֵי

Yi-h'yu l'ratzon imray fi v'hag'yon libi l'fanekha Adonai tzuri v'go-ali.

May the words of my mouth, and the meditations of my heart be acceptable to you,
my God, my rock and my redeemer.

from Psalm 34

מֵהַיְשׁ חַפְעַת חַיִם
אֶחֱבָּב יִמִּים לְרָאֹת טֻוב?
נִצְרָל שׂוֹנֵג מְרַע וְשַׁפְטִיךְ מִדְבָּר מְרַמָּה
סּוֹרֵר מְרַע וְעַשֵּׂה טֻוב, בְּקַשׁ שְׁלוֹם וְרַדְפָּהוּ

How can we who long for life delight in seeing good each day? Keep your thoughts from ill.
Guard your language from speaking untruth. Shun what is evil and embrace the good.
Seek peace always and follow it.

from Psalm 122

שָׁאַלְוּ שְׁלֹום יְרוּשָׁלָיִם יִשְׁלִיו אֶהָבָיו
וְהִי שְׁלֹום בְּחִילָה שְׁלֹוחָה בְּאַרְמָנוֹתֶיךָ
לְפָנֵן אֲחֵי וּרְבֵעֵי אֲדָבָרָה נָא שְׁלוֹם בָּהּ
לְפָנֵן בֵּית יְהוָה אֱלֹהֵינוּ אַבְקָשָׁה טֻוב לָהּ

Sha-alu shalom Yerushalaiym. L'ma-an akhai v'ray-ai adab'ra na shalom bakh. L'ma-an bayt Adonai elohaynu avak'sha tov lakh

Pray for the peace of Jerusalem. May those who love you. Jerusalem, also love peace. I demand peace in your community centers, tranquil spirit in governmental offices. For the sake of my brothers, my sisters and friends, I will speak of peace for you, Jerusalem. Because of my dedication of spirit to the city of God, I seek this good for you.



Pray for the peace of Israel;
pray for the peace of all the world.
Pray for the peace of all the world,
and Israel shall live in peace.

פָּסֹקִי דְזִמְרָא

Hymns *P'sukay DeZimra*

בָּרוּךְ שֶׁאָמַר וַיְהִי הָעוֹלָם
Baruch she'amar v'haya ha'olam. Blessed is the One who spoke, and the world came to be.

ברוכָה הִיא
Baruch hu. **ברוכָה הוּא**
 Blessed is He. **ברוכָה הִיא**
Brucha hi. Blessed is She.

ברוכָה עוֹשָׂה בִּרְאָשִׁית
Baruch oseh v'rayshit. Blessed is the Source of creation.

ברוכָה אוֹמֵר וְעוֹשָׂה. **ברוכָה גּוֹזֵר וּמְקַיֵּם**
Baruch omayr v'oseh. Baruch gozayr umekayaym.
 Blessed is the One whose word is deed, whose thought is fact.

ברוכָה מְרֻחָםֶת עַל הָאָרֶץ. **ברוכָה מְרֻחָםֶת עַל הַבְּרִיות.**
Brucha merachemet al ha'aretz. Brucha merachemet al habriyut.
 Blessed is the One whose compassion covers the earth and all its creatures.

ברוכָה מְשֻׁלָּם שָׁכֵר טֹב לִירָאֵיו. **ברוכָה חַי לְעֵד וּקְיָם לְנֶצֶח.**
ברוכָה פּוֹדֵה וּמַצִּיל. **ברוכָה שָׁמוֹ.**
Baruch merachaym sachar tov li'rayav. Baruch chai la'ad vekayam lanetzach.
Baruch podeh umatzil. Baruch Shemo.

Blessed be the One who prizes the wonder-full, the living and eternal God, the source of our deliverance and help. Praised be the Name. We who serve with love celebrate you with songs of praise, Ruler of life in the universe. Blessed is the Master to whom our song is due.

בָּרוּךְ אֱתָה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הָאֵל הַרְחָמֵן הַמְּהֻלָּל
בְּפִי עַמּוֹ מְשֻׁבָּח וּמְפָאֵר בְּלִשּׁוֹן מִסִּידֵיו וּעֲבָדֵיו וּבְשִׁירֵי דָוד עֲבָדָה.
נַמְלָלָךְ יְהוָה אֱלֹהֵינוּ בְּשִׁבְחוֹת וּבְזִמְרוֹת. **נַגְדָּלָךְ וּנְשַׁבְּתָךְ וּנְפַאֲרָךְ**
וּנְזַקֵּיר שְׁמֵךְ וּנְמַלְיכֵךְ מֶלֶבֶןּוּ אֱלֹהֵינוּ יְחִידָה חַי הָעוֹלָמִים מֶלֶךְ מְשֻׁבָּח
וּמְפָאֵר עָדִי עַד שְׁמוֹ הַגָּדוֹל. **בָּרוּךְ אֱתָה יְהוָה מֶלֶךְ מְהֻלָּל**
בְּתִשְׁבָחוֹת.

Baruch atah Adonai Elohaynu melech ha'olam ha'el ha'av ha'rachaman ham'hulal b'fi amo meshubach u'mefo'ar bilshon chasidav va'avadav uv'shiray david av'dechah. Ne'halechah Adonai Elohaynu bish'yachot uviz'mirot. N'gadel'chah un'shabay'chachah unfa'er'chah v'naz'kir shim'chah v'nam'lich'chah malkaynu Elohaynu yachid chai ha'olamim melech m'shubach um'fo'ar adai ad shemo hagadol. Baruch atah Adonai melech m'hulal batishbachot.

הַלְלוּ

הַזְׂדָּו לֵיִי קְרָאוּ בְשָׁמוֹ, הַזְׂדָּו בְעַמִּים עַל-לִלְתָּיו:

Offer thanks to God, let the world become familiar with the ordered cycles of creation.

שִׁירֶוּ לוֹ, זְמָרוּ לוֹ, שִׁיחֶוּ בְכָל נְפָלָתָיו:

Include yourself too, in the praise of the all; dare your talking to include the miracles.

הַתְּהִלָּלוּ בְשֵׁם קָדְשׁוֹ, יִשְׁמַח לְבָב מַבְקָשִׁי ??:

Be yourself part of the prizeing of Yah; Let the heart lead the way in the search for the divine.

דָּרְשֶׁוּ יְיָ וְעוֹזָו, בְּקָשֶׁו פָנָיו תְּמִידָה:

Search for the Divine Force; seek the face of God. Seek it in all ways.

Hodu La-Yah, Kiru vishmo hodi-u va-amim alilotav.

Shiru La-Yah, zamru lo, sikhu b'khol nif'l'otav.

Hit'hal'ilu b'shem kad'sho, yismakh layv m'vak'shay Yah.

Dir'shu Yah v'uzo, bak'shu fanav tamid.

יִשְׁמַחַת הַשָּׁמַיִם וַתְּגַל הָאָרֶץ,

The heavens rejoice, the earth rolls in joy,

וַיֹּאמְרוּ בָּגָדִים ?? מְלָהָה:

all peoples acknowledge their ground of being.

רֻעָם הַיּוֹם וּמְלֹאָוֹן, יָעַלְךָ הַשְׂדָה וְכָל אֲשֶׁר בָּהוּ:

The sea roars with fullness,

the field and everything in it brim with wonder.

אֶזְרָנָנוּ עַצְּיַהְיָה הַיּוֹרֵד:

The trees of the forest are vibrating with Divine flow;

מְלָפֵני ??, כִּי בָא לְשִׁפּוּט אֶת הָאָרֶץ:

They shake and frolic before the One.

The Divine blast of wind tests their strength and purpose.

הַזְׂדָּו לֵיִי בַּי טֹב, כִּי לְעוֹלָם חֶסֶדָה:

Give thanks to the Good, source of unconditional love.

רֹומָמָה ?? אֱלֹהִינוּ,

Be high with God in the holy places of the world.

וְהַשְׁתְּפָחוּ לְהַדּוֹם רְגָלָיו קָדוֹשׁ הוּא:

Humble yourself at the foundation of all life.

רֹומָמָה ?? אֱלֹהִינוּ

Be high with God in the holy places of the world.

וְהַשְׁתְּפָחוּ לְהַר קָדְשׁוֹ,

Humble yourself at the holy mountain.

כִּי קָדוֹשׁ ?? אֱלֹהִינוּ:

As Yah, our God, is holy.

וְהִיא רְחוּם, יְכֹפֵר עָוֹן,

Your mercy and your kindness are part of the fabric of the universe

וְהַרְבָּה לְקַשְׁיבָ אָפֹוּ

Infinite are the universe's responses to conflict

וְלֹא יִשְׁחַתְתָ, וְלֹא יִעַרְבֶל בְּלִמְתוֹתָה:

Destruction and violence are limited solutions to the challenges or wounds we may face from antagonists

אַתָּה ??, לֹא תִּכְלַא רְחַמִּיךְ מִפְנִי,

Compassionate One: hold not your tenderness from me

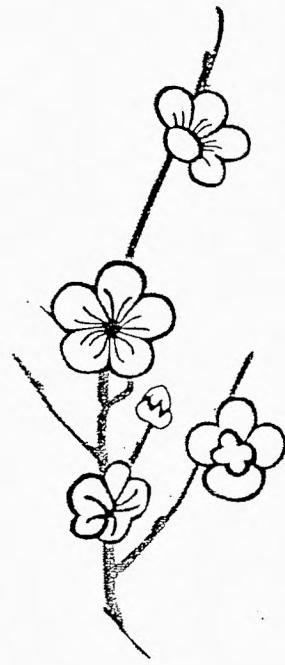
מִפְדָּצָךְ תְּמִיד יָאָרוּנִי:

Your generosity and your truth will encircle me,

זָכַר רְמַמִּיךְ ?? וּמְסִידָה, כִּי מַעֲולָם הַמָּהָה:

The Source of cosmic multiplicity is also here with us, A steady and sure refuge to those who trust

?? אַבְּאוֹת עַמְּנוּ, מִשְׁגַב לְנוּ, אֱלֹהִי יַעֲקֹב סָלה:



?? אֲבָאוֹת, Source of cosmic multiplicity,
 אֲשֶׁרִי אָדָם בַּטְמֵנָה: happiness abounds in the confident human.
 ?? הַוְשִׁיעָה הַמֶּלֶךְ יַעֲנֵנוּ: Fount of Transformations, responsive force
 בַּיּוֹם קָרְאָנוּ: to those who yearn for change,
 הַוְשִׁיעָה אַתָּ עַמָּךְ, transform your peoples,
 וּבָרֵךְ אַתָּ נְחַלְתָּךְ: bless your inheritance,
 וְרֻעֵם וְנִשְׁאָם: lift us beyond our smallness of vision
 עַד הַעוֹלָם: to that of the Vast.
 נִפְשַׁנוּ חִכְתָּה לִי, Our souls so long for the spiritual,
 עַזְרָנוּ וּמְגַנֵּנוּ הוּא: it uplifts and guides us.
 בַּיּוֹם שִׁמְחָה לְבָנָנוּ, In it we find our hearts' joy.
 בַּיּוֹם קָדוֹשׁ בָּטְחָנוּ: because we are confident in the ultimate wholeness.
 יְהִי מִסְדָּקָה ?? עַלְינוּ, We are looking for a vision of tender-kindness,
 כַּאֲשֶׁר יַחֲלֹנוּ לְךָ: following guidance with yearning intuition.
 הַרְאָנוּ ?? מִסְדָּקָה, a vision of our place in your plan,
 וַיִּשְׂמַח תַּתֵּן לָנוּ: a taste of completeness.
 קַוְמָה עַזְרָתָה לָנוּ, Shine your attention on us
 וַיַּעֲנֵנוּ and support us in our chosen paths,
 לִמְעָן מִסְדָּקָה: that we may fulfill your best vision for our world.
 אָנֹכִי ?? אֱלֹהִיךְ, "I am Your God and Guide
 חַמְעַלְךְ מִאָרֶץ מִצְרָים, who extricates you from the difficult places in your life
 תִּפְתַּח פָּנָיךְ מִן-אַמְלָאָה: Open the pores of your being and I will enter therein;
 תִּרְחַב פִּיךְ נַאֲמַלְאָה: Open your mouth and my spirit will fill it".
 אֲשֶׁרִי הָעָם שָׁפְכָה לוּ, Happy is a nation thus spoken to,
 אֲשֶׁרִי הָעָם שָׁוֹן אֱלֹהִים: happy is a people who recognizes its path to the Divine
 וְאָנֹכִי בְּמִסְדָּקָה בְּטַחְתִּי, And I, for my part, trust in your kindness.
 יִגְלֶל לִפְנֵי בִּישְׁעָתָךְ: My heart will rejoice in serving your plan.
 אֲשִׂירָה לִיְּנָה בַּיּוֹם גָּמְלָעָלִי: My heart will sing to the One who completes it with love

Tfila lmoshe ish ha-elohim.
Adonai, ma-on ata hai-yta lanu
b-dor v-dor.

Bterem harim yuladu
vay-kholayl eretz vtayvayl,
umay-olam ad olan ata Ayl.
Tashayv enosh ad daka
vatomer shuvu vnay Adam.
Ki elef shanim b-aynekha k-yom,
et-mol ki ya-avov
vashmurah valai-la.
Zramtam shayna yihyu
baboker kekhatzir yakhlof.
Baboker yatzitz v-khalaf
la-erev ynolayl vyavaysh.
Ki khalinu v-apekha
uvakhamat-kha niv-hal-nu.
Shata avonotaynu lneg-dekha
alumaynu lim-or panekha.
Ki khol yamaynu panu vevratekha
kilinu shanaynu k-mo hegeh.
Ymay sh-notaynu bahem shiv-im
shana v'im big-vurot, sh-monim
shana vrach-bam amal va-aven,
ki gaz khish vana-va.
Mi yoday-a oz apekha
ukh-yirat-kha evratekha.

Limnot yamaynu kayn hoda vnavi lvav khakhma.

Shuva Yah ad matai
v-hinakhem al avadekha.
Sabaynu vaboker khas-dekha
un-ran-na v-nism-kha
b-khol yamaynu.
Sam-khaynu ki y-mot initanu
sh-not ra-inu ra-a.
Yayra-eh el avadekha fa-alekha
vahadar-kha al b-nayhem.

תפלה למשה איש האלים,
אדני מעוון אתה חיית לנו בדור ודור:
בטרים קרים ילדו נתחולל ארץ ותבל,
ומעולים עד עולם אתה אל:
תשב אנווש עד זכאה,
ונתאמר שובו בני אדם:
בי אלף שנים בעיניך ביום
אתמול כי עבר ואשמורה בלילה:
ורקם, שנה יהי,
בבקר כחצר יתכל:
בבקר יצץ וחל לערב ימולל ויבש:
בי כלינו באפק ובquamתך נבהלו:
שף עונתינו לנתק
עלמנו למאור פנית:
בי כל ימינו פנו בערתק
בלינו שנים במו הגה:
ימי שנותינו בהם שבעים שנה,
ונאם בגבורת שמונים שנה,
ורחמים עמל ונואן, כי נחיש ונעפה:
מי יודע עו אפק, וכי ראתך ערתק
למנות ימינו פן הודה
ונבא לבב חכמה:
שובה כי עד מתי והנחים על עבדיך:
שבינו בברך פרד
ונרננה ונשמרה בכל ימינו:
שפחנה ביוםות עונתינו
שנות ראיינו רעה:
יראה אל עבדיך פאלך
ונחרך על בניהם:
ויהי נעם אדני אלהינו עליינו,
ומעשיה יקינו כוננה עליינו,
ומעשיה יקינו כוננה:

Moses' prayer; the prayer of a human being filled with Elohim;
Adonai! You have been our only home across the generations.

While mountains were being birthed in the labor of planet earth and across vast dimensions of time and space, the Force of El impelled us. When humanity descends again into feeling overwhelmed by our challenges, a whisper is heard from you, "Return, human beings, instead to your true impelling Force."

Although a billion years are in your perspective as a day; like yesterday already come and gone; yet you watch and wait during the passing time of darkness.

Like a flood life is suddenly born and we become carried away with ourselves, yet we are still asleep. In a single morning of eternity we spring up and flower and then pass away into a long evening, recycled like dry grass.

We easily miss our own time of flourishing, focusing instead on worries that "he" or "she" is angry with us; on fears of every conceivable violence we are constantly dismayed.

Our vulnerability is before us always, but even our most dismal secrets become lighter when looked through the Divine Light.

All our days can become empty of heaviness with sufficient urgency of our intention; our changes can become less distracting through the agency of a single enlightened thought.

The days of our lives are limited to about seventy years; with exceptional vigor, eighty years;

Much of them pass in the throes of vanity and turmoil. Who amongst us knows how to turn anger's strength to furthering life's intentions? Who can guide us to transform our fear?

**TEACH US TO TREASURE OUR DAYS, TEACH US TO TREASURE EACH DAY,
SO THAT WE OPEN OUR HEARTS TO YOUR WISDOM, TEACH US TO TREASURE OUR
DAYS.**

Return to us. Until when? Till we receive comfort. Help us learn to be satisfied with your loving-kindness each morning, and to rejoice and be happy in all of our remaining days. Show us how to find gladness in the days of our lives so that we can overcome the memories of pain or suffering or the fears that we have carried with us throughout our lives. Let our joy radiate through our beings and may our children and all children experience the radiance that we have finally uncovered in our own lives.

May the beauty of the divine Power be with us now.

May the divine beauty guide the works of our hands. And may our handiwork reflect our connection with the Divine!

Tzama lekha naf'shi, kama lekha b'sari, b'ereiz tzi'a v'ayef, bli mayim.

My heart and soul thirst for Thee. My body longs for Thee.
In driest desert parched wasteland, without water.

Kayn bakodesh khazi-tikha lirot uz'kha u'khvodekha.
Would that my yearning burn like fire even as I quench my thirst in Thee.

Yoshayv b'sayter elyon, b'tzayl
Shaddai yit'lonan. Omar la-Yah
makh'si um'yzudati Elohai evtakh bo.
Ki hu yatzil'kha mipakh yakush
midever havot. B'evrato yasekh
lakh, v'takhat k'nafavtekh'seh tzina
v'sokhayra amito. Io tira mipakhad
lai-la, maykhaytz ya-uf yomam.
Midever ba-ofel yahalokh miketev
yashud tzarrai-yim. Yipol mitxi-
d'kha elef ur'vava miminekha
aylekha lo yigosh. Rak b'aynekha
tabit v'shilumat r'sha-im tireh. Ki ata
Yah makhsyi, elyon sam'ta m'onekha.
Lo t'une aylekha ra-a, v'nega lo
yik'rav b'ohalekha. Ki malakhav
y'tzaveh lakh, lish'mar'kha b'khol
d'rakhekha. Al kapai-yimyisa-un'kha
pen tigof ba-even rag'lekhya. Al
shakhal vafeten tidrokh, tirmos k'fir
v'tanin. Ki vi khashak va-afaltayhu
asag'vayhu ki yada sh'mi. Yik'ra-ayni
v'e-enayhu imo abokhi v'tzarah,
akhal'tzayhu va-akhab'dayhu.
Orekh yamim as'bi-ayhu, v'arayhu
bi-y'shu-ati. Orekh yamim as'bi-
ayhu, v'arayhu bi-y'shu-ati.



ישב בסתר עליון, בצל שעדי
יתלוננו: אמר לי מחשיכי
וממצוותי, אלהי אבטח בו:
בי הוא נאילך מפח יקוש מדבר
הוות: באבטחו יסוז לך,
ותחתכטני תרחשה,
צנה וסחרה אמתו:
לא תירא מפחד לילה,
מחץ יער יומם:
מדבר באפל יבלך מקטב ישוד
אחרים: יפל מazard אלך ורבה
מיימינך אליך לא ינש:
רק בעיניך תביט,
ושלםת רשותים תראה:
בי אתה זו מחשיכי,
על עליון שמחת מעונך:
לא תאנח אליך רעה,
ונגע לא יקרב באלהלך:
בי מלאכיו יצנה לך,
לשמרך בכל דרכיך:
על שחל ופטן תדרך:
תרמס בפיר ונתני:
בי בי חישק ואפלתו
אשגבתי כי ידע שמי:
?קראני ואענחו,
עמו אונבי בצרה,
אחלצהו נאכבהה:
ארך ימים אשביעהו,
ואראהו בישועתי:
ארך ימים אשביעהו,
ואראהו בישועתי:

Those who live in harmony
with the higher realms,
live sheltered by the power of the almighty.
I say of that great force which formed me
"It is my haven and my protection;
I trust in that One.
Because the eternal being provides safety from
the snares and perils of this life."
Faith in the goodness of the Source of all
is a sure shelter.
Fear neither the terrors of the dark night,
nor the travails of the day;
Neither the monsters that lurk in shadows, nor
the passions that flame in the light.
Though you be surrounded
by pain and doubt, you can still be free.
See, and you will discover
the balance of karma,
you will find a secure refuge in the cosmic order.
When you have entrusted yourself
to the power of the greatest good,
you will experience no evil.

For then holy beings will become your guides &
guards; they will lead you with surety.

You can walk into a "lions den,"
you can encounter "serpents and scorpions."

You will be held and fly over impossible walls.
Your feet will not become injured.
Because you yearn to be close
to the source of love you will be protected.

Because you know the holy One of being,
you will be safe.

When you call out sincerely,
the eternal Source, the inner voice, will answer:

"I am with you in times of distress,
I can save you from danger
and enable you with respect."

"I will grace you with
the fullness of a satisfying life,
and you will enjoy wonderful glory."

"I will grace you with
the fullness of a satisfying life,
and you will enjoy wonderful glory."

הוֹשִׁיעָה אֶת עַמֶּךָ וְבָרֵךְ אֶת נַחֲלָתֶךָ וְרָעָם וַנִּשְׂאָם עַד הָעוֹלָם

*Hoshi'a et amecha, u'varech et nach'latecha, ur'eym, ur'eym, ur'eym,
ur'eym ve'na-sem, ur'eym ve'na-sem ad ha'olam.*

Transform your peoples, bless your inheritance, lift
us beyond our smallness of vision to that of the vast.

אֲשֶׁרִי יֹשְׁבֵי בֵּיתְךָ

אֲשֶׁרִי יֹשְׁבֵי בֵּיתְךָ, עוֹד יְהִלְלוּךְ סָלָה
אֲשֶׁרִי הָעָם שָׁכַנָּה לְךָ, אֲשֶׁרִי הָעָם שִׁיחָה אֱלֹהָיו
תְּהִלָּה לְדוֹד:

אֲרוֹמָמָךְ אֱלֹהָי הַמֶּלֶךְ, וְאָבְרָכָה שְׁמָךְ לְעוֹלָם וְעַד
בָּכְלִיּוֹם אָבְרָכָה, וְאַהֲלָה שְׁמָךְ לְעוֹלָם וְעַד
גָּדוֹל יְהָוה וּמַהְלָל מָאֵד, וְלִגְדְּלָתוֹ אֵין מִקָּר
דָּוָר לְדוֹר יִשְׁבַּח מַעֲשֵׂיךְ, וְגִבְורָתְךָ יַגִּידו
פָּדָר בְּבָזָד הַזָּד, וְדָבָרִי נְפָלָאתְךָ אֲשִׁיכָה
וְעַזּוֹן נְוֹרָאתְךָ יַאמְרוּ, וְגִדְלָתְךָ אַסְפָּרָנה
זָכָר רַב טוֹבָךְ יַגְעִיו, וְצָדְקָתְךָ יַרְגִּינוּ
מְנֻנוֹן וּרְחוֹם יְהָוה, אַרְךְ אַפִּים וְגִדְלָ-חֶסֶד
טוֹב יְהָוה לְכָל, וּרְחַמְּמוֹן עַל כָּל-מַעֲשָׂיו
יְזָדוֹךְ יְהָוה כָּל-מַעֲשֵׂיךְ, וְחַסִּידָךְ יִבְרְכִּיכָה
כְּבָזָד מְלֻכָּתְךָ יַאמְרוּ, וְגִבְורָתְךָ יַדְבָּרוּ
לְהַזְּדִיעָה לְבָנֵי הָאָדָם גִּבְורָתְיוּ, וְכָבָזָד הַדָּר מְלֻכָּתוֹ
מְלֻכָּתְךָ מְלֻכּוֹת כָּל-עַלְמִים, וּמְמַשְׁלָתְךָ בָּכָל-
דוֹר נָדוֹר

סְוָמָךְ יְהָוה לְכָל-הַנְּפָלִים, וּזְוקָף לְכָל-הַפְּנוּפִים
עִינֵּי כָל אַלְיָךְ יִשְׁבְּרוּ, וְאַתָּה נוֹתֵן לְהֶם אֶת-אַכְלָם בְּעֵתוֹ
פּוֹתַח אֶת יָדֶךָ, וּמְשַׁבֵּעַ לְכָל מֵי רָצְוָה
צָדִיק יְהָוה בָּכָל-דְּرָכָיו, וְחַסִּיד בָּכָל מַעֲשָׂיו
קָרוֹב יְהָוה לְכָל קָרְאָיו, לְכָל אֲשֶׁר יִקְרָאָהוּ בְּאַמְתָה
רָצְוָה יְרָאָיו יִعָשָׂה, וְאֶת שְׁוֹעַתָּם יִשְׁמַע וְיַוְשִׁיעָם
שׁוֹמֵר יְהָוה אֶת כָּל אַהֲבָיו, וְאֶת כָּל הַרְשָׁעִים יִשְׁמַיד
תְּהִלָּת יְהָוה יִדְבֶּר פִּי

וְבָרֵךְ כָּל בָּשָׂר שֶׁם קָדְשׁוֹ לְעוֹלָם וְעַד
וְאַנְחָנוּ נִבְרָךְ יְהָה, מַעֲתָה וְעַד עוֹלָם הַלְלוּיָה

Ashrey

Happy are those whose living is suffused with God.

Happy is a nation whose guidance is from God.

A Psalm of David:

You are my guide. Through my praise of You, I
become elevated. Every day I live I find more to bless.

I sing out with joy when in touch with eternal being.

Each generation is in awe of creation; amazed by the marvels of the universe they perceive.

Beauty surrounds me everywhere. Words of wonder fill me, and pour out in sharing.

Amazing patterns dance before me, to the profundity do they direct me.

Memories of goodness enliven me. Kindness and righteousness do I witness.

Compassion and mercy are of the Essence, tolerance and much love.

Love is given to all, compassion to all creation.

Thankfulness rises up in me like waves. Humanity, too
knows the greatness of creation.

Majesty and honor I witness everyday. Power is everywhere.

Consciousness is offered to varied creatures, awareness of awesome patterns.

I see dignity and power fill the universe at every level and age to which I am exposed.

I see the fallen lifted up through GOD, the spirit of the humble raised high.

Each being develops unique nourishment-needs sensitive to
the changing environment. The cravings of our nourishment
system matches the seasons of each day.

The universe unfolds for us through God opening.

Saintliness is possible because it forms the structure of the universe.

God is close to me when I am broken-hearted;
every time I call out in whole truth.

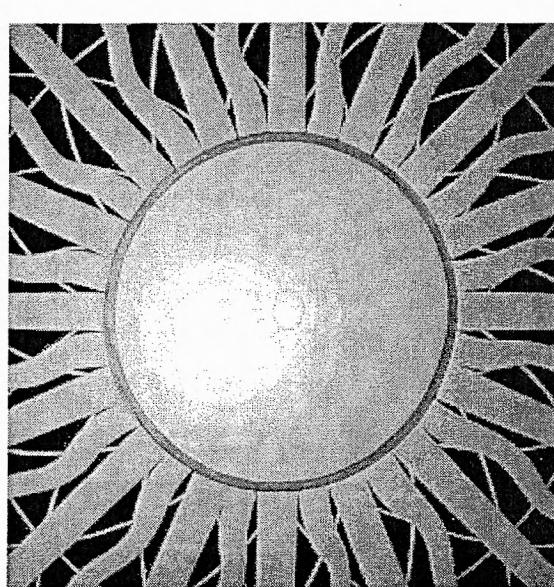
We stumble onto the Way.

We fall away from the Way.

More often than not we are sheltered.

Praises and blessings we offer to the Holy, all flesh evokes
the holy name throughout all exchange and interchange.

This is my song to Yah. For ever and ever. HalleluYah.



הַלְלוִיה, הַלְלוּ אֶל בָּקָדְשׁו, הַלְלוּהוּ בָּרְקִיעַ עָזָה: הַלְלוּהוּ בְּגָבוֹרְתֵּיו,
הַלְלוּהוּ בְּרַב גָּדוֹלָה: הַלְלוּהוּ בְּתִקְעַ שׁוֹפֵר, הַלְלוּהוּ בְּגַבֵּל וּכְנֹור:
הַלְלוּהוּ בְּתַרְפַּת וּמְחוֹלָל, הַלְלוּהוּ בְּמַנְיִם וּעֲגָב: הַלְלוּהוּ בְּאַצְלָלִי שָׁמָעַ,
הַלְלוּהוּ בְּאַצְלָלִי תְּרוּעָה: כֹּל הַנְּשָׂמָה תִּהְלֶל יְהָה הַלְלוִיה. כֹּל
הַנְּשָׂמָה תִּהְלֶל יְהָה הַלְלוִיה:

*Hallelu, Hallelu, Hallelu, Halleluyah, Hallelu
Kol Hanshamah Tehallel Yah, Hallelu, Hale-luyah.*

נִשְׁמַת כָּל חַי תִּבְרֹךְ אֶת שָׁמֶךָ יְהוָה אֱלֹהֵינוּ

Nishmat kol chai t'varech et shimcha Adonai elohaynu,

ורוחם כָּל בָּשָׂר תִּפְאַר וַתִּרְוֹמֶם זָכָרֶךָ מַלְכֵנוּ תִּמְדֵיד. מִן הָעוֹלָם וְעַד
הָעוֹלָם אַתָּה אֵל, וּמִבְּלָעֵדִיךְ אֵין לְנוּ מֶלֶךְ גּוֹאֵל וּמוֹשִׁיעַ. פּוֹדֵה וּמִצְּלֵל
וּמִפְּרִנְסָה וּעוֹנָה וּמִרְחָםָה בְּכָל עַת צָרָה וּצְוקָה, אֵין לְנוּ מֶלֶךְ עֹזֵר וּסְומֵךְ
אֶלָּא אַתָּה. אֱלֹהֵי הָרָאשׁוֹנִים וְהָאָמְרוֹנִים, אֱלֹהֵם כָּל בְּרִיות, אֲדוֹן כָּל
תוֹלְדוֹת, הַמְּהֻלָּל בָּרְבָּהָתְשָׁבָחוֹת, הַמְּנַהָּג עַולְמָו בְּחִסְד וּבְרִיאוֹתְיו
בְּרַחְמִים. וַיְהִי עָרָה, הָנָה לֹא יִנוּס וְלֹא יִישַׁן. הַמְּעוֹרֶר יִשְׁנִים, וּהַמְּקִיז
גְּרָדְמִים, וּהַמְּשִׁיחַ אַלְמִים, וּמִתְּפִיר אָסּוּרִים, וּהַסּוֹמֵךְ נּוֹפְלִים, וּמְזֹקֵף
כְּפּוֹפִים, וְלֹךְ לְבָדָג אֲנָחָנוּ מוֹדִים.

וְאָלוּ פִּינוּ מֶלֶא שִׁירָה בָּם, וְלִשְׁוֹגַגְנוּ רָנָה בְּהַמּוֹן גָּלִיו, וְשִׁפְטוֹתֵינוּ שְׁבָח
בְּמַרְחַמְבֵּי רְקִיעַ, וְעִינֵינוּ מְאִירֹת בְּשֶׁמֶשׁ וּבְכִירָם, וַיְדֵינוּ פְּרוֹשָׁוֹת בְּנָשְׁרִי
שְׁמִים, וּרְגֵלֵינוּ קָלוֹת בְּאִילּוֹת, אֵין אֲנָחָנוּ מְסִפְיקִים לְהַזּוֹdot לְךָ, יְהוָה
אֱלֹהֵינוּ וְאֱלֹהֵי הָוּרִינוּ, וְלִבְרֹךְ אֶת שָׁמֶךְ עַל אַחֲת מֵאָלֶף אָלֶף אָלֶף
אָלֶפִים וּרְבָבּוֹת פְּעָמִים הַטּוֹבּוֹת שְׁעַשְ׀יָת בְּאָפִינוּ, וְלִשְׁוֹן אֲשֶׁר שְׁמַת
אָבָרִים שְׁפָלָגָת בָּנוּ, וְרֹוח וּנְשָׂמָה שְׁנַפְחָת בְּאָפִינוּ, וְלִשְׁוֹן אֲשֶׁר
בְּפִינוּ, הַן הָם יְהוּדָה וַיְבָרְכוּ וַיְשִׁבְחוּ וַיְפָאַרְוּ וַיְרֹומְמוּ וַיְעַרְיכּוּ וַיְקִדְישׁוּ
וַיְמַלְיכּוּ אֶת
שָׁמֶךְ מַלְכֵנוּ תִּמְדֵיד.

בַּיְּכָל פָּה לְךָ יְהוָה, וְכָל לְשׁוֹן לְךָ תִּשְׁבַּע, וְכָל בָּרֶךָ לְךָ תִּכְרֻעַ, וְכָל קוֹמָה לְפִנֵּיךְ
תִּשְׁתַּחַנוּ, וְכָל לְבָבּוֹת יִירָאֶיךְ, וְכָל קָרְבָּן וְכָלְיוֹת יִזְמְרוּ לְשָׁמֶךְ, בְּדָבָר שְׁכָתוֹב: כָּל
עַצְמוֹתֵי תָּאִמְרָנָה, יְיָ מֵכְמוֹן, מִצְּלֵל עֲנֵי מִחְזָקָק מִמְּנָיו, וְעֲנֵי וְאֲבֵינוּ מִגְּזָלוּ. מֵי
יִדְמָה לְךָ, וְמֵי יִשְׁוֹהָה לְךָ, וְמֵי יִעַרְךָ לְךָ. הַאֲלֵהֶגְדָּל הַגָּבָור וְהַנּוֹרָא, אֶל עַלְיוֹן,
קִנְהָה שְׁמִים וְאֶרֶץ. נַהֲלָלָךְ וּנְשַׁבְּחָךְ וּנְפָאַרְךְ וּנְבָרְךְ אֶת שֵׁם קָדְשָׁךְ, כְּאָמֹר: לְדוֹד,
בְּרָכֵי נְפָשִׁי אֶת יְיָ, וְכָל קָרְבֵּי אֶת שֵׁם קָדְשָׁו.

הַאֲל בְּתַעֲצָמוֹת עָזָה, הַגָּדָל בְּכָבוֹד שָׁמֶךְ, הַגָּבָור לְנִצְחָה וְהַנּוֹרָא בְּנוֹרָאוֹתָיךְ.

The soul of all that lives shall bless you, Holy One, and the spirit of all beings will adorn and exalt your Name with every breath and with inspiration. Throughout all dimensions you are the constant Source. Without You we have no guide to sustain, redeem, and renew us, to nourish and care for us in times of trouble and distress.

You are the only power which truly rules us. God of all beginnings and ends, essence of all living beings, commanding power behind all events of history. You guide your world with love and kindness; compassion is your covenant with your creation. The Eternal Being is never asleep, but awakens those who slumber in darkness. God empowers those without voice, and frees those who are bound and bowed. It is to this powerful Power that we offer thanks.

Even if our mouths were filled with as much song as the ocean holds water, and even if our speech could ring with praise as the roaring wave, and even if our lips could form words of prayer to fill the wide expanse of heavens, and even if our eyes could shine light as the sun and moon, and even if our hands could stretch out in prayer as the eagles of the sky, and even if our feet could run joyfully as the deer, we would still be unable to sufficiently thank and bless you for even a tiny fraction of all the good things you have done for our grandparents, our parents, and for us. Therefore, with what we do have, with the limbs you graced us with, with the spirit and soul you breathed into us, with the speech you gave to us uniquely, we will thank and bless and praise you. We will make sacred and special the holy Name of the incomparable, Eternal Oneness.

You dwell in eternity, Holy One. The wisely righteous rejoice at the experience of life. Those who are in touch with wonder will praise you. The lips of the compassionate will bless you. The dances of the free spirited will sanctify you. The depths of the clear ones will experience you. And we too, joining in the harmony of eternity, add our dances and singing to the circle of honor before You, our Guiding Center. For it is the path of all created to be naturally grateful. May we learn to thank, bless and sing praises with our whole beings, with every kind of song and music, with every kind of poetry, writing and art, with everything that we are, with everything that we know, and with everything that we do.

Interpretive Nishmat

When the night slides under with the last dimming star
and the red sky lightens between the trees,
and the heron glides tipping heavy wings in the river,
when crows stir and cry out their harsh joy,
and swift creatures of the night run toward their burrows,
and the deer raises her head and sniffs the freshening air,
and the shadows grow more distinct and then shorten,

then we rise into the day still clean as snow.
The cat washes its paw and greets the day with gratitude.
Leviathan salutes breaching with a column of steam.
The hawk turning in the sky cries out a prayer like a knife.
We must wonder the sky now thin as a speckled eggshell.
that now piles up its boulders of storm to crash down
That now hangs a furry grey belly into the street.



Every day we find a new sky and a new earth
With which we are trusted like a perfect toy.
We are given the salty river of our blood
Winding through us, to remember the sea and our
kindred under the waves, the hot pulsing that knocks
in our throats to consider our cousins in the grass and the trees,
all bright scattered rivulets of life.

We are given the wind within us, the breath
To shape into words that steal time, that touch
Like hands and pierce like bullets, that waken
truth and deceit, sorrow and pity, and joy
that waste precious air in complaints, in lies,
in floating traps for power on the dirty air
Yet holy breath still stretches our lungs to sing.

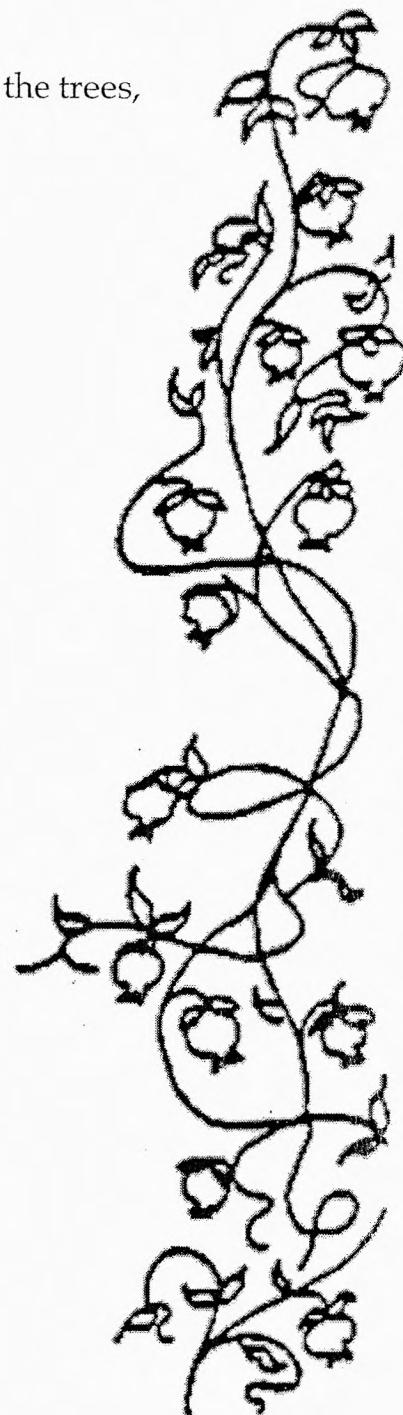
We are given the body, that momentary kibbutz
of elements that have belonged to frog and polar
bear, corn and oak tree, volcano and glacier.
We are lent for a time these minerals in water
and a morning every day, a morning to wake up,
rejoice and praise life in our spines, our throats,
our knees, our genitals, our brains, our tongues.

We are given fire to see against the dark,
to think, to read, to study how we are to live,
to bank in ourselves against defeat and despair
that cool and muddy our resolves, that make us forget
what we saw we must do. We are given passion
that rise like the sun in our minds with the new day
and burn the debris of habit and greed and fear.

We stand in the midst of the burning world
primed to burn with compassionate love and justice,
to turn inward and see the world that is all
of one flesh with us, see under the trash, through
the smog, the furry bee in the apple blossom,
the trout leaping, the candles our ancestors lit for us.

Fill us as the tide rustles the reeds in the marsh
Fill us as the rushing water overflows the pitcher.
Fill us as the light fills a room with its dancing.
Let the little quarrels of the bones and the snarling
of the lesser appetites, and the whining of the ego cease.
Let silence still us, so you may show us your shining,
and we can out of that stillness rise and praise.

--Marge Piercy



Meditation on the Melody of Rosh Hashanah.

המלך יושב על כסא רם ונשא.

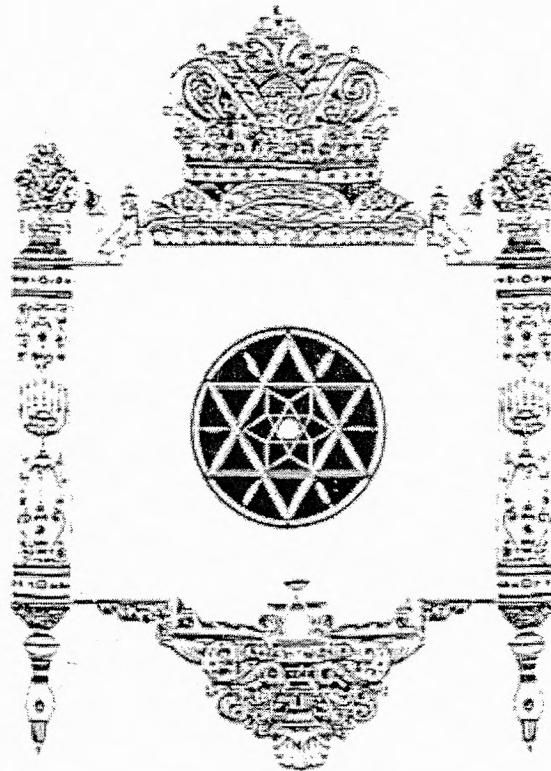
Ha-Melech Yoshev al Kee-sey Ram Ve-nisah.

The Guide of our Path is Today envisioned as Though He Was in Charge, and we could let go of control and allow the world to be run by God and in the spirit of God.

שוכן עד מרים וקדושים שמו,
ובתוב: רגנו צדיקים ביהוה
ליישרים נאה תהלה.

בפי ישרים מתרומים ובשפתי
צדיקים מתברך ובלשון
חסידים מתקdash ובקרב
קדושים מתהיל.

You are the Holy One of blessing,
strength and power, glory and
greatness, awesomeness and
splendor, guidance and endurance.
You are Source of wonders,
Commanding power, Creator of
souls, Master behind all doings, who
responds to sacred song. You are the
Guide and Life within all the worlds.



יבמתקלות רבבות עמק בית

ישראל ברנה יתפאר שמק מלפניו בכל דור ודור. שנן חובת כל
היצורים לפניך יהוה אלהינו ואלהי הורינו, להוזות להלל לשפט
לפאר לרים להדר לבך, לעלה ולקלם, על כל דברי שירות
ותשבחות זוד בנו ישע בעדך משיחך.

ישתבח שמהך לעד מלכנו האל המליך הגדול ומקדוש בשמים
ובארץ. כי לך נאה יהוה אלהינו ואלהי הורינו, Shir ושבטה, הילל
וזמרה, עוז וממשלה, נצח גודלה וגבורה, תהלה ותפארת, קדשה
ומלכות, ברכות והוזאות, מעטה ועד עולם.

ברוך אתה יהוה אל מלך גדול בתשיבותו, אל ההוזאות, אדון
הנפלאות, בורא כל הנשמות, רבונו כל המעשים, הבוחר בשירים
וזמרה, מלך אל חי העולמים.

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes as an
unexpected visitor.

Welcome and entertain them all!

Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.

He may be clearing you out
for some new delight.

The dark thought the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent as a guide from beyond.

Chatzi Kaddish

וַיְתָגֵד וַיִּתְקַדֵּשׁ שְׁמָה רַבָּא בְּעַלְמָא דִי בָּרָא כְּרוּוֹתָה וַיַּמְלִיךְ
מֶלֶכְוֹתָה בְּמִיכְוֹן וּבְיוּמִיכְוֹן וּבְמִיכְוֹן דָּכְלָ בֵּית יִשְׂרָאֵל בְּעַגְלָא
וּבָזְמָנוֹ קָרֵיב וְאָמְרוּ אָמֵן.

יְהָא שְׁמָה רַבָּה מִבָּרֵךְ לָעוֹלָם וּלְעוֹלָמִי עַלְמִיא.
וַיִּתְבָּרֵךְ וַיִּשְׂתַּבְחֶה וַיִּתְפָּאֵר וַיִּתְרֻמֵּם וַיִּתְנַשֵּׁא וַיִּתְהַדֵּר וַיִּתְעַלֵּה
וַיִּתְהַלֵּל שְׁמָה דָּקְדָּשָׁא בְּרִיךְ הוּא. לְעַלָּא וּלְעַלָּא מִכֶּל
בְּרָכָתָא וְשִׁירָתָא תְּשִׁבְחָתָא וְנִחְמָתָא דָּאָמִירָן בְּעַלְמָא וְאָמְרוּ
אָמֵן.

*Yitgadal ve'yitkadas sh'may rabah be'almah divrah chirutay ve'yamlich
malchutay becha'yaychon uv'yomaychon uvcha'yay dechol bayt Yisrael ba'agala
uvizman kariv ve'imru amen.*

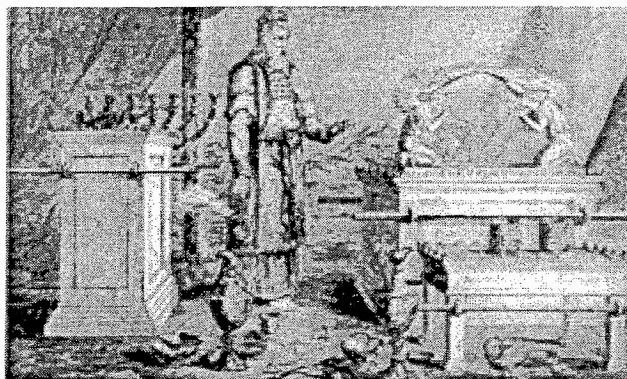
Yehay sh'may raba mevorach le'olam ulalmay almaya.

*Yitbarach veyishtabach veyitpa'ar veyitromam veyitnasay veyit'hadar veyitaleh
veyit'halal sh'may dekudeshah brich hu. Le'aylah ule'aylah min kol birchatah
veshirata tush'bechatah venechematah da'amiran be'almah ve'imru amen.*

Let us make the great Name known and holy. Let the name fill the world, formed by its will. May the earth be its realm. May it fill our lives and days. May it spread throughout all Israel, swiftly and soon, and let us say Amen.

May the great Name be blessed and blessed for as long as the universe lasts.

Let the Name be praised and glorified. Let the Name become potent, lifted up, raised on high. Let the name be graced in beauty, praised in song, ascend in joy. The name, the Name of the Holy, blessed be the Name. And yet the Holy that we name is far beyond all blessing, all prayers, all songs of praise and hymns of glory, all words that we utter in this world. So let us chant our praise, then cease and say, Amen.



Shema U'Birhotechah שמע וברכותיך

Shema and Her Blessings

Call To Prayer

ברכו את יי' המברך

Barchu et Adonai Hamvorach

Let us all praise the One who showers us with blessing!

ברוך יי' המברך לעולם ועד

Baruch Adonai Hamvorach Le'olam Va'ed

How blessed is the One who bestows blessing forever and ever!

ברוך אתה יי' אלהינו מלך העולם

יוצר אור ובורא חשך, עוזה שלום, ובורא את הכל

*Baruch Atah Adonai, Elohaynu Melech Ha'olam
yotzayr or uvoray choshech, oseh shalom, uvoray et hakol.*

Blessed are You, ruling force of the universe,
forming light, creating darkness, making peace, creating the whole.

The world shines about me,
luminous as the moon, smiling like a rose,
and a sweet benediction
flows through everything existing.
How beautiful life is.

I marvel at people who are not in love with life.

You, my girl, are beautiful,
and your beauty,
like the beautiful thought of peace,
belongs to the eternity.

Detest war and destruction.

When you go to the riverbank,
and the sun sets in the evening,

the waters of the river will be rippling softly,
and from a distance, in the twilight, you will see white sails.

A song of the boatman will come from there.

'Today no suffering, no suffering.'

The world shines about me,
luminous as the moon,
smiling like a rose. -- Hamza El Dín

MORNING PRAYER TO CELEBRATE THE UNIVERSE AND THE SHEMA

1. **We are grateful** to you Goddess for creating this amazing universe with 100 billion galaxies but the milky-way would have been plenty for us.
And we are grateful for the sun, ha'shemesh ha'zorakhah al p'ney ha-aretz, giving us light and giving us warmth, that makes it possible for life to develop in a zillion amazing ways.

And we are grateful for the light, that makes it possible for us to see the beauty around us ... [the sun, the trees, ... Call out the beauty you see].

The Sun, The Sun, we're grateful to you.

And we are grateful for photosynthesis, that gives us delicious fruits and veggies that nourish our bodies;

And we are grateful to you Goddess for renewing every day the events of creation.

Hameh'khadeshet b'tuva b'khol yom tamid ma-asey b'reysheet.
Or ḥadash al tzion v'al kol ha'olam ta'ir, v'nizkeh khulano m'heyra l'oro
B'rakha at Yah Shekhinah, yotzeret ha'me'orot.

2. **Ahava raba** ahavtanu, Adonai Eloheinu, hemlah g'dolah viteyra, hamalta aleynu,
Avinu mal-keynu, ba'avur horeynu, she'bat-hu v'kha she'bat-hu v'kha,
horeynu moreynu. Vat'lamdeym ḥukei ḥayim, keyn t'haneynu ut'lamdeynu,
Avinu ha'av ha-raḥaman, ham'ra-ḥeim ra'ḥeim aleynu. V'teyn b'libeynu l'haveen,
L'haveen ul'haskeel lish'moa, lil'mod u'lelameid, lishmor v'la'asot.
Ul'kayeim et kol div'rei, Talmud Tora-tekha b'ahava.

*(with great love you loved us, and you taught our ancestors a way of life, so
please teach us also so we can understand, learn and even teach the wisdom of learning
with love)*

V'ha-eir ei-nei-nu, b'Tora-tekha, v'da-beik li-bei-nu b'mitz-vo-tekha
V'ya-cheid l'va-veinu, l'ahavah ul'yir-ah et Sh'meh-kha.
V'lo nei-vosh, l'olam va'ed, v'lo nei-vosh, l'olam va'ed.

Enlighten our eyes, to Your Torah,
Let our hearts cleave to Your mitzvot.
And unify . . . our consciousness . . . to love and to be in awe of You.
We will not be embarrassed (no way!), to declare the possibility,
Of a world based on love, kindness, and generosity,
Social and economic justice, environmental sanity,
Evolution of the consciousness of all humanity. Ya la la...

V'havi-eynu l'shalom mey-arba kanfot ha'aretz. V'toli'kheyenu kom'miyut l'artzey shalom. Ki Eyl po'eyl yeshu'ot ata. U'vanu vaharta im kol am v'lashon. V'key'rav'tanu l'shim'kha hagadol selah be'emet, l'hodot lekha ul'yahed'kha b'ahava. Brukha At Shekhina, ohevet kol yoshvey tey'veyl.
(Bring us together from the 4 corners of the world so that we can be close to each other and You who loves all your creatures and peoples).

3. Sh'ma Yisra'eil, Adonai Eloheynu, Adonai Echad

Sh'ma Yisra'eil, Shehina Eloheynu, Shehina Achat

(aloud on Yom Kippur): **Barukh Shem K'vod Malkhuto Le'olam Va'ed**

V'ahavta et Adonai Elohekha, b'khol levav'kha, uv'khol naf'she-kha, uv'khol m'odekha. Vehayu ha-de'varim ha-eyleh asher Anokhi me-tzav'kha hayom al levavekha. Ve'shinantam levanekha, vedibarta bahm, beshiv'te-kha b'vey'tekha, uv'lekh'tekha vaderekh, uv'shokh'bekha uv'ku-mekha. Uk'shar'tam le'ot al yah-dekha, vehayu letotafot beyn ey-neh'kha. Ukh-tav-tahm al mezuzot bey-tekha uvish-arekha.

And you must love YHVH, the Transformative and Healing Power of the Universe, with all your passions, with every breath, with every fiber of your being. Take these words by which I join myself to you today, into your heart. Pattern your days on them so that your children will discover Torah within you. Make your life into a voice of God, both in your stillness and in your movement. Renew these words each evening and morning with devotion. Bind them as t'fillin on your forehead and arm, as symbols of thoughts and acts sacred to Me. Write them in mezuzot at the entrance to your home, as a sign that all people may discover Me as they enter your home and your life.

V'haya eem sh'moa . . . And it will come to pass . . . If you love the Transformative Power of the Universe (YHVH) with all your heart, with all your soul, and with all your passions and using that energy, build a world based on these teachings/mitzvot: A world of love of the stranger/the other, kindness, generosity and care, peace, compassion and nonviolence, social, economic and environmental justice, and ecological sensitivity, then the world will work. The sun will shine, the rain will fall appropriate to its season, the earth will give forth her produce and you and your animals will eat and be satisfied.

But be careful . . . watch out . . . because if you don't build a world based on these teachings/mitzvot and instead build a world based on selfishness and greed, consuming and producing without care for the well-being of the planet or its inhabitants, constantly chasing and hording after more money, power, fame, or land, building walls that separate, voting rights for some and not others, economic systems that benefit the few on the backs of the many then the world will not work. Just as the social, economic, and political systems become unbalanced, so will the ecological and environmental systems and foundations of the earth and universe. The sun will not shine, the rain will not fall appropriate to its season, the earth will not give forth her produce, there will be a series of environmental catastrophes – cities and nations alike will be consumed from bursting

waters, fires will spread throughout the lands, glaciers will melt – and eventually you and your animals too will be wiped off the face of the earth in one of these catastrophes.

So . . . teach this to your children; talk about it in public, even when your voice cracks and your knees shake, at services and events, even when people get upset hearing it; talk about it in your home with friends and family even if they are sick and tired of hearing about it; talk about it when you walk by the way so that strangers hear this message because this, this is the greatest spiritual need and calling of our time. Talk about it when you go to sleep at night and when you get up in the morning because you'll forget. Bind it for a sign upon your arm so it seeps into your heart and guides your actions and a sign upon your third eye so it seeps deep into your unconscious permeating every cell and pore of your being. Write it for a sign upon your doorposts and upon your gates so that you remember and all those who come into your home know the values by which you live. If you do these things, and build a loving and just world, then you and your children, and all children will have a long life on this earth that God promised you.

4. Mi Kha-mokha ba'eilim Adonai. Mi ka-mokha neh-dar ba-kodesh.
No-rah tehilot osey feleh. Adonai yim-lokh le-olam va'ed
Tzur Yisra'el kumah be'ezrat Yisrael uf'dey khinumekha Yehuda veYisra'el.
Go'aleynu YHVH tze-va'ot sh'mo kedosh Yisra'el. Barukha at Yah, ge'alah Yis ra'eyl

Meditation language for silent Amidah (if you want to use it):

**I AM PART OF THE UNITY OF ALL BEING,
A MANIFESTATION OF GOD'S LOVE ON EARTH**

אל אָדוֹן

EL ADON

אל אָדוֹן עַל כָּל הַמְעֻשִׁים, בָּרוּךְ וּמְבָרֵךְ בְּפִי כָּל נֶשֶׁמָה,
El adon al kol hama'asim. Baruch um'vorach befi kol neshama.

גָּדוֹלֹו וְטוּבוֹ מְלָא עַולָם, דָעַת וְתִבְונָה סּוּבְבִּים אֲוֹתוֹ.
Gadlo vetuvo malay olam. Da'at ut'venah sovevim oto.

הַמִּתְגָּאהּ עַל חִיוֹת הַקָּדֵשׁ, וַיְהִידָר בְּכָבֵוד עַל הַמְּרִקְבָּה,
Hamitga'eh al chayot hakodesh. Veneh'dar bechavod al hamerkava.

זִכּוֹת וּמִישָׁור לְפָנֵי כָּסָאו, חִסְדָּו וּרְחָמִים לְפָנֵי כְּבָדוֹ.
Zechut umishor lifnay chiso. Chesed verachamim lifnay chevodo.

טּוֹבִים מְאוֹרוֹת שֶׁבֶרָא אֱלֹהֵינוּ, יִצְרָם בְּדָעַת בְּבִינָה וּבְהַשְׁפֵּלָה,
Tovim me'orot shebara Elohaynu. Yetzaram beda'at bevina uv'haskayl.

כְּחַ וּגְבוּרָה נְתָנוּ בָּהָם, לְהִיּוֹת מוֹשְׁלִים בְּקָרְבָּתְבָלָן.
Ko'ach ug'vura natan bahem. Lih'yot moslimim bekarev tayvayl.

מְלָאִים זִיו וּמִפְיקִים נְגָה, נָאָה זִיּוֹם בְּכָל הָעוֹלָם,
Melayim ziv um'fikim noga. Na'eh zivam bechol ha'olam.

שְׁמִיחִים בְּצָאתָם וּשְׁשִׁים בְּבָוָאָם, עֹשִׂים בְּאֵימָה רָצְוָן קְוָנוֹם.
S'maychim b'tzaytam v'sasim b've'am. Osim be'ayma retzon konam.

פָּאָר וּכְבָוד נוֹתְנִים לְשָׁמוֹ, צָהָלה וּרְנָה לְזַכְרָה מְלִכּוֹתָו,
P'ayr vechavod not'nim lishmo. Tzahala v'rina l'zaycher mal'chuto.

קָרָא לְשָׁמֶשׁ וַיִּזְרַח אוֹר, רָאָה וַהֲתִקֵּין צֹוֹת הַלְּבָנָה.
Kara lashemesh vayiz'rach or. Ra'ah vehitkin tzurat halvana.

שְׁבָח נוֹתְנִים לוּ כָּל צְבָא מָרוֹם,
Shevach not'nim lo kol tzeva marom,

תִּפְאֶרֶת וְגִדְוָלה, שְׁרָפִים וְאוֹפָנִים וְחִיוֹתָה הַקָּדֵשׁ.
Tiferet ug'dula, serafim v'ofanim, vechayot hakodesh.

EL ADON

Almighty power, hub of time and space,
 Blessed and praised through every living breath --
 Creation is filled by such goodness and such might...
 Deep is the wisdom embedded in the whole --

Exalted throughout all holy living powers,
 Far greater this brilliance than all the radiant skies --
 Great is the justice that pours forth from our core...
 How can one measure this glorious love and grace?

Illumining lights within us and without us
 Join us to mind-seeds from which creation springs --
 Kindling all being with power and with strength,
 Liberating life to evolve and grow divine --
 Manifold their splendor, beautiful their grace,

Nature is aglow with their pure and glorious flame --
O what joy when they rise and when they set,
Passing in order through the grand design

Questing to give their beauty to God's fame,
Rejoicing and dancing out the majesty supreme --
See now the sun--how it shines its brilliant light,
The moon in her phases--a gift to the night

Unified together the cosmos chants its hymn,
Vast beyond knowing, this great and radiant maze --
Wild is the vision, exalted is the song,
You and I with all earth in Zest complete God's praise!

Come then, let us climb the mountain,
together ascend to the peak of our souls.

The Voice, still and small, is calling from within,
illuminating, pointing, urging,
engraving its covenant into our hearts,
bidding us open to the infinite truth,
to compassion and love,
to harmony and justice,
to the ever present faith flaming within.

The Voice of the One calls from our souls,
bidding us to descend to the wilderness without,
to uncover the divine in all we do,
to discover and create, to struggle and serve,
to learn and teach and to walk in truth.

Joyful are those who are whole on the path,
walking in the teachings of the Source.
Joyful are those who treasure God's guidance,
seeking the One with their whole heart.

Joyful are those who act with justice,
who live righteously at all times.
Joyful is the one who says:
Above all earthly might and fame, I crave for love.

Would that the words my heart and lips express
were balm for wounds, to soothe and heal and bless.
O that my eyes send forth a blaze of light
to be a beacon in another's night.

לאל ברוך נעימות יתנו. למלך אל כי וקדים, זמרות יאמרו, ותשבחות
ישמיעו. כי הוא לבדו פועל גבורות, עשה מדשות, זרע צדקות, מצמים
ישועות, בזרא רפואות, נורא תהלות, אדון הנפלאות. המחדש בטובו בכל
יום תמיד מעשה בראשית. כאמור: לעשרה אורים גדים, כי לעולם מסדו.
אור חדש על ציון תאיר, ונזקה כלנו מירה לאורו.
ברוך אתה כי יוצר המאות:

אהבה רבָה Ahavah rabah

אהבה רבָה אַהֲבָתֵנוּ יְהוָה אֱלֹהֵינוּ
 חִמְלָה גְדוֹלָה וַיִּתְרָה חִמְלָת עָלֵינוּ
אָבִינוּ מַלְכֵנוּ בְעֶבֶור אֲבוֹתֵינוּ
שְׁבָטָחוּ בְךָ (אָבִינוּ מַלְכֵנוּ)
 וַתְלַמְדֵם חֲקִי תִּיְםָם
כָן תְחַנֵּנוּ וַתְלַמְדֵנוּ
אָבִינוּ הָאָב הַרְחָמָן,
 הַמְרַחְםָן, רַחֲם עָלֵינוּ
 וַתִּנוּ בְלִבְנֵנוּ לְהַבֵּין,
 וַלְהַשְׁפֵיל לְשָׁמָעַ
לְלִימֹד וְלִלְמֹד, לְשֻׁמָר וְלִעְשֹׂת
וְלִקְיָם אֶת-כָל-דָבָרִי
תַלְמֹוד תּוֹرַתְךָ בְּאַהֲבָה

*Ahavah rabah ahavtanu adonay eloheynu
 hemlah gedolah viterah hamalta aleynu.
 Avinu malkenu ba'avur avoteynu ve'imoteynu
 shebatemu veha (avinu malkenu)
 vatemdem hukey hayim
 ken tehonenu utelamdenu.
 Avinu ha'av harahaman
 hamrahem rahem aleynu
 veten belibenu lehavin
 ulhaskil lishmo'a
 lilmod ulelamed lishmor vela'asot
 ulkayem et kol divrey
 talmud torateha be'ahavah.*

וְהָאָר עַיִינֵנוּ בְתוֹרַתְךָ,

V'ha-ayr aynay-nu b'tora-techa
 Enlighten our eyes to Your Torah

וְדַבָּק לְבָנוּ בְמִצְוֹתְךָ, וְיַחַד לְבָבֵנוּ

V'dabake lee-baynu b'mitzvo-techa v'ya-chade l'va-vaynu
 and cause our hearts to cleave to Your mitzvot. Unify our hearts

לְאַהֲבָה וְלִירָאָה אֶת שְׁמֶךָ, וְלֹא נִבּוֹשׁ לְעוֹלָם וְעַד.

L'ahavah oo-l'yeerah et sh'mecha v'lo-nayvosh l'olam va-ed...
 to love and fear Your Name, and may we never suffer shame...

And we will NOT be embarrassed, and we will not
 be afraid, and we will not be ashamed now or evermore. And we will work for peace, and save our planet
 too, for love and justice can prevail, and we can make this true.
 (gather the four tzitzit- fringes of your tallit and hold them in your hand)

וְהַבִּיאֵנוּ לְשָׁלוֹם מַאֲרָבָע בְּנֹפּוֹת הָאָרֶץ,

...Vaha-veeaynu l'shalom mayarba konfote ha-aretz
 ...Bring us in peace from the four corners of the earth

וְתַולְכֵנוּ קָוְמִימִות לְאָרֶצָנוּ.

v'toleech-aynu ko-m'meeyoot l'artzaynu
 and speedily lead us with dignity to our land.

בָרוּךְ אַתָּה יְהוָה, הַבּוֹחֵר בְעַמּוֹ יִשְׂרָאֵל וַיּוֹשִׁבֵי תְּבֵל בְּאַהֲבָה.

Baruch Atah Adonai habochar b'ammo Yisrael b'ahavah
 Blessed are You BELOVED ONE, who chooses Your people Israel
 and the whole world with love.

LATE FRAGMENT by Raymond Carver

And did you get what
 you wanted from this life, even so? I did.
 And what did you want?

To call myself beloved, to feel myself beloved on earth.

שְׁמָע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Shema Yisrael Adonai Elohaynu Adonai Echad.

Listen all of you who struggle to connect to God, the
Transformative Power of the Universe is the Force that Created all,
and manifests through the Unity of All Being.
Hear O Israel, the Lord our God, the Lord is One.



בָּרוּךְ שֵׁם כְּבוֹד מַלְכֹותּו לְעוֹלָם וְעַד

Baruch Shem Kevod, Malchuto Le'olam Va'ed.

Blessed is the holy presence.

The splendor of its majesty shines throughout time.

וְאַהֲבָתְךָ אֶת יְהוָה יְהוָה	<i>V'ahavta et Adonai Elohecha</i>
בְּכָל לְבָבֶךָ וּבְכָל נֶפֶשֶׁךָ	<i>bechol levavcha, uvechol naf'shecha,</i>
וּבְכָל מְאַדְךָ.	<i>uvechol me'odecha.</i>
וְהִי פְּדָרִים הַאֲלֵה	<i>Vehayu hadevarim ha'ayleh</i>
אֲשֶׁר אַנְכִי מַצָּוֶךָ	<i>asher anochi m'tzav'cha</i>
הַיּוֹם עַל לְבָבֶךָ.	<i>hayom al levavecha.</i>
וְשִׁנְנַתֶּם לְבָנֶיךָ	<i>Veshinantam levanecha</i>
וְדִבְרַתְךָ בָּם בְּשִׁבְטֶךָ בֵּיתֶךָ	<i>vedibarta bam beshivtecha beveytecha</i>
וּבְלִכְתָּךְ בְּדַרְךָ	<i>uvelechtecha vaderech,</i>
וּבְשִׁכְבָּךְ וּבְקוּמָךְ.	<i>uveshach'becha uvekumecha.</i>
וְקִשְׁרַתֶּם לְאוֹת עַל יָדֶךָ,	<i>Ukeshartam le'ot al yadecha.</i>
וְהִי לְטֻטְפַת بֵּין עֵינֶיךָ,	<i>Vehayu letotafot bayn aynecha.</i>
וְכַתְבַתֶּם עַל מְזוֹזֹת בֵּיתֶךָ	<i>Uchetavtam al mezuzot beytecha</i>
וּבְשַׁעֲרֵיךָ.	<i>uvish'arecha.</i>

And you must love YHVH, the Transformative and Healing Power of the Universe, with all our passions, with every breath, with every fiber of your being. Take these words by which I join myself to you today, into your heart. Pattern your days on them so that your children will discover Torah within you. Make your life into a voice of God, both in your stillness and in your movement. Renew these words each evening and morning with devotion. Bind them as t'fillin on your forehead and arm, as symbols of thoughts and acts sacred to me. Write them in mezzuzot at the entrance to your home, as a sign that all people may discover Me as they enter your home and your life.

Alternative translation:

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, 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.

(Deuteronomy 6:4)

וְהִיא אָם שֶׁמַע תִשְׁמַעוּ אֶל מִצּוֹתִי, אֲשֶׁר אָנֹכִי מִצּוֹה אֶתְכֶם
הַיּוֹם לְאֶחָדָה אֶת יְהוָה אֱלֹהֵיכֶם וַיַּעֲבֹדוּ בְּכָל לְבָבְכֶם וּבְכָל
נְפָשָׁכֶם: וַיַּתְתִּי מַטֶּר אֶרְצָכֶם בַּעֲתּוֹ יוֹרָה וּמֶלֶקֶשׁ וְאַסְפָּתָ דְגַנְךָ
וְתִירְשָׁךָ וַיַּצְחַרְךָ: וַיַּתְתִּי עַשְׂבָּבְשָׁדָךְ לְבָהָמָתָךְ וְאַכְלָתָךְ וְשְׁבָעָתָךְ.
הַשְׁמָרוּ לְכֶם פָּנֵי יְפָתָה לְבָבְכֶם וִיסְרָתָם וַעֲבֹדָתָם אֱלֹהִים אֶחָדים
וְהַשְׁתְּחוּיוֹתָם לְהֶם. וְתִרְחָא אֶת יְהוָה בְּכֶם וַעֲצֵר אֶת הַשָּׁמָיִם וְלֹא
יְהִיא מַטֶּר וְהַאֲדָמָה לֹא תַתְנוּ אֶת יְבוּלָה, וְאַבְדָּתָם מִהָּרָה מִעַל
הָאָרֶץ הַטְּבָה אֲשֶׁר יְהוָה נָתַן לְכֶם. וַשְּׁמַתָּתָם אֶת דְּבָרַי אֱלֹהָה אֶל
לְבָבְכֶם וְעַל נְפָשָׁכֶם, וַקְשִׁרָתָם אֶתְכֶם לְאוֹת עַל יְדֵיכֶם וְהִיוּ לְטוֹטָפָת
בֵּין עֵינֵיכֶם. וּלְמִזְדָּתָם אֶתְכֶם אֶת בְּנֵיכֶם לְדִבָּר בָּם בְּשְׁבָתָךְ בְּבִיתְךָ
וּבְלִכְתָּךְ בְּדָרָךְ וּבְשְׁכָבָךְ וּבְקוּמָךְ. וְכַתְבָתָם עַל מִזְזֹת בִּיתְךָ
וּבְשֻׁעְרֵיךְ. לְמַעַן יַרְבוּ יָמֵיכֶם וַיָּמִי בְנֵיכֶם עַל הָאֲדָמָה אֲשֶׁר נִשְׁבַּע
יְהוָה לְאָבֹתֵיכֶם לְתַתְתָּ לְהֶם, כִּימֵי הַשָּׁמָיִם עַל הָאָרֶץ.

וַיֹּאמֶר יְהוָה אֶל מֹשֶׁה לְאָמֵר: דִבֶּר אֶל בְּנֵי יִשְׂرָאֵל וְאָמַרְתָּ
אֱלֹהֶם, וְעַשׂ לְכֶם צִיצָת עַל בָּנָיִם בְּגִדְיָהֶם לְדֹרֹתָם, וַיַּתְנוּ עַל צִיצָת
הַכֶּן פְּתִיל תְּכִלָּת. וְהִיא לְכֶם לְצִיצָת, וַרְאִיתֶם אֹתוֹ וְזִכְרָתָם אֶת
כָּל מִצּוֹת יְהוָה, וְעַשְׂיוֹתָם אֶתְכֶם. וְלֹא תַתְוֹרוּ אֶתְרַי לְבָבְכֶם וְאֶתְרַי
עֵינֵיכֶם אֲשֶׁר אֶתְכֶם זְנִים אֶתְרִיָּהֶם. לְמַעַן תִּזְכְּרוּ וְעַשְׂיוֹתָם אֶת כָּל
מִצּוֹתִי וְהַיִּתְמַמְּךָ קְדָשִׁים לְאֱלֹהֵיכֶם. אָנֹי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר
הוֹצֵאתִי אֶתְכֶם מִאָרֶץ מִצְרָיִם לְהִיּוֹת לְכֶם לְאֱלֹהִים, אָנֹי יְהוָה
אֱלֹהֵיכֶם אֶתְכֶם.

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. Follow this Torah, with its call for us to build a world based on justice and peace, kindness and generosity, love and joy, stewardship of the earth and celebration of the grandeur of creation, and the world will work. The sun will shine, the rain will fall just as it is needed, and the earth will give forth its produce. 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. Because if you don't create a world based on the mitzvot, if you don't make a world guided by peace and economic justice, kindness and generosity, caring for all, spreading of love and joy to all who are alive, producing only what is really needed and making sure to protect the planet from danger, then the world will not work. The sun will not shine, the rain will not fall at the appropriate time, the earth will not give forth its produce--there will be an ecological catastrophe that could lead to the end of all human and animal life on this planet. So 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, don't horde when you can share, for there is enough for all, enough love, enough food, enough for everyone on this planet if only you learn to share. Don't let the cravings for more distort the God-sense within you. Heaven will be shut to you, grace will not descend, earth will not produce. Your rushing and your being too busy to have time for the big picture 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: determining what you produce, guiding what you perceive. Teach them to your children so that they are addressed: in making their homes; in how they deal with traffic on the road, when they are depressed, and when they are elated. Talk about the need to fashion a world of peace and justice, love and generosity, kindness and celebration of the goodness of the universe--and do it in public, when you walk by the way, even when others might think it inappropriate, because reshaping our world with a new direction of love and generosity is the central survival need of the planet. But also, talk about this in private, with your friends, when you sit in your house or theirs, and don't be embarrassed to raise it even at the expense of being seen as "too serious." Talk about it when you go to bed at night, and when you wake up in the morning. Write this upon the doorposts of your house (mezzuzot) and upon your gates! In every way possible, make this a central way that you conduct your life. So that your days may be long, and the days of your children, on the good earth that I promised to your ancestors to be yours to share with all other life forms. So live by this message.

I have already shown you, by taking you out of Egypt, out of slavery, out of the house of narrow consciousness, that it is always possible to broaden your understanding, to break out of constricted consciousness, to get the big picture, to see the world in a new way, and to liberate yourselves from all that has held you bound down. This is what it means to be created in My image. I am the Force of Healing and Transformation in truth.

That is the truth!



לְמַעַן תָּזִבְרוּ וְעִשְׂתֶּם
 אֶת כָּל מֵצֹתִי וְהַיִתֶּם
 קָדְשִׁים לְאֱלֹהִיכֶם.
 אָנִי יְהוָה אֱלֹהִיכֶם
 אֲשֶׁר הָזָאתִי אֶתְכֶם מִארֶץ מִצְרַיִם
 לְהִיוֹת לְכֶם לְאֱלֹהִים,
 אָנִי יְהוָה אֱלֹהִיכֶם אָמֵת.

V'haya im shamo-a el mitzvotai asher
 anokhi m'tzaveh et'khem hayom
 l'ahava et Adonai-Yah elohaykhem
 ul'avodo b'khol l'vev'khem uv'khol
 na'afsh'khem v'natati m'tar artz'khem
 b'ito yoreh umalk'kosh v'asalta
 d'gan'kha v'tirosh'kha v'yitz'harekha.
 V'natati aysev b'sad'kha
 liv'hemtekha v'akhalta v'savata.
 Hisham'ru lakhem pen yitteh
 l'vev'khem v'sartem va-avad'tem
 elohim akhayrim v'hish'takhavitem
 lahem. V'khara af Adonai-Yah
 bakhem v'atzar et hashamai-yim v'lo
 yih'yeh matar v'ha-adama lo totayn et
 y'vula va-avad'tem m'hayra may-al
 ha-aretz hatova asher Adonai-Yah
 notayn lakhem.
 V'sartem et d'vorai ayeh al
 l'vev'khem v'al na'afsh'khem
 uk'sharter otam l'ot al yed'khem
 v'ha-yu l'totafot bayn aynaykhem.
 V'imad'tem otam et vna'ykhem
 l'dabayr bam b'shiv'l'kha b'vaytekha
 uv'lekh'l'kha vaderekh
 uv'shakh'b'kha uv'kumekha.
 Ukh'tavtem al m'zuzot baytekha
 uvi-sh'arekha. L'ma'an yirbu
 y'maykhem vi-may v'naykhem al
 ha-adama asher nishba Adonai-Yah
 la-avotaykhem latet lahem kimay
 hashamai-yim al ha-aretz.
 Vayomer Adonai-Yah el Moshe
 laymor. Dabayr el b'nay yisra-el
 v'amarta alayhem v'asu lahem tzitzit
 al kanfay vi-g'dayhem l'dorotem.
 V'natnu el tzitzit hakanaf p'til
 t'khaylet. V'haya lakhem l'tzitzit
 ur'item oto uz'kh'atem et kol mitzvot
 Adonai-Yah va-asitem otam. V'lo
 taturu akharay l'vev'khem v'akharay
 aynaykhem asher atem zonim
 akharayhem. L'ma-an tiz'knu
 va-asitem et kol mitzvotai v'h'yitem
 k'doshim laylohaykhem. Ani
 Adonai-Yah Elohaykhem asher
 hotzayti et'khem mayeretz
 mitz'ral-yim li-h'yot lakhem laylohim
 ani Adonai-Yah
 Elohaykhem emet.



אמֶת	<i>Emet</i>	Authentic	We show ourself as we are, without compromising. Unostentatiously, without trying to convince anyone, we maintain our certitude.
יציב	<i>Yatziv</i>	Stable	
נכון	<i>Nakhon</i>	Right On	We avoid deceiving ourself.
קִים	<i>Kayam</i>	Durable	We strive for increased emotional and physical stamina so that we last to the end of whatever is called for.
ישר	<i>Yashar</i>	Straight	We say clearly what has to be said.
נאמן	<i>Ne-eman</i>	Trustworthy	We do not fail when we are needed.
אהוב	<i>Ahuv</i>	Lovable	We open ourself emotionally to receiving love.
חביב	<i>Khaviv</i>	Affectionate	We offer our confident tenderness to the Divine.
נְחַמֵּד	<i>Nekhmad</i>	Delightful	We give value and weight to the instants of grace in which we unite with the Divine through knowledge, work, & love.
נעימים	<i>Na-im</i>	Lovely	We appreciate the exquisite balance happening inside us at each moment.
נורא	<i>Nora</i>	Awesome	We allow ourself the humility and innocence to be awe-struck.
אדיר	<i>Adir</i>	Powerful	We allow powerful moments to course through our body without completely resisting.
מַתְוקָן	<i>M'tukan</i>	Correctable	We correct and continue to be corrected without hurt pride or harsh self-criticism.
מקובל	<i>M'kubal</i>	Well-Received	We open our emotions and psychic being joyously to the Divine.
טוב	<i>Tov</i>	Good	We give of ourself without bargaining.
יפה	<i>Yafeh</i>	Beautiful	We offer our own beauty, manifesting the Divine visually.



Thus you will become conscious and carry through all the divine directions given you from within and without, and your lives will become connected in holiness to the Godplace within and without. I am the source of being, the Power of all your powers, that has extricated you from the narrow places in your life, that you might become aligned with my sacred being. I am the Eternal One, your power in truth.

Praise God! We have been set free from slavery,
the dominion of bondage, dependency, submission;
the confines we had cherished as our only home.
Apparitions of the past marched after us
through the desert-night of memory to reclaim or destroy.
Then we came to the seas of separation, and halted,
caught between desire for the unknown, and desire to return,
fear of the unknown, and fear of return.
To say Yes to freedom, to enter unfathomed waters,
to really make the crossing, is to witness the past drowning,
and to embrace the future,
whatever it may demand, wherever it may lead.
The waters of death became the waters of new life!
Yea, the waters of death become the waters of new life!

Fixing Our Yearning for Freedom

מי במקה באלים יהוה, מי במקה נאדר בקדש,

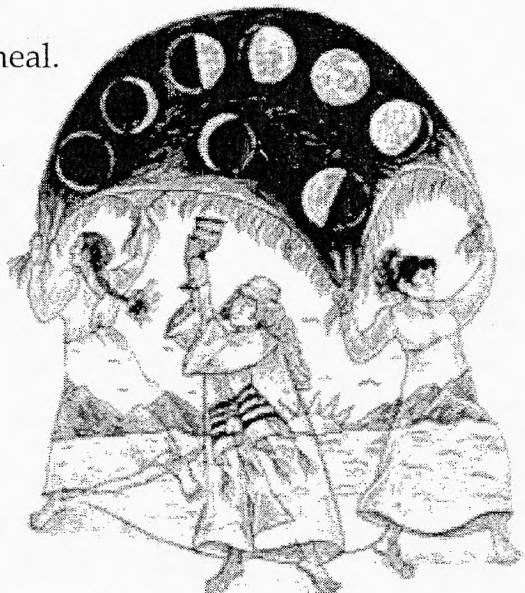
Mee cha-mochah ba-ayleem Adonai, mee ka-mochah nedar bakodesh
Who is like You among the gods that are worshipped?
Who is like You glorious and holy?

נורא תהילת עשה פלא. יהוה ימלך לעולם ועד

Nora t'heilot osay feleh. Adonai yimloch l'olam va-ed.
Awesome in splendor, amazing in miracles.
The ETERNAL will reign forever and ever!

O, Rock of Israel, arise to help your scattered folk,
Deliver all who are crushed beneath oppression's heal.
Be our saving power, O God, Redeemer of Israel.

Tzur yisra'el kumah b'ezrat yisra'el
צור ישראל קומה בעזרת ישׂראל
U'feday khinumekha yehudah ve'yisra'el.
ופָּדָה כְּנָמָךְ יְהוּדָה וִישָׁרָאֵל.
Go'alaynu Adonai tz'va'ot shemo
גָּאַלְנוּ יְהוָה צְבָאוֹת שְׁמוֹ
Kedosh Yisra'e'l.
קדוש ישׁראל.
Baruch Atah Adonai Ga'al Yisra'el.
ברוך אתה יהוה גָּאַל יִשְׁרָאֵל.





We are opening up in sweet surrender to:

- deep humility about the limits of our knowledge
- unusually profound states of experience
- a sense of the uncanny
- intuition of the whole working in concert
- compassion for each segment of the whole as part of a far-reaching self-love
- a paradoxical state of relaxed trust and animated engagement
- a sense of surrender into a greater awareness
- the luminous lovelight of the One

עמְדָה Amida

ברוך אתה ייְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי הַוְרִינָן,	Baruch atah YHVH Eloheynu v'Elohey horeynu,	Let me channel your blessings, You who are
אֱלֹהֵי אֶבְרָהָם וְשָׂרָה	Elohey Avraham v'Sarah	The Power of Healing and Transformation
אֱלֹהֵי יִצְחָק וְרִבְקָה,	Elohey Yitzak v'Rivkah,	Power source!
אֱלֹהֵי יַעֲקֹב, רָחֵל וְלֵאָה,	Elohey Ya'acov, Rachel, v'Leah,	Source of all our ancestors' love!
הָאֵל הַגָּדוֹל הַגָּבוֹר	Ha-El Ha-Gadol Ha-Gibor	God for Abraham and Sarah
וְהַנּוֹרָא, אֵל עַלְיוֹן,	v'Ha-Norah, El Elyon!	God for Isaac and Rebecca
גּוֹמֵל חֲסָדִים טּוֹבִים	Gomel chasadeem tovim	God for Jacob and Leah and Rachel
וּקֻנְתָּה הַכָּל,	v'konay ha-kol,	The great Powersource God
וּזְכַר חָסִידִי	v'zochayr chasadey	And Awe-some, Transcendent to all
אֲבוֹת וְאֶמְהוֹת	avot v'imahot	Causer of goodness
וּמְבִיא גּוֹאל	u'mayvee go'el	Holding all in love
לְבָנֵינוּ בְּנֵיכֶם	livney v'neyhem	Container of memory
לְמַעַן שְׁמוֹ	l'ma'an Shemo	for the entire universe
בְּאַהֲבָה.	b'ahavah.	Quickener of evolution
<hr/>		
זְכַרְנוּ לְחַיִּים,	Zachreynu le'cha'yim,	Of the children of the universe
מֶלֶךְ חָפֵץ בְּחַיִּים,	melech chafeytz b'cha'yim,	With purpose to bring
וְכַתְבָנוּ בְּסֶפֶר הַחַיִּים	ve'chatveynu besefer ha cha'yim	consciousness and
לְמַעַן	le'ma'ancha	Matter together
אֱלֹהִים	Eloheem	Through the power of love.
חַיִּים.	chayyim.	

only
between
Rosh
Hashanah
&
Yom
Kippur

זְכַרְנוּ לְחַיִּים,	Zachreynu le'cha'yim,
מֶלֶךְ חָפֵץ בְּחַיִּים,	melech chafeytz b'cha'yim,
וְכַתְבָנוּ בְּסֶפֶר הַחַיִּים	ve'chatveynu besefer ha cha'yim
לְמַעַן	le'ma'ancha
אֱלֹהִים	Eloheem
חַיִּים.	chayyim.

מֶלֶךְ	Melech	Mover and pathfinder
עוֹזֵר	ozeyr	Helper of spirit to live in limitations
וּמוֹשִׁיעֵן	umo'shiah	And rescuer from limitations
וּמַגָּן.	umageyn.	Shielder of the heart.
ברוך אתה ייְהוָה יְהֹוָה	Baruch ata Adonai	Channel though me your blessings, Yah!
מָגָן אֶבְרָהָם	Mageyn Avraham	The shield of Abraham
וְעֹזְרַת שָׂרָה.	ve'ezrat Sarah.	and Sarah.

אתה גיבור לעולם אדני, מחיה מיתים אתה רב להושיע.	<i>Ata gibor l'olam Adonai, M'chayeh maytim ata rav l'ho'shi'a</i>	You are a unique form of power Forever overwhelming Bringing life-energy to our deadness Multiplying the ways we can be transformed
מקלכל חיים בחסד, מחיה מיתים ברחמים רבבים, סומך נופלים ורופא חולים ומתיר אסורים, ומקיים אמונה לישנוי עפר.	<i>M'chalkeyl cha'yim b'chesed, M'chayey meytim b'rachamim rabbeem, someych noflim v'rofay cholim u'matir asurim, u'm'kayeym emunato liy'sheyney afar.</i>	Sustaining life With Kindness Bringing dim consciousness to awareness With non-threatening compassion Lifting the fallen Healing the sick Freeing the enslaved Sustaining our confidence in the ultimate victory of goodness Even for those of us who have been lured to sleep in the dust of despair
מי כמוך בעל גבורות ומדי דומה לך, מלך ממית ומחייה ומצמיח ישועה.	<i>Mi chamohcha ba'al gevurot u'mee domeh lach, Melech meymeet u'm'chayeh umatzmiyah yeshuah.</i>	You are like a Great Mother Master of many powers Though every analogy misses your uniqueness Mover of energy Who makes die and makes alive And makes transformation flourish inside and around us
מי כמוך אב הרחמים זוכיר יצורי לחים ברחמים	<i>Mi chamohcha av harachamim zocheyr yetzurav l'chayim b'rachamim</i>	Yet we seek analogies, seeing you as an en-wombed father, Who remembers all his creation and infuses them with A life-enhancing compassion
ונאמן אתה להחיות מיתים ברוך אתה יי מחיה המתים	<i>v'ne'eman Ata l'ha'chayot meytim Baruch ata Adonai m'chayeh ha-meytim</i>	And you remain ever confident That the lost can be recovered. Let me channel your blessings, Yah Making alive that which was dead.

Kedushah

נְקָדֵשׁ אֶת שְׁמֶךָ	<i>N'kadeysh et shimcha</i>
בְּעוֹלָם	<i>ba-olam</i>
כִּי שְׁמַן שְׂמָקְדִּישִׁים אָתוֹ	<i>k'sheym sh'makdishim otoh</i>
בְּשֵׁמֵי מָרוֹם.	<i>bishmay ma'rom.</i>
כְּכֹתֶב	<i>Ka-ka-tuv</i>
עַל־יָד נְבִיאָה.	<i>al-yad n'veiyehah.</i>
וְקַרְאָ זֶה אֶל זֶה	<i>Vekara zeh El zeh</i>
וְאָמַר:	<i>v'amar:</i>
קָדוֹשׁ	<i>Kadosh</i>
קָדוֹשׁ	<i>Kadosh</i>
קָדוֹשׁ	<i>Kadosh</i>
יְהוָה צְבָאוֹת	<i>Adonai tzeva'ot</i>
מָלְאָ כָּל־הָאָרֶץ בְּבוֹדוֹ	<i>Melo kol ha-aretz kevodo</i>
אָז בְּקוֹל	<i>az b'kol</i>
רָעֵשׁ גָּדוֹל	<i>ra-ash gadol</i>
אֲדִיר וְחַזָּק	<i>adir v'chazak</i>
מְשֻׁמְעִימִים קָול	<i>mashmiyim kol</i>
מְתַנְשָׁאִים	<i>mit-na'seem</i>
לְעַמָּתָה שָׂרָפִים	<i>l'umat serafim</i>
לְעַמָּתָה	<i>l'umatam</i>
בָּרוּךְ יְאִמְרָג.	<i>baruch yohmeyru.</i>
בָּרוּךְ	<i>Baruch</i>
כְּבוֹד־יְיָ	<i>kevod-adonai</i>
מִמְקֹמוֹ.	<i>mimkomo.</i>

KEDUSHAH (said when this prayer is being repeated aloud-when you are reading to yourself, skip this section and go to the next (U've'cheyn)
Our actions of kindness and love are our way to Sanctify your name in this world

Just as they sanctify it
In the upper world of insight
By songs and by words:
Through the instrument of prophecy
By a surge of energy
Passing between poles of consciousness:
"Exquisite God connection
Sacred
Holiness

The Singularity with a Multitude of Manifestations
Every ounce of being is filled
With the Divine luminosity"
In response
With huge noise
Overwhelming the equilibria of identity
Opening the self to echo the Divine vibration
Lifting themselves
To bring the self into angelic consciousness
Mirroring the passion of the self
An influx of receptive flow is released:
"Blessed be
the Divine luminosity
in touch with the center of the universe."

מִמְקֹםְךָ	<i>Mimkomecha</i>	From that center of the universe
מַלְכֵנוּ	<i>malcheynu</i>	Please, our Pathfinder,
תּוֹפִיעַ	<i>tofi-ah</i>	Radiate and Appear to us
וְתִמְלֹךְ עָלֵינוּ	<i>v'timloch aleynu</i>	And take over the running of this world
כִּי מְחֻקִּים	<i>ki me'cha-keem</i>	Because it is for this that we have been waiting
אָנָּחָנוּ לָהּ.	<i>anachnu lach.</i>	So that we can be fully manifesting You.
מַתִּי תִּמְלֹךְ	<i>Ma'tie timloch</i>	Oy, when, when, when will You take over this world?
בָּצִיּוֹן	<i>b'tziyon</i>	And when will You take over in Zion?
בְּקָרְבָּן בַּיּוֹמֵינוּ	<i>b'karov b'yameynu</i>	Let it be quickly, in our own days, <u>NOW!!!</u> please
תִּתְגַּדֵּל	<i>titgadal</i>	<i>וְתִתְקַדֵּשׁ</i> And let our ordinary awareness and illusory world be be permanently altered, evolve and transform
בָּתּוֹךְ יְרוּשָׁלָיִם	<i>b'toch yerushalayim</i>	The reality of Jerusalem so it truly becomes Your city, (and not the manifestations of our distortions and power-tripping)
עִירָה	<i>ir'chah</i>	And let that remain the case forever.
לְדוֹר וּדֹר	<i>ledor vador</i>	Let our eyes see
וּלְנֶצֶח נֶצֶחִים	<i>ul'ney'tzach n'tzachim</i>	Your Presence Ruling the World (because we humans will suffused be with Your loving and compassionate Spirit and act from that place of our being)
וְעַינֵּינוּ תְּרַאֲנָה	<i>v'eyneynu tirena</i>	The way it has been foretold
מַלְכֹותָךְ	<i>malchutecha</i>	In the songs recognizing that that is Your strength, Made visible through the instrument of loving Friendship (David) who brought us a vision of Messianic caring goodness and justice and caring for others: pau
פָּדָבָר הַאֲמֹור	<i>kadavar ha-amur</i>	"Let the Power of Healing and Transformation manifest and shape the world!
בְּשִׁירֵי עֹז	<i>b'shiray uzecha</i>	Let this be your real God, Zion!
עַל יְדֵי דָוִד	<i>al yedey david</i>	From one state of being through its transformations
מָשִׁיחַ צְדָקָה	<i>ma'shi'ach tzid'kecha</i>	Let Yah energy be kindled where it is not yet burning!
יִמְלֹךְ יְיָ לְעוֹלָם	<i>yimloch Adonai le'olam</i>	
אֱלֹהֵיכָה צִיּוֹן	<i>eloha'yich tziyon</i>	
לְדוֹר וּדֹר	<i>l'dor vodor</i>	
הַלְלֵיָה	<i>halleluyah</i>	

from one state of being through each permutation of transformation
 We maintain the thread of connectivity until victories of victories of awareness.
 within unknown realms of holiness are realized Increasing acknowledgement of the Force from where we start here will never depart until time and space end.
 For the Force moves dynamically, evolves Yet is Sacred in all its iterations.
 Let me channel Your blessing, Yah!
 Holy Force.

*On Holidays, see below.
 May the Inner Moses in each of us awake in delight
 In the gift of its mission as agent of transformation, renewed on Shabbat
 On weekdays Inner Moses manifests as faithful server and is called to act as ferryperson.
 On Shabbat a thousand lighted crown within the inner mind is given by the Essence of all crowns.
 As if the inner guide within us stands before the infinite One, alone beyond the known peak of human awareness.

לדור ודור From generation to generation
 נגיד גודך we will tell of Your Greatness
 ולנצח נצחים And to eternity of eternities
 קדשנה נקייש Your holiness we will make sacred.
 ושבחך אלヒינו And Your praise, our God
 מפיינו From our mouths
 לא ימוש Will not depart
 לעולם ועד, for ever and on.
 כי אל מלך גודל For You are God, a great king
 וקדוש אתה. And You are Holy.
 ברוך אתה יי, Blessed are You
 האל הקדוש The holy God.
 שמח משה May Moses rejoice
 במתנות חילוקו With the gift of his lot
 כי עבד נאמן For a faithful servant
 קראת לו. You called him
 כליל תפארת A beautiful crown
 בראשו on his head
 נתת לו You gave to him
 בעמדך לפניו As he stood before You
 על הר סיני. On Mt. Sinai.

קדשת היום

On Shabbat add the words in brackets

אתה אהבתנו ורצית בנו וקדשתנו במצותך וקרבתנו מלכנו לעוברכך. ושם הגדול והקדוש עליינו קראתך ותתן לנו יהוה אלינו באhabה (שבות למנוחה ו) מועדים לשמחה חגים ונמנים לשwon אתיום (השבת הוה ואתיום)

Atah ahavtanu veratzita vanu vekidashtanu bemitzvotteha
vekeravtanu malkenu la'avodateteha veshimeteha hagadol
vehakadosh aleynu karata.

Vatiten lanu adonay eloheynu
be'ahavah (shabbatot limnu^{hah} u) mo'adim lesim^{hah} hagim
uzmanim lesason et yom (hashabbat hazeh ve'et yom)

חג הפסחות הזה זמן חרותתנו
hag hamatzot hazeh zeman heruteynu

חג השבועות הזה זמן מתן תורהנו
On Shavuot: hag hashavu'ot hazeh zeman matan toratenu

חג הַסּוֹפּוֹת תָּזֶה וְמִן שְׁמַחְתֵּנוּ
On Sukkot: hag hasukot hazeh zeman simhatenu

השְׁמִינִי חַג הַעֲצֵרָת הַזֶּה וּמִן שְׁמַחְתָּנוּ
On Shemini Atzeret/Simhat Torah: hashemini ḥag ha'atzeret hazeh zeman simhatenu

(באהבה) מקרא קדש זכר ליציאת מצרים: (be'ahavah) mikra kodesh zeher litzi'at mitzrayim. ↵

4. KEDUSHAT HAYOM / THE DAY'S HOLINESS

On Shabbat add the words in brackets

You have loved us, and have taken pleasure in us,
and have made us holy with your mitzvot,
and you have brought us, sovereign one,
near to your service,
and have called us to the shelter of your great and holy name
and you have given us, ALMIGHTY ONE, our God, in love
(the Shabbatot for rest), the Festivals for happiness, the holidays
and seasons for rejoicing, this day of (the Shabbat, and of):

On Pesah: the festival of matzot, time of our freedom

On Shavuot: the festival of weeks, time of the giving of our Torah

On Sukkot: the festival of sukkot, time of our happiness

On Shemini Atzeret / Simḥat Torah: the eighth day of festivity, time of our happiness

(with love), a holy convocation, a remembrance of the going-out from Egypt. ↵

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אלֵינוּ וְאֶלְهִי אֲכֹתִינוּ וְאָמֹתִינוּ יַעֲלָה וַיְבֹא וַיָּגַע וַיָּרַחַת
וַיִּשְׁמַע וַיִּפְקַד וַיִּזְכֶּר וַיִּרְאֶנּוּ וַיִּקְרֹדְגֶּנּוּ וַיִּכְרֹן אֲכֹתִינוּ וְאָמֹתִינוּ
וַיִּכְרֹן יָמוֹת הַמְּשִׁיחַ וַיִּכְרֹן יְרוּשָׁלָם עִיר קָרְשָׁה וַיִּכְרֹן בָּל עַמָּה
בֵּית יִשְׂרָאֵל לִפְנֵיהֶن לְפִלִּיטה וְלִטוּבָה לְחֻן וְלִחְסָד וְלִרְחָמִים לְחַיִם

שלום ביום

On Pesah

On Shavuot:

On Sukkot

On Shemini Atzeret / Simhat Torah

השミニי חג העצרת ה'זה

זָקְרָנוּ יְהוָה אֱלֹהֵינוּ בֹּו לַטוּבָה: וַפְקָדָנוּ לְבָרֶכה וְהַשְׁיִעָנוּ בֹּו לְחַיִם:
וּבְדָבָר יְשֻׁעָה וּרְחָמִים חֹס וְתַגְנָנוּ וּרְחָם עָלֵינוּ וְהַשְׁיִעָנוּ כִּי אֲלֵיכָה
עַזְבָּנוּ כִּי אֶל מְלָךְ חַנּוּן וּרְחָם אַתָּה:

יְהוָה כִּמְיֻם לִים מִכְסִים: ←
 לאֱלֹהֵינוּ וַיְאָלֹהֵינוּ אֶבְוֹתֵינוּ וְאֶמוֹתֵינוּ יְהִי רְצׁוֹן מַלְפִגִּיךְ שִׁיעָרָה עֲלֵינוּ
 רְוִוחַ מְפֻרוּם בַּיּוֹם הַקְדוּשׁ הַזֶּה לְכַיּוֹן אֶת-אָרֶץ יִשְׂרָאֵל לְחֶדֶשׁ וּלְחֶדֶשׁ
 אוֹתָה לְעַבְדָתָה וּשְׁכַנּוּ בָּאָרֶץ שְׁלוֹם הַפְשֵׁץ זָרָק וּמִשְׁפָט כְּפָתּוֹב
 עַל-יָד נָבִיאָה: כִּי מֵצַיּוֹן תֵּצֵא תּוֹרָה וּדְבָרֵי-יהָוה מִירּוֹשָׁלָם: וּנְאָמַר
 לְאֵיִירָעָו וּלְאִישָׁקִיתָו בְּכָל-הָר קָרְשִׁי בִּימְלָאתָה הָאָרֶץ דְּעָה אַתְּ

Truly... Jerusalem (Isaiah 2:3). / כ...ירושלים
 Let... sea (Isaiah 11:9). / לא...מכסים

Our God, our ancients' God, may our prayer arise and come to you, and be beheld, and be acceptable. Let it be heard, acted upon, remembered—the memory of us and all our needs, the memory of our ancestors, the memory of messianic hopes, the memory of Jerusalem your holy city, and the memory of all your kin, the house of Israel, all surviving in your presence. Act for goodness and grace, for love and care; for life, well-being and peace, on this day of

On Pesah: the festival of matzot.

On Shavuot: the festival of shavuot.

On Sukkot: the festival of sukkot.

On Shemini Atzeret / Simhat Torah: the eighth day of festivity.

Remember us this day, ALL-KNOWING ONE, our God, for goodness. Favor us this day with blessing. Preserve us this day for life. With your redeeming nurturing word, be kind and generous. Act tenderly on our behalf, and grant us victory over all our trials. Truly, our eyes turn toward you, for you are a providing God; gracious and merciful are you.

Our God, our ancients' God;

May it be your will that a heavenly inspiration
be awakened in us on this holy day
to rebuild the Land of Israel,

to renew it and to make it holy for your service
and may peace prevail there
as well as freedom, justice, and the rule of Law,
as it is written by your prophet:

"Truly, Torah shall go forth from Zion,
and' the word of the ETERNAL from Jerusalem!"

And it is said: "Let none do harm,
let none destroy, throughout my holy mountain,
for the earth is filled with knowledge of the OMNIPRESENT,
as the waters fill the sea." ↵

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וְהַשִׁיאָנוּ יְהוָה אֱלֹהֵינוּ אֶת בָּרְכַת מוֹעֵדְךָ לְחַיִם וְלִשְׁלוֹם לְשִׁמְחָה
וְלִשְׁלוֹן כַּאֲשֶׁר רְצִית וְאָמְרָת לְבָרְכֵנוּ (אֱלֹהֵינוּ וְאֶלְهֵינוּ אֱבֹוֹתֵינוּ
וְאַמוֹתֵינוּ רְצֵה בְּמִנְחָתֵנוּ) קָרְשֵׁנוּ בְּמִצּוֹתְךָ וְתוֹן חָלְקֵנוּ בְּתֻרְתְּךָ
שְׁפָעֵנוּ מִטוֹבָךְ וְשִׁמְחֵנוּ בִּישְׁעָתְךָ וְטַהֵר לְבָנֵנוּ לְעַבְדָךְ בְּאַמְתָה
וְהַנִּיחֵילָנוּ יְהוָה אֱלֹהֵינוּ (בְּאַהֲבָה וּבְרָצֹן) בְּשִׁמְחָה וּבְשִׁזְוֹן (שְׁבָתָה
וּמִזְרָעָה קָרְשֵׁךָ וְיִשְׁמַתֵּה בְּךָ יִשְׂרָאֵל מִקְדְּשֵׁי שְׁמָה; בְּרוּךְ אַתָּה יְהוָה
מִקְדֵּשׁ (הַשְּׁבָתָה וּיִשְׂרָאֵל וְהַזְמָנִים: ←

And place over us, ETERNAL ONE, our God,
the blessing of your Festivals,
for life, for peace,
for happiness, and for rejoicing,
as you have desired and promised to bless us.
(Our God, our ancients' God,
take pleasure in our rest,)
enable us to realize holiness through your mitzvot,
give us our portion in your Torah,
let us enjoy the good things of your world,
and gladden us with your salvation.
Refine our hearts to serve you honestly,
and help us to perpetuate, DEAR ONE, our God,
(with love and with desire,)
with happiness and joy,
(the Shabbat and)
your holy Festivals,
and let all Israel,
and all who treat your name as holy,
rejoice in you. Blessed are you, ETERNAL ONE,
source of the holiness of
(the Shabbat, and of)
Israel and the Festivals. ←

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And both sides of the Tree of Life
 Our essential diamond nature
 is being transmitted to the ordinary personality
 In which is found the pattern
 of the analog of Shabbat
 as it was first evoked from Creation by the keys to the universe's mysteries:

They never fall from keeping the consciousness
 the evolutions from the straightness from God concerning the seven patterns activating the seventh pattern in their states of incarnation a binding soul-analog.

Between the Source and the the evolutions from the straightness from God She lifts high the consciousness amidst the dimness because the six patterns became activated through the Four patterned Conector throughout the upper two worlds and the lower two worlds That on the seventh pattern the external field recesses and the universal field intensifies.

וְשִׁנֵּי לוחות And two tablets אָבָנִים of stone הַגּוֹדֵד בְּינָיו you brought down by his hand כְּתֻוב בְּחַקְמָה And You wrote on them שְׁמִירַת שְׁבָתָה the preservation of Shabbat כִּי פָטוּב בְּתֹרוּתֶךָ And so it is written in Your Torah:
 יְשִׁמְרֹו "They shall keep בְּנֵי יִשְׂרָאֵל the children of Israel אֶת הַשְּׁבָתָה the Shabbat לְעֹשֹׂת אֶת To do the הַשְּׁבָתָה The Shabbat לְדוֹרָתֶם Unto their generations בְּרִית עוֹלָם an eternal covenant. בֵּיןִי וּבֵיןִי Between me and between בְּנֵי יִשְׂרָאֵל the children of Israel אֹתֶת הִיא She is a sign לְעוֹלָם For ever and ever, בַּיּוֹם שְׁשָׁת יְמִים That in six days עֲשָׂה יְהָוָה God made אֶת הַשְׁמִימָן the heaven וְאֶת הָאָרֶץ and the earth וְבַיּוֹם הַשְׁבִּיעִי and on the seventh day שְׁבָת וַיַּנֶּפֶש Yah ceased and rested."

And Shabbat consciousness was not opened
by the Four-patterned one, our Force-Center
to being received by the nationalists who are
concerned with dividing the earth
Shabbat did not pass along generational lines
guided by the Mover across time
To those crystallized in the static
And in the respite of the Shabbat release
they cannot relax as home
those inured to calm.
But to those who are evolving along the lines
of becoming straight to God,
However their present consciousness,
It is opened through love.
Even to those with only seeds of consciousness
Inside of whom You are becoming alive.
Even those, however their current dimness
As they increase in sacred awareness of the
seventh pattern
will all become flooded,
ecstatic in the fitting together of all
As through the seven pattern
Divine Will is discovered
And exquisite sensitivity made available.
"The day yearned for by all the other days"
You evoked it out of your very self
Signal
to restart the earliest processes of Being.

וְלֹא נִתְתַּנוּ And it was not given
יְיָ אֱלֹהֵינוּ by Yah our God
לִגְוַיִּי הָאָרֶצֶת, to the peoples of the lands
וְלֹא הִנְחַלְתָּנוּ And it was not inherited
מַלְכֵנוּ by our king
לְעֹזְבֵדִי פָּסִילִים, to the servants of statues
וְגַם בְּמִנוּחָתוֹ Also in its rest
לֹא יִשְׁכַּנּוּ They don't live
עֲרָלִים. the uncircumcised.
כִּי לִיְשָׂרָאֵל But to the children of Israel
עַמְקָ You people
נִתְתַּנוּ בְּאַהֲבָה, You gave it with love
לִזְרָעַ יַעֲקֹב To the seed of Jacob
אֲשֶׁר בָּם בָּחרְתָּ Whom you thus chose.
עַמְקָ A nation
מִקְדְּשֵׁי שְׁבִיעֵי, Sanctifying the seventh
כָּלָם יִשְׁבָּעוּ All become sated
וַיִּתְعַנְּגֹו מַטוּבָךְ, and enjoy your goodness
וּבְשְׁבִיעֵי And on the seventh
רָצִית בָּזָה You find favor
וְקִדְשָׁתָה, And make it holy
חַמְצִית יְמִים "Delightful among days"
אוֹתוֹ קָרָאתָ, You called it
זְכָר reminder
לְמַעֲשֵׂה בְּרָאָשִׁית. of the act of Creation.

Our Root Power;
 And Root Power of all our ancestors;
 Channel special focus
 In meeting us as we rise through Shabbat Energy
 Pour Holiness into our ordinary identities
 As we join ourselves through shamanistic acts
 Open us to realize our part in the whole
 of the keys of the mystery of the universe.
 Guide us to realize our interlock with all being
 and open delight to our souls
 by exposing the wonders that we need
 Purify our receptivity,
 to unite with you in all our bodily centers.
 Connect us with the timelessness of ancient days
 Ancient yet most present Center of Awareness
 Through the love center and the crown chakra
 by the exquisite energies of experiential Shabbat
 May we release ourselves into it
 All of us who are aligning straight to the Force
 Accumulating Power under the analog of Yah.
 Let me channel the Eternal Shekhina Force!
 In the name of the Divine!
 Making Shabbat sensitivity exquisite.

אֱלֹהֵינוּ Our God
 אֱלֹהֵי הָוֶרֶינָה, And god of our parents,
 רָאֵה נָא Desire, please
 בְּמִנְוַחָתֶנוּ, In Your rest,
 קָדְשֵׁנוּ Sanctify us
 בְּמִצְוֹתֶיךָ, in Your Commandments
 וְתַנֵּן חָלְקָנוּ And grant us our portion
 בְּתֻרוּתֶךָ, In Your Torah
 שְׁבִעַנוּ מִטוּבָךְ Satisfy us with Your goodness
 וְשִׁמְחֵנוּ and gladden us
 בְּיִשְׁוָעָתֶךָ, in Your salvation
 וְטַהַר לְפָנֶיךָ And cleanse our hearts
 לְאַבְדָּק בְּאַמְתָּהָר, to serve You in truth
 וְהַנְּחִילֵנוּ And grant us a legacy
 יְיָ אֱלֹהֵינוּ God, our God
 בְּאֶחָבָה וּבְרָצָן With love and will
 שְׁבַת קָדְשָׁךָ, Your holy Shabbat
 נִינּוּחוּ בָּוּ And will rest in it
 כָּל יִשְׂרָאֵל All of Israel
 מִקְדְּשֵׁי שְׁמָךְ Who make holy Your name
 בָּרוּךְ אֱתָה יְיָ, Blessed are You, God
 מִקְדְּשֵׁ הַשְׁבָּתָה: Holy maker of the Shabbat.

Persist Your Crown as we enter the lower centers
from the Eternal into our Existential Force
Into the dimmed parts of those who struggle to
be straight with their Deepest force
And thread into the deepest intent of their
requests
release from coarseness
this offering
Into the higher dimensions of the Four Worlds
Into the root dimension
And the passions of those who struggle to be
straight with their Deepest force
And their true, heartfelt connectings
weave together with Your love.
And allow the upper Divine Crown of Pleasure
And the lower Divine Crown of Desire
to flow into the ongoing life pulse
of the offerings of those who struggle to be
straight with their Deepest force
however dim may be their present
identifications.

רָצָה, Find favor
יְהֹוָה אֱלֹהֵינוּ, Yah, Our God,
בָּעֵמֶק יִשְׂרָאֵל in your nation Israel
וּבְתְּפִלָּתָם שָׁעהּ, And in their prayers, turn
וּרְחַבָּב And return
אֶת הַעֲבוֹדָה the service
לְדִבָּר To the Holy of Holies
בַּיִתְךָ, of Your house
וְאַשְׁיִי יִשְׂרָאֵל And the fires of Israel
וּתְפִלָּתָם And their prayers
בְּאַהֲבָה With love
נִקְבֵּל בְּרָצָנוּ, Receive with favor
וְתַהַי לְרָצֹן And let it be with favor
תָּמִיד always
עֲבוֹדָת יִשְׂרָאֵל the Service of Israel
עַמְּךָ. Your nation.

(מ"א-ח' רשות בולח המועוד אמרות נא בעלה נ' בא)

Our Root Power;
And Root Power of all our ancestors;
Refine and then allow to enter

On Rosh Khodesh and Festivals:

אֱלֹהֵינוּ Our God
אֱלֹהֵינוּ הָרָינוּ And God of our parents
עַלְהָ וְיַבָּא, May it rise up and come

Continued:	On Rosh Hashanah and Festivals
And cause to reach deeper, and cause to be visible	וַיַּגְעַע, וַיָּרֶא,
And engage with deepest Will and perceive clearly and physically visit, and be present	וַיִּרְאֵה, וַיִּשְׁמַע, וַיִּפְקֹד, וַיִּזְכֹּר
Our code of awakening; and our availability to Divine visitation; and the code that awakened our ancestors; and the code that awakens the internal evolution wisdom; generated from selfless love	זְכָרוּנוּ וַיִּקְדוּנוּ, זְכָרוּן הַרְיוֹנוּ, זְכָרוּן מֶשִׁיחַ
and the code that awakens deep peace, the container of exquisiteness; and the code that awakens all the dimmed ones; of the collective house of those who align with being straight to the center.; triggered by the pre-existent mission	בֶּן־צָדָקָה, זְכָרוּן יְרוּשָׁלַם, עִיר קָדְשָׁךְ, זְכָרוּן בְּלָעֵמָךְ, בֵּית יִשְׂרָאֵל
To release us from present static yet allow all to fit together with deep wisdom for the sake of spiritual evolution with compassion aiding aliveness and safety surfing on the energies of this upsurge	לְפָלִיטָה, לְטוּבָה, לְחַנִּיקָה, לְחַיִים וְלְשָׁלוֹם, בַּיּוֹם
of the collective of the month encapsulated in this day's energies	ראש־חֶסֶד:
Passover: On this set of leaping energies	לְפָסָחָה: חַג הַמַּצּוֹת נִזְהָר
Sukkot: On this set of protective net energies	לְסֻכּוֹת: חַג הַשְׁפּוֹת תָּהָר

Trigger us with the memory code
 of the Eternal, deep yet personal Force
 that all energies coalesce together
 that all energies encounter each other in
 ways that benefit the least aware
 May these energies provide us with the
 wonders that we need
 increase the universe's liveability
 and let the sound of the approaching
 evolutionary leaps
 to happen with compassion
 affect us with compassion and enhancement
 and enter us with gentleness
 giving us the wonders that we actually need.
 Towards this goal which you we set our
 awareness
 For you are a force which can move energy
 Enhancing life
 and doing so with gentle compassions.

Let us vision with our awareness
 The re-enchantment
 of the deep heart
 with compassion to all.
 And let me voice and channel You, Four-
 Lettered pattern of Eternity!
 As Your Divine Presence re-enchants
 the deep heart of humanity.

Remember us זכרנו Remember us
 Yah, our God ייְהוָה אלֹהֵינוּ Yah, our God
 on it for good בְּטוּבָה on it for good
 And revisit us on it for blessing וַיִּפְקַדֵּנוּ בְּלִבְרָכָה And revisit us on it for blessing
 And save us וְהַזְעִירֵנוּ בְּזֶבֶחַ And save us
 to life לְחַיִם to life
 And with the word of redemption וּבְזֶבֶר יִשְׁמַעַת And with the word of redemption
 and mercy ברָחוּמִים, and mercy
 Have pity and grace us חִסּוּד וְחַנּוּן Have pity and grace us
 and be merciful to us וּרְחַם עָלֵינוּ and be merciful to us
 and save us וְהַזְעִירֵנוּ and save us
 For on You is our Eyes כי אֱלֹהֵיךְ עָינֵינוּ For on You is our Eyes
 For a kingly God כי אֶל מֶלֶךְ For a kingly God
 gracious חַנּוּן gracious
 And compassionate, You are. וּרְחַם אַתָּה And compassionate, You are.

And let see our eyes וְתִחְזִיקֵה עָינֵינוּ And let see our eyes
 In Your return בְּשׁוּבָה In Your return
 to Zion לְצִיּוֹן to Zion
 With mercy ברָחוּמִים. With mercy
 Blessed are you God בָּרוּךְ אַתָּה ייְהוָה Blessed are you God
 The returner of Its Shekhina הַפָּמָזֵר שְׁכִינָתוֹ The returner of Its Shekhina
 To Zion. לְצִיּוֹן To Zion.

רְצָヤָה Retzay

רְצָה יְהוָה אֱלֹהֵינוּ Retzay Adonai eloheynu
 בְּעַמְךָ יִשְׂרָאֵל b'am'cha yisra-eyl
 וּבְתְּפִלָּתֶךָ u'vet'fila'tam.
 וְהַשְׁבָּה v'ha'sheyv.
 אֶת הַעֲבוֹדָה et ha'avoda
 לְדִבְרֵיךְ lid'vir
 בִּיתְחַדֵּשׁ beytecha
 וְאִשְׁיִשְׂרָאֵל v'ishey yisra-eyl
 וּתְפִלָּתֶךָ ut'filatam
 בְּאֶחָדָה תִּקְבְּלָה b'ahava t'kabeyl

RETZAY

Find favor Yah, Our God,
 In the dimmest parts of those who struggle to
 straight with their Deepest force And in their
 prayers,
 Return from coarseness This offering

So that we can enter Your sanctuary

And keep burning the fires of passionate
 commitment of our people

And their true, heartfelt connectings
 Weave together with Your love.

Let our efforts at prayer reflect our intention to
 be straight with the Divine Force However
 dim our current level of understanding.

Let us vision with our awareness

A return of holy and loving energies to Zion,
 So that it becomes the embodiment and
 manifestation of compassion.

Let me voice and channel Your presence, God,

As your Divine Presence re-enchants
 the deep heart of humanity and is manifest
 through the kindness and goodness of our
 own people in Israel and everywhere.

Offering gratitude To You, God,

Who we address both as personal
 "Thou" and transcendent "It".

The Eternal and our Energizing power
 And the energizing power of our ancestors
 Through space and time.

Artist in our lives Guarding the wonders
 that we really need
 You are both a personal experience and a
 transcendent reality

וְתַחְזִיןָה עַינֵּנוּ v'techezena eyneynu

בְּשׁוּבָה לְצִיּוֹן b'shuv'cha l'tziyon
 בְּרָחָמִים. b'rachamim.

בָּרוּךְ אַתָּה יְהוָה
 הַמַּחְזִיר שְׁכִינָתוּ לְצִיּוֹן. hamachazir sh'chinato l'tziyon.

מוֹדִים אַנְחָנוּ לְךָ Modim anachnu lach

שְׁאָתָה הוּא יְהוָה אֱלֹהֵינוּ she-ata hu Adonai eloheynu

וְאֱלֹהֵי הָרִינָה v'eloheynu horeynu

לְעוֹלָם וְעַד, l'olam va-ed,

צָור חַיְינָה מָגֵן יִשְׁעָנוּ tzur chayeynu mageyn yish'eynu

אָפָה הַזָּא לְדוֹר וְדוֹר. ata hu l'dor vador.

The Eternal and our Energizing power
 And the energizing power of our ancestors
 Through space and time.

Artist in our lives Guarding the wonders
 that we really need
 You are both a personal experience and a
 transcendent reality

נוֹדָה לְךָ וּנְסִפֵּר תַּהֲלַתְךָ,	<i>Nodeh l'cha un'sapeyr t'hilatecha,</i>	We thank you And through praising You
עַל חַיָּינוּ הַמְּסֻוּרִים	<i>al chay'ye'ynu ham'su'reem</i>	allow Your loving energy to flow through us
בִּיךְ	<i>b'yadecha</i>	recognizing our lives as surrendered into Your hand
וְעַל נִשְׁמוֹתֵינוּ	<i>v'al nishmoteynu</i>	
הַפְּקוּדוֹת לְךָ	<i>hap'kudot lach</i>	and our souls are left in Your care.
וְעַל נִסִּיךְ	<i>v'al nisecha</i>	
שֶׁבֶכֶל-יֹם עַמְנוּ	<i>she'be'chol yom imanu</i>	Thank you for the changes of perspective
וְעַל נִפְלוֹאָתֶיךְ	<i>v'al nifl'otecha</i>	that cause miracles which are present with
וְטוּבָתֶיךְ שֶׁבֶכֶל-עַת,	<i>v'tovotecha sheb'chol-eyt,</i>	You and recognizable to us every day
עַרְבָּה וּבָקָר וְצָהָרִים.	<i>erev vavoker v'tza'ha'ra'yeem.</i>	and for the wonders. And the myriad ways
הַטּוֹב כִּי לֹא כָּלָו	<i>Hatov ki lo chalu racha'me'cha</i>	that everything fits together
רַחֲמֵיכְךָ,	<i>rachamecha</i>	
וְהַמְּרַחֵם כִּי לֹא	<i>v'hamracheym ki lo</i>	That are present at all times
תָּמוֹ חִסְדֵּיךְ,	<i>tamu chasadecha,</i>	Evening, and morning and afternoon.
מְעוֹלָם קִוֵּינוּ לְךָ.	<i>meyolam kivinu lach.</i>	Everything fits together in goodness

וְעַל כָּלָם יִתְבָּרַךְ
וַיִּתְרוּמָם שְׁמֵךְ מַלְכֵנוּ
תָּמִיד לְעוֹלָם וְעַד.

v'al kulam yit'barach
v'ytromam shim'cha mal'keynu
tamid l'olam va-ed.

And this compassion never ends because
Your Divine energy is never static but is
always freshened and reawakened by open-
ness to love. Only from the dimness of our
current awareness do we await You as if we
were outside You.

For all these Let Your name be blessed
and exulted, Our Path-finder

constantly with us, even when we do not
understand the dimensions of Your
presence

And inscribe us for a life manifesting
goodness. Both us and all of the evolving
and emerging humanity of which we are
a part.

All that loves seeks to increase intimacy
constantly

and so kindles yet more connection through-
out all levels of Being.

I channel Your name through blessing the
universe as Fully good (fitting all togethe
in intimate connection)

וְכַתּוֹב לְחַיִם טוֹבִים
כָּל בְּנֵי בְּרִיתְךָ.

Uch'tov l'chayim tovim
kol b'nai v'rit'echa.

וְכָל הַחַיִים יוֹדֹךְ סָלהּ,
וַיַּהֲלֹלוּ אֶת-שְׁמֵךְ בָּאָמָת,

V'chol hachayim yoducha sela,
vihal'lu et-shimcha be-emet,

הַאֵל יִשְׁוֹעָתֵנוּ
וְעַזְרָתֵנוּ סָלהּ.
בָּרוּךְ אֱתָה יְהוָה
הַטּוֹב שְׁמֵךְ
וְלֹא נָאָה לְהֽוֹדֹת.

ha-eyl y'shu'ateynu
v'ez'ratenyu seleh.
Baruch ata Adonai
hatov shimcha
ul'cha ne-eh l'hodot.

שִׁים שְׁלוֹם	<i>sim shalom</i>	Bring peace,
טוּבָה וּבָרֶכה	<i>tova uv'racha</i>	Goodness and blessing
חֵן וַחֲסֵד וּרְחַמִּים	<i>heyn vachesed v'rachamim</i>	Grace and kindness, Acceptance of flaws In our relationships
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל	<i>aleynu v'al kol yis'ra-eyl</i>	And into the lives of all Israel (those of every ethnic and racial and religious background who are struggling to align with Your Divine Presence) And to all the inhabitants of the earth
וְעַל כָּל יוֹשְׁבֵי תְּבָל.	<i>v'al kol yosh'vey tey'vel.</i>	Let Your energy come into us as parent,
בָּרְכֵנוּ אֲבִינוּ	<i>Bar'cheynu avinu</i>	<i>Ku'lanu k'echad b'or panecha.</i> Touching each and every one of us in whatever way we are open to You
כָּלָנוּ כְּאֶחָד בָּאוּר פָּנִיכָה.	<i>Ki b'or panecha</i>	With the luminosity that comes from Divine revelation
כִּי בָּאוּר פָּנִיכָה	<i>natata lanu Adonai eloheynu</i>	You radiate to us
נָתַת לְנוּ יְהוָה אֱלֹהֵינוּ	<i>torat cha'yim</i>	The Force of Transformation as our very life force
תוֹرַת חַיִם	<i>v'ahavat chesed utzedaka</i>	Through vital teaching
וְאַהֲבָת חַסֵּד וַצְדָּקָה	<i>uvracha v'rachamim</i>	Through expanding love
וּבָרֶכה וּרְחַמִּים	<i>v'cha'yim v'shalom.</i>	Through inner integrity reaching even our lowest awareness;
וְחַיִם וְשְׁלוֹם.	<i>V'tov b'eynecha</i>	Through acceptance of ambiguity; Aliveness and completeness and inner wholeness.
וְטוּב בְּעֵינֶיךָ	<i>l'var'ech otanu</i>	So may it fit in the Divine Mind to unite with our perception
לְבָרֵך אָוֹתָנוּ	<i>b'chol eyt uv'chol</i>	Connecting to the dimmest awareness- Especially to those struggling to connect with the Spiritual Center of the universe
בְּכָל עַת וּבְכָל	<i>sh-ah bish'lo'e'me'cha.</i>	And make this connection available to us at all times. So that we can taste the tranquility of connection with You at every time.
שָׁעה בְּשְׁלוֹמָה.		
בְּסֶפֶר חַיִם	<i>b'seyfer chayim</i>	Let us be inscribed in the book of life,
בָּרֶכה וְשְׁלוֹם	<i>b'rcha v'shalom</i>	blessing and peace.
וּפְרִנְסָה טֻובָה	<i>v'far'nasa tova</i>	Success in providing enough of our basic material needs and our spiritual needs.
נִזְכֵר וּנִגְתַּבֵּל פָּנִיכָה,	<i>n'zacheyr v'ni'katev l'fanecha,</i>	Let us be remembered and inscribed
אָנָחָנו וְכָל-עָמָק	<i>anachnu v'chol-am'cha</i>	Bring this blessing to everyone on the planet who seeks to align themselves with Your energy,
בֵּית יִשְׂרָאֵל,	<i>beyt yisra-eyl</i>	Along with all of the people of Israel
וְכָל יוֹשְׁבֵי תְּבָל	<i>v'chol yosh'vey tey'vel</i>	For goodness in our lives, and for full actualization of peace.
לְחַיִם טֻובִים וְלִשְׁלוֹם.	<i>l'chayim tovim ul'shalom.</i>	Let us channel your blessings, Yah,
בָּרוּך אַתָּה יְהוָה	<i>Baruch ata Adonai</i>	
הַמְבָרֵך אָוֹתָנוּ בְּשְׁלוֹם.	<i>ham-vo'rech otanu b'shalom.</i>	Who creates the ongoing possibility of a world of peace and spiritual integrity.

אֱלֹהִי, נְצֹר לְשׂוֹנִי מֵרָע וְשַׁפְתִּי מִדְבָּר מִרְמָה, וְלִמְקַלְלִי נֶפֶשִׁי תְּדוּם, וְנֶפֶשִׁי בַּעֲפָר
לְפָל תְּחִיה. פָּתָח לְבִי בְּתוֹרַתְךָ וּבְמִזְוֹתְךָ תְּרֻדוֹר נֶפֶשִׁי. וּכְל-הַחֹשֶׁבִים עַלְיָה,
רָעוֹה, מַהְרָה הַפֵּר עַצְתָּם וְקַלְקַל מַחְשְׁבָתָם. עֲשָׂה לְמַעַן שְׁמֶךָ, עֲשָׂה לְמַעַן יִמְינֶךָ
עֲשָׂה לְמַעַן קְדֹשְׁתָךָ, עֲשָׂה לְמַעַן תּוֹרַתְךָ, לְמַעַן יִחְלֹצְנוּ יְדִידָךָ, הַוּשִׁיעָה יִמְינֶךָ
וְעַנְנִי. יְהִי לְرָצֹן אַמְרֵי פִי וְהַגִּיּוֹן לְבִי לְפָנֶיךָ, יְהָוָה צּוֹרִי וְגּוֹאָלִי. עֲשָׂה שְׁלוֹט
בְּמַרְוּמָיו, הוּא יִعֲשֶׂה שְׁלֹט עַלְיָנוּ וְעַל כָּל-יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תְּבִלָּה וְאַמְרוֹי
אָמֵן.

My Force

Let me be careful Not to dissipate (through inattention or narcissism) the real connection attained here
And let my lips
Guard from passing words which might mislead me or others.
And from the inner critics already at work in my consciousness to downwardly shift the positive effects of this service.
Let my spirit exude humbling confidence
And let my Spirit be undefensively nurturing
To all that is.
Let my attention focus on further opening my heart
To Your ongoing teachings, which the keys to the universe.
And to the ways of joining my personal path to the Highest Self
Let my spirit run wild.
And to those parts within me that are inclined
To bring me thoughts that will create imbalance and push me toward negativity
Quickly disassociate their inner allies
And lighten the anxiety behind their concerns.
Make my life be a manifestation of the highest hopes that are invested in Your Name
And a manifestation of the power that comes from being connected to You
And a manifestation of the holiness that can flow from You to us.
And a way of making Your Torah be instantiated in the world we humans co-create with you.
For the sake of rescuing
Your friend, the personality I call myself
Let your powerful reality be a saving answer to my life.
Let me transcend elements of my small consciousness so that I can see the big picture and contribute in a positive way to the next stage in the evolution of the universe.
Let me fully recognize that my well being and the well being of all whom I love depends upon the well being of everyone else alive today, and on the well being of this our planet earth-so let me contribute positively to their welfare and to the sustainability of the planet.
Let it be Your will
That these words of my mouth
And the meditation of my heart
Be acceptable before You
My Rock and My Redeemer
You who make peace and integrity in the high places
Bring common purpose into this actualized world
Wholeness into our personalities
And into the personalities of all who struggle to make the world right with God,
And into the personalities of all who dwell on this planet and all who struggle to keep the planet alive,
And we will guard these intentions with help from your Faithful Force, always seeking Tikkun of self and Tikkun of the world, and remaining seriously committed to being Your partner and the highest embodiment we can possibly be of Your loving and healing energy. Ameyn.

צמָאָה נֶפְשִׁי לְאֱלֹהִים לְאֵלֶּהָי. לְבִי וּבָשָׁרִי יַרְבִּנוּ לְאֵלֶּהָי

אֵל אֲחָד בָּרוּאָנִי.
וַיֹּאמֶר חָי אָנִי.
כִּי לֹא יְרָאָנִי.
הָאָדָם וְחַי;
לְבִי וּבָשָׁרִי
יַרְבִּנוּ
לְאֵל חָי

All potent God! You made me
"Alive I am," You told me
"Yet no one's eyes can see Me
Remaining flesh - alive."
My heart and my flesh
They sing to You,
To You the SOURCE OF LIFE!

בָּרָא כָּל בְּתַכְמָה.
בְּעֵצָה וּבְמִזְמָה.
מְאוֹד גָּעֵלָה.
מְעִינִי כָּל חַי;
לְבִי...

לִם עַל כָּל בְּבוֹדוֹ.
כָּל פָּה יִתְהַנֵּה הָדוֹ.
בְּרוּךְ אָשָׁר בְּיַדְךָ.
גַּנְפֵשׁ כָּל חָי;
לְבִי...

הַבְּדִיל נִיגְנִי תָּמָם.
חֲקִים לְהֻזְוֹתָם.
אָשָׁר יַעֲשֶׂה אֹתוֹתָם.
הָאָדָם וְחַי;
לְבִי...

מַיִּזְהֵי יִצְטְּךָ.
גִּמְשֵׁל לְאַבְקָדָךָ.
אַמְתָּה כִּי לֹא יִצְדְּךָ.
לְפָנֵיךְ כָּל חַי;

Brought forth we were by intent
In counsel and consent
Yet hidden is the plan's intent
From us who are alive

Resplendent in Your glory
All tales are but Your story
Praise to You who is pouring
Into our souls our life

How generous on Your side
To teach us laws which guide
Those who by them abide
As sources of good life

Might we be ever right
And live all in the light
What am I but a mite
And yet You give us life

בְּלֹב יִצְרָר חַשׁוֹב.
כְּדָמוֹת חַמֶּת עֲכַשְׁוֹב.
וְאֵיכָה יִשְׁוֹב.
הַבָּשָׂר תְּחִי:
לְבִי...
גָּסּוּגִים אֶם אָבוֹ.
וּמְדֻרְקָם שָׁבָן.
טָרַם יִשְׁבַּבּוּ.
בֵּית מַוְעֵד לְכָל חַיִּים
לְבִי...
עַל כָּל אַהוֹדָה.
כָּל פָּה תִּתְהִדָּה.
פָּותַח אֶת יָדֶיךָ.
וּמְשִׁבְיַע לְכָל חַיִּים
לְבִי...
זָכוֹר אֶחָבת קָדוּמִים.
וְתִתְהִיא גְּרָדִים.
וּקְרַב תְּיִימִים.
אֲשֶׁר בֶּן יִשְׁיָּהִי חַיִּים
לְבִי...
רָאה לְגִבְرַת אָמֶת
שְׁפָחָה נְוֹאָמֶת.
לֹא כִּי בְנֵה תְּמִתָּה.
וּבְנֵי תְּחִיָּה
לְבִי...
אָקוֹד עַל אַפִּי
וְאָפְרוֹשׁ לְךָ כְּפִי.
עַת כִּי אָפְתַח פִּי.
בְּנֵשֶׁמֶת כָּל חַיִּים
לְבִי...

Born though we are of passion
 At times we lack compassion
 If only we could fashion
 A God-filled way of life

Near God to be we yearn
 From wicked ways to turn
 Before bodies to dust return
 And souls to the Source of Life

Every way will I adore You
 My fervent prayer implores You
 To open my path before You
 To sate my soul with life.

Zeal filled our sires with fervor
 Do rouse us from our torpor
 And help us meet our saviour
 Of Jesse's stock - in Life

Remember! We kept Your trust
 May Your response be just
 And being fair You must
 Decree us toward life

Awed am I, amazed at You
 My arms I raise in pray'r to You
 My mouth will sing its praise to You
 Oh SOURCE and Soul of LIFE!

A Prayer of Global Judaism

Lord of the Universe,

We know that You are in us, and around us, and that we are in You, and a momentary manifestation of You. We can barely understand the dimensions of your own consciousness, much less the consciousness of the entire universe, so we approach You with humility.

Please God, teach us to overcome fear and to be filled with love and hope and goodness.

Teach us to overcome the fear of recognizing that we are only momentarily here on this planet, that we will die, and that our souls shall return to you as part of the universal soul of all being. Help us to let go of the illusion of permanence, of the illusion that we can be here forever, or that we can somehow escape our mortality by getting fame or fortune, by building buildings, or running powerful corporations or empires, or even by creating great art or literature. We will die and the works of our hands will perish. Let us overcome the fantasies of ego. Let us recognize the wisdom of King Solomon – that for every aspect of life: "This too will pass."

And yet, we know that we have a choice in how we live, and whether to bring more love and hope into the world.

Help me become more fully the loving being that I was meant to be. Help me to overcome my fear that there is not enough or that I am not enough. There is enough. I am enough. Help me to strengthen my loving capacities by loving and loving and loving more. Help me to be and to be perceived as one of the most loving beings around. Help my loving energy to be received by others in ways that nourish their souls, and teach me to be open and attentive to their loving energies as well.

Help me to be generous, to overcome our fear that I will not have enough left for me if I give generously to others. Help me also to be generous in my attitude towards others whom I have never personally met and generous in my attitude toward those whose idiosyncrasies and limitations I know all too well. Help me be generous to the needy. Help me be generous in the way I treat myself and my loved ones also. Let me be generous with my time and my nurturing energies, and let me share them not only with peers but also with the young and the aging, those to whom I am attracted but also those to whom I am not, and let me be caring toward others without concern about getting a "return" on my "investment" of time and energy or any expectation of reward in this or any life.

Help me to be forgiving. Let me learn to let go of past hurts. I hereby forgive anyone who offended me this past year – I will not hold on to my hurt, my disappointment, my anger. I know that I do not understand fully how others perceive their options and their situation, and I will not judge them from my own limited perspective. I ask You, the Transformative Power of the Universe, to not hold anyone to account for any hurt that they caused me. I ask for strength from the Healing Power of the universe so that I may continue to forgive people and become a master of forgiveness.

Help me to take my righteous indignation at injustice, economic and political oppression, violence, emotional abuse, and environmental irresponsibility and turn this indignation into effective social action that actually has the result of changing the world in a positive, loving and healing way. Give me the strength to endure the frustrations of social change work, the boring meetings, the momentary defeats, the misrepresentation of what we are fighting for by the media, the ability of the powerful to mobilize massive resources against significant change, and the clever ways that the powerful have to make concessions that demobilize and later retract much of what they conceded.

Give me the strength to accept the betrayals by those who seemed to be with me and later abandon the cause. Give me wisdom to pick effective strategies and courage to persist even when I cannot be sure that the long-term impact of my work will be sufficient to justify my energies. Give me the courage to always pursue my highest vision

of the good, and let me always conduct that pursuit with loving energy, never forgetting that even those who oppose my goals are still themselves created in Your image and deserve caring and respect. Let me find comrades who are kind and generous and who share my perspective, and let me feel nourished by being part of a community of caring and conscious and generous people.

Open to me, God, so that I may discover the deepest spiritual truths and have the deepest spiritual experiences of which I am capable. Let me develop the inner strength to persist on this path even when it is not always easy and when not every moment is a peak experience. Give me an inner certainty that the goodness of the universe surrounds me and sustains me. And let my own life and my own actions increase the total goodness and love that the universe manifests. Let me become a vehicle, God, for Your goodness and Your love.

Teach me, God, to fully appreciate and deeply experience the pleasures of life, to fully immerse in the beauty of all that is and to enhance and contribute to that beauty so that my own being and life becomes part of it. Teach me to be ever more joyful, to be filled with thanksgiving at all that I have and all that I am. Open me to the deepest pleasures of human encounters, to the joys of knowing the universe, to the wisdom of science and of history, to the beauties of music and art and literature, to the joy of studying Torah and contributing to its evolution, to sexual pleasure and to the pleasure of sustaining commitment to another. Teach me to live with highest levels of awareness, honesty, self-understanding, and compassion for myself and others, caring for animals and for all other life forms, and caring for the planet that sustains me and us. Allow my joyousness to be infectious, so that others are caught up in joy by being.

Let me understand and deeply accept the limitations of language. I know that You are the energy of love and consciousness in the universe, the Transformative Power of the Universe that has created and shaped every ounce of Being from the inception of the universe some sixteen billion years ago, manifesting through 100 billion galaxies in ways that are far beyond my capacity to even imagine, much less understand. I know that calling You "you" and speaking to You through language and prayer can never fully reach the infinity of Your being, and yet I suspect that acts of prayer, singing, dancing, and meditation are appropriate to this stage in the development of the consciousness of the human family, particularly when embedded in a life of generosity and kindness. Give me inspiration to find the most appropriate methods to deepen my own spiritual practice and persist in it. And help me not devalue what I do or what others do to connect to You.

Help me open to the spiritual wisdom of Judaism and to find the time to learn and participate in this spiritual practice. Let me overcome the parts of me that have been reluctant to make a real commitment to this spiritual path, to take the time, energy, and emotional resources that would allow me to discover what is really here for me. Teach me to also respect all those who are following other spiritual paths, and to always remember that there is no one right way, that there are many paths to You as long as they are filled with love and respect for others.

Help me and help the Jewish people overcome the legacy of pain and oppression that has been visited upon us, so that we can stop the chain of pain that has at times distorted our perceptions. Let our people become a deeper embodiment of the most loving elements of its tradition. Help the Jewish people let go of our most nationalistic, tribalistic, chauvinistic, angry, aggressive, and self-righteous energies so that our most beautiful, loving, generous, compassionate and joyous impulses (already present in our tradition and psychological heritage) can grow more fully. Let us quickly learn to trust others, and let all peoples on this planet overcome their own chauvinism, tribalism, anger and aggressiveness so that they can all be strong allies to the Jewish people and so that we can be strong allies for them. And let it begin with us – let us take the first steps toward building greater trust and greater compassion among nations and among religious communities, and let them be reciprocated.

Let the Jewish people become known for our goodness, our generosity, our commitment to social justice and peace and compassion both within our own community

and for the entire world, and let us be known for our capacity to care for all peoples on the planet and for the planet itself.

And let this congregation Beyt Tikkun become a beautiful example and forerunner in building this kind of renewal of the best in our tradition, forging the path toward a Global Judaism. Let me and those whom I love become evermore deeply involved, energized and nurtured by being part of this community. And let me make a significant part of my larger contribution to the world through the vehicle of this particular congregation and group of people, accepting its limitations and rejoicing in its strengths.

Let me contribute in significant ways to saving our planet from ecological destruction. Let me become a conscious consumer and let me find powerful ways to contribute to the development of ecological consciousness and to transforming the environmentally destructive practices that have contributed to the deepening environment crisis. Let me and let us find the ways to engage in true healing of our planet.

Help me deepen my capacities for awe, wonder, and radical amazement at the grandeur of creation. And let me feel less inhibited to talk about this with others, sing and dance about it, and dedicate at least one day a week, Shabbat, to making this celebration my major focus of attention.

Let me find meaning in my life, let me be surrounded by love, let my life be a blessing for others, let my compassion and generosity and loving capacities grow each day, and let me be surrounded by others who are on this same path. Help me contribute to a world of peace and justice and environmental sustainability, and let me grow in humility and awareness of all the goodness that has been passed on to me through the gifts of past generations. Give me guidance and let me be joyous and find great pleasure in my life, and let me be the best possible vehicle I can be for manifesting Your goodness and Your love, and let them be me. Please send your loving and healing energies to me and my loved ones, protect us, and allow me and them to be ready to pass from this particular life form and merge back with You with acceptance and openness and appreciation of all that I and we have been able to experience in the world.

Let all that I ask for myself be given also to all others on this planet, and let me fully understand and deeply accept and rejoice in the fact that my own well being is intrinsically connected to and dependent upon the well being of every other person on this planet and on the well being of the planet itself. As my awareness expands in this way, let me become evermore fully loving and evermore fully rejoicing in the temporary gift of life that has been granted to me and evermore capable of transcending my own ego and becoming aware of being part of the Unity of All Being. Thank You. Hallelu-Yah. Praise be. Shalom. And so it is. Amen.

*Many of us find the notion of “commandments” oppressive and hierarchical. Yet we know that a community cannot be built on the principle of only doing what feels right at the moment—it requires a sense of responsibility to each other. So, we encourage our community to take on the following ten commitments, based roughly on a rereading of the Torah’s ten commandments (and incorporating the framework and many specific ideas articulated by Rami Shapiro in his book *Minyan*).*

Start each day with ten minutes of meditation on these ten principles, followed by the Shema. It will bring a new level of joy in your life.

Ten Commitments

1. YHVH, the Power of Transformation and Healing, is the Ultimate Reality of the Universe and the Source of Transcendent Unity

Aware of the suffering caused by not acknowledging the ultimate Unity of All Being, I vow to recognize every human being as a manifestation of the Divine and to spend more time each day in awe and wonder at the grandeur of Creation.

Aware of the suffering that is caused when we unconsciously pass on to others the pain, cruelty, depression and despair that has been inflicted upon us, I vow to become conscious and then act upon all the possibilities for healing and transforming my own life and being involved in healing and transforming the larger world.

2. Idolatry

Aware of the suffering caused by taking existing social realities, economic security, ideologies, religious beliefs, national commitments, or the gratification of our current desires as the highest value, I vow to recognize only God as the ultimate, and to look at the universe and each part of my life as an evolving part of a larger Totality whose ultimate worth is measured by how close it brings us to God and to love of each other. To stay in touch with this reality, I vow to meditate each day for at least ten minutes and to contemplate the totality of the universe and my humble place in it.

3. Do not take God in Vain

Aware of the suffering caused by religious or spiritual fanaticism, I vow to be respectful of all religious traditions which preach love and respect for the Other, and to recognize that there are many possible paths to God. I vow to acknowledge that we as Jews are not better than others and our path is only one of the many ways that people have heard God’s voice. I vow to remain aware of the distortions in our own traditions, and the ways that I myself necessarily bring my own limitations to every encounter with the Divine. So I will practice spiritual humility. Yet I will enthusiastically advocate for what I find

compelling in the Jewish tradition and encourage others to explore that which has moved me.

4. Observe the Sabbath

Aware of the suffering produced by excessive focus on “making it” and obtaining material satisfactions, I vow to regularly observe Shabbat as a day in which I focus on celebrating the world rather than trying to control it or maximize my own advantage within it. I will build Shabbat with the Beyt Tikkun community and enjoy loving connection with others. I will use some Shabbat time to renew my commitment to social justice and healing. I will also set aside significant amounts of time for inner spiritual development, personal renewal, reflection, and pleasure.

5. Honor your mother and father

Aware of the suffering caused by aging, disease, and death, I vow to provide care and support for my parents.

Aware that every parent has faults and has inflicted pain on their children, I vow to forgive my parents and to allow myself to see them as human beings with the same kinds of limitations as every other human being on the planet. And I vow to remember the moments of kindness and nurturance, and to let them play a larger role in my memory as I develop a sense of compassion for them and for myself.

6. Do not murder

Aware of the suffering caused by wars, environmental irresponsibility, and eruptions of violence, I vow to recognize the sanctify of life and not to passively participate in social practices that are destructive of the lives of others. I will resist the perpetrators of violence and oppression of others, the poisoners of our environment, and those who demean others or encourage acts of violence. Aware that much violence is the irrational and often self-destructive response to the absence of love and caring, I vow to show more loving and caring energy to everyone around me, to take the time to know others more deeply, and to struggle for a world which provides everyone with recognition and spiritual nourishment.

7. Do not engage in sexual exploitation

Aware of the suffering caused when people break their commitments of sexual loyalty to each other, and the suffering caused by using other people for our own sexual purposes, I vow to keep my commitments and to be fully honest and open in my sexual dealings with others, avoiding deceit or manipulation to obtain my own ends. I will rejoice in my body and the bodies of others, will treat them as embodiments of Divine energy, and will seek to enhance my own pleasure and the pleasure of others around me, joyfully celebrating sex as an opportunity for encounter with the holy. I will do all I can to

prevent sexual abuse in adults and children, the spreading of sexually transmitted diseases, and the misuse of sexuality to further domination or control of others. I will respect the diversity of non-expletive sexual expression and lifestyles and will not seek to impose sexual orthodoxies on others.

8. Do not steal

Aware of the suffering caused by an unjust distribution of the world's resources, exploitation, and theft, I vow to practice generosity, to share what I have, and to not keep anything that should belong to others while working for a wise use of the goods and services that are available. I will not horde what I have, and especially will not horde love. I will support a fairer redistribution of the wealth of the planet so that everyone has adequate material well-being, recognizing that contemporary global inequalities in wealth are often the resultant of colonialism, genocide, slavery, theft and the imposition of monetary and trade policies by the powerful on the powerless. In the meantime, I will do my best to support the homeless and others who are in need.

Aware that others sometimes contribute much energy to keeping this community functioning, I will give time and energy to the tasks of building the Beyt Tikkun community, and, when possible, will donate generously of my financial resources and my talents and time.

9. Do not lie

Aware of the suffering caused by wrongful speech, I vow to cultivate a practice of holy speech in which my words are directed to increasing the love and caring in the world. I vow to avoid words that are misleading or manipulative, and avoid spreading stories that I do not know to be true, or which might cause unnecessary divisiveness or harm, and instead will use my speech to increase harmony, social justice, kindness, hopefulness, trust and solidarity. I will be generous in praise and support for others. To heighten my awareness of this commitment, I will dedicate one day a week to full and total holiness of words, refraining from any speech that day which does not hallow God's name or bring joy to others.

10. Do not covet

Aware of the suffering caused by excessive consumption of the world's resources, I vow to rejoice in what I have and to live a life of ethical consumption governed by a recognition that the world's resources are already strained and by a desire to promote ecological sustainability and material modesty. I vow to see the success of others as an inspiration rather than as detracting from my own sufficiency and to cultivate in myself and others the sense that I have enough and that I am enough and that there is enough for everyone.

Meditate on the following mantra:

Shema Yisra'el, YHVH (adonai) Eloheynu, YHVH (adonai) Echad.

Hear, you who struggle to connect to God:

The Power of Healing and Transformation is the ultimate reality and shaper of the universe, the Transformative Power unifies all being as One spiritually-alive, mutually inter-dependent, awesome and fantastic totality.

Ma Gadlu

Ma Gad-lu Ma-a-sei-cha Yah

Me-od am-ku mach-sha-vo-tei-cha

מה גָּדוֹלָה

מה גָּדוֹלָה מְעַשֵּׂיךְ יְהָ

מְאֹוד עַמְקָו מְחַשְׁבוֹתִיךְ

How great are Your deeds

Your thoughts are so deep

11. Halayl: Songs of Praise

(1) The Blessing

ברוך אתה יהוה אלְהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Atah Adonai Elohaynu melech ha-olam

You abound in blessings, ETERNAL our God, SOURCE of all creation,

אשר קדשנו במצוותיו וצונו לקרוא את הילל,

asher kid'dshanu b'mitzvotav v'tzivanu likro et ha-halayl.

for making us holy with Your mitzvot and commanding us to recite the Halayl.

(2) Psalm 113

הַלְלוּ יְהוָה עֲבָדֵי יְהוָה, הַלְלוּ אֶת שְׁם יְהוָה;

Praise YAH! Praise the One you servants of YAH, praise the name of the One.

יְהִי שְׁם יְהוָה מָבֹרֶךְ מֵעַתָּה וְעַד עוֹלָם;

Blessed be the name of the ETERNAL from this time forth and into eternity.

מִמּוּרָה שָׁמֶשׁ עַד מַבּוֹאֹ, מִתְּהֻלָּל שְׁם יְהוָה;

From sunrise to sunset the HOLY ONE's name is to be hailed.

רָם עַל כָּל גּוֹיִם יְהוָה, עַל תְּשִׁמְיִם כּוֹבֹדָה;

ADONAI is high above all nationalities, SHECHINAH is above the heavens.

מַי כִּי אֱלֹהֵינוּ הַמָּגִבִּיהִי לְשִׁבְתָּה;

Who is like the One, our God, Who dwells on high, in deep?

הַמְשִׁפֵּלִי לְרָאֹת, בְּשָׁמְיִם וּבָאָרֶץ;

Who looks within to behold the things that are on heaven and on earth!

מַקִּימִי מַעֲפֵר דָּל, מַאֲשִׁפֵּת יְרִים אֲבִזָּן;

Who raises up the poor from the dust, and lifts the needy from the ash heap,

לְהוֹשִׁיבִי עִם נְדִיבִים, עִם נְדִיבִי עַמּוֹ;

Who raises the all folks to [a sense of] nobility, with the nobles of the people.

מוֹשִׁיבִי עֲקָרֶת הַבַּיִת, אֶם הַבְּנִים שָׁמְתָה הַלְלוּיָה;

Who gives the barren woman a home, and makes her a joyful mother of children.

Halleluyah!

(3) Psalm 114

בָּצָאת יִשְׂרָאֵל מִמִּצְרַיִם, בֵּית יַעֲקֹב מֵעַם לְעֹז.

B'tzayt Yisrael mi'mitzrayim, bayt Ya'akov may-am lo-aze,
When Israel went from Egypt, the house of Jacob from a people of foreign tongue;

הִיְתָה יְהוּדָה לְקָדְשׁוֹ, יִשְׂרָאֵל מִמְשָׁלוֹתָיו.

Ha-y'tah Yehudah l'kad-sho, Yisrael mam-sh'lotav.
Judah was his sanctuary, and Israel his dominion.

הַיָּם רָאָה וַיַּנֶּס, הַיַּרְדֵּן יִסְבֶּל אֶחָדָה:

Ha-yam ra'ah vay-anos, hay-ardayn yisov liahchor.
The sea saw it, and fled; the Jordan was driven back.

הַרְרִים רָקְדוּ כָּאִילִים, גַּבּוּתָה כְּבָנֵי צָאן.

Heh-harim rak'du ch'aylim, g've'ot kiv'nay tzone.
The mountains skipped like rams, and the hills like lambs.

מַה לְךָ הַיָּם כִּי תַנֵּס הַיַּרְדֵּן תִּסְבֶּל אֶחָדָה.

Mah l'chah hayam, ki tanus, hay-ardayn tisov l'achor.
What's with you sea that you flee? Why are you are driven back Jordon?

הַרְרִים תַּرְקְדוּ כָּאִילִים, גַּבּוּתָה כְּבָנֵי צָאן.

Heh-harim tirk'doo ch'aylim, g've'ot kiv'nay tzone.
Why do you skip like rams mountains? And you, hills, like lambs?

מַלְפְּנֵי אֲדֹון חֻלִּי אָרֶץ, מַלְפְּנֵי אֱלֹהָה יַעֲקֹב.

Mileef'nay Adon chuli aretz, mileef'nay Elohay Ya'akov.
Tremble, earth, at the PRESENCE of the ETERNAL, at the PRESENCE of the God of Jacob;

הַהֲפָכִי הַצּוֹר אֲגַם מַיִם, חַלְמִישׁ לְמַעַינוֹ מַיִם;

Ha-hofchi hatzoor ahgahm mayim, chahlahmeesh l'mayno mayim.
Who turned the rock into a pool of water, the flint into a fountain of waters.

(4) Psalm 115

לَا לָנוּ יְהוָה لَا לָנוּ כִּי לְשָׁמָךְ תָּنْ كְּבוֹד, עַל חִסְדֶךָ עַל אַמְתָתֶךָ.

Not to us! ADONAI, not to us, but to Your Name give glory,
But for Your kindness, and for Your Truth's sake.

לֹא הָיָה יָאמְרוּ חֲגוֹים, אֵין נָא אֱלֹהִים. וְאֶלְעָגָנוּ בְּשָׁמִים כֹּל אֲשֶׁר חַפֵּץ עֲשָׂה.
עַצְבָּהָם כָּסֶף וְזָהָב, מַעֲשָׂה יָדֵי אֲדָם. פָּה לָהֶם וְלֹא יְדַבְּרוּ, עִינָנִים לָהֶם וְלֹא יַרְאָוּ.
אָזְנִים לָהֶם וְלֹא יִשְׁמְעוּ, אָף לָהֶם וְלֹא יַרְחִיבוּ.
יְדֵיָהָם וְלֹא יִמְשְׁוֹן, רְגָלֵיָהָם וְלֹא יַהֲלֹכוּ, לֹא יָהְנוּ בְּגָרוֹנָם. כְּמוֹהֶם יְהִי עֲשֵׂיהֶם,
כֹּל אֲשֶׁר בְּطַח בָּהֶם: יִשְׂרָאֵל בְּטַח בֵּין, עֹזֶרֶם וּמְגַנֶּם הוּא. בֵּית אַהֲרֹן בְּטַח בְּיִהוָה,
עֹזֶרֶם וּמְגַנֶּם הוּא. יְרָאֵי יְהוָה בְּטַח בְּיִהוָה, עֹזֶרֶם וּמְגַנֶּם הוּא:

יהוה זָכַרְנוּ יִבְרֹךְ, יִבְרֹךְ אֶת בֵּית יִשְׂרָאֵל, יִבְרֹךְ אֶת בֵּית אַהֲרֹן וּמִרְיָם.
Adonai z'cha-ranu y'va-raych, Y'varech et bayt Yisrael, y'varech et bayt Aharon v'Miriam,

THE HOLY ONE has been mindful of us; the One Who will bless us;
The ONE Who will bless the house of Israel The ONE Who will bless the house of Aaron & Miriam

יבְּרֹךְ יְרַאֵי יְהוָה, הַקְּטָנִים עַם הַגְּדוֹלִים.

Y'va-rech yir'ay Adonai, haktaneem eem hag'doleem.
Who will bless those in awe of the One, both small and great.

יִסְפֶּרֶת יְהוָה עֲלֵיכֶם, עַלְיכֶם וְעַל בְּנֵיכֶם.

Yosef Adonai alechem, alechem v'al b'naychem,
May the Source of Blessing increase you more and more, you and your children.

בָּרוּכִים אַתָּם לַיהוָה, עֲשֵׂה שָׁמַיִם וְאָرֶץ.

B'ruchim atem l'adonai, oseh shamayim va-aretz.
May you be blessed of the ONE who makes heaven and earth.

הַשְׁמָיִם שָׁמַיִם לִיהוָה, וְהָאָרֶץ נָתַן לְבָנֵי אָדָם.

Ha-shamayim shamayim ladonei, v'ha-aretz natah liv-nay adam,
The heavens are the heavens of the ETERNAL; but the earth is given to the children of the land.

לَا הַמֵּתִים יَهִלְלוּ יְהָה, וְלֹא כָל יָרְדֵי דָוָתָה.

Lo hamaytim y'halleluyah, v'lo kol yorday doomah.
The dead cannot praise the LORD, nor can any who go down into silence.

וְאַنַּחַנוּ נְבָרֶךְ יְהָה, מָעֵתָה וְעַד עוֹלָם, הַלְלֵי יְהָה:

Va-anach-nu n'vahrech Yah, maya-tah v'ad olam.
But we will bless ADONAI from now until forever. Praise YAH!

(5) Psalm 116

אָהָבְתִּי כִּי יִשְׁמַע יְהוָה, אֶת קֹולִי תְּחִנּוּנִי.

I love it that the CENTER OF REALITY can actually hear my voice and my prayer;

כִּי הַטָּה אָזְנוּ לִי וּבִימִי אַקְרָא:

The ONE Who has heard me. I will call upon the Holy One as long as I live.

אַפְפּוֹנִי חַבְלֵי מוֹתָה, וּמְצַרֵּי שָׁאוֹל מִצְאֹנִי צָרָה וַיְגַונֵּן אַמְצָא.

The cords of death surrounded me, and the pains of Sheol seized me. I found sorrow and agony.

וּבְשָׁם יְהוָה אַקְרָא, אָנָה יְהוָה מַלְטָה נַפְשִׁי.

Then I called upon the name of God; O LORD, I beseech You, save my soul.

חָנָן יְהוָה וְאָדִיק, וְאַלְפָנָנוּ מִרְחָםָה.

Gracious is Adonai, and righteous; our God is merciful.

שִׁמְרֵ פָּתָאִים יְהוָה דְּלֹתִי וְלִי יְהוֹשִׁיעַ...

The LORD is Guardian of the simple; I was brought low, and was saved.

...שׁוּבֵי נַפְשִׁי לְמִנוּחַתִּיכִי, כִּי יְהוָה גָּמַל עַלְיכִי.

Shuvee nafshee limnu-cha-y'chee, kee hashem gamal ala-y'chee.

Return again, my soul, for Hashem has been good to you.

כִּי חִלְצָתָנִי נַפְשִׁי מִמְּוֹתָה אֶת עֵינִי מִן דִמְעָה,

Kee chilatz-ta nafshee mima-vet et ay-nee min dimah

You have delivered me from death, my eye from tears,

אֶת רַגְלִי מִדְּחַתִּי...

et raglee mideh-chee.

my foot from stumbling...

...אַתָּה לְפָנֵי יְהוָה, בְּאֶרְצֹת הַחַיִם.
I will walk before Hashem in the land of the living.

הָאמָנָתִי כִּי אָלֶבֶר, אַנְּגִיתִי מַאֲרָן.
I kept faith, even when I said, I am greatly afflicted;

אַנְּגִיתִי בְּחַפְזִין כֹּל הָאָדָם כִּזְבָּב
I said in my haste, All people are false.

מַה אָשֵׁב לְיְהוָה, כֹּל תְּגִמּוֹלֹתָיו עַלִּי.
How shall I repay Hashem for all that has been done for me?

כָּסֵס יְשׁוּעָת אַשְׁאָה, וּבְשָׁם יְהוָה אֱקָרָא.
I will raise the cup of salvation, and call upon the name of the Adonai.

נְדָרִי לְיְהוָה אַשְׁלָם, נְגַדָּה נָא לְכָל עַמּוֹ.
I will pay my vows to the Lord now in the presence of all his people.

יִקָּרֶב עַגְגִּי יְהוָה הַמָּוֹתָה לְחַסִּידָיו...
Precious in the sight of the Lord is the death of his chassidim.

...אָבָתִי יְהוָה כִּי אַנְּיִי עַבְדָךְ אַנְּיִי עַבְדָךְ, בְּן אַמְתָךְ פָּתַחְתָּךְ לְמוֹסָרִי...
Anah Hashem, anah Hashem, kee anee avd'cha.

Anee avd'cha ben amateh-cha pitach-ta l'mosayrai.

Listen God, I am Your servant; I am Your servant,
the child of Your daughter; You have removed my chains.

...לְקָרְבָּנָה זְבָח תְּזִבְחָה וּבְשָׁם יְהוָה אֱקָרָא.
I will offer to You the sacrifice of thanksgiving, and will call upon the name of the One.

נְדָרִי לְיְהוָה אַשְׁלָם נְגַדָּה נָא לְכָל עַמּוֹ.
I will pay my vows to the Lord now in the presence of all his people,

בְּחַצְרוֹת בֵּית יְהוָה בְּתוּכֵיכֶם יְרוּשָׁלָם הַלְלוּיָה
In the courts of the Lord's house, in the midst of you, Jerusalem. Praise YAH!

(6) Psalm 117

הַלְלוּ אֶת יְהוָה, כֹּל גּוֹיִם, שְׁבַחוּהוּ כֹּל הָאָמִים.

Hah-lu'lu et Adonai, kol goyim, sha-b'chu-hu kol ha-oo-meem.

Listen all nations, Praise the HOLY ONE. Praise the ONE, all peoples.

כִּי גָּבָר עָלֵינוּ חָהָסְדוֹ,

Ki ga-var aleynu, aleynu chahsdo,
For incredible is Divine kindness to all of us;

וְאֶמֶת יְהוָה לְעוֹלָם הַלְלוּיָה

veh-emet Adonai l'olam halleluyah.
and the truth of the ETERNAL ONE is for ever. Praise YAH!

(7) Psalm 118

הָדוּ לְיִי כִּי טוֹב, כִּי לְעוֹלָם חֶסְדָוּ:

Hodu Ladanai kee tov kee l'olam chasdo.

Give thanks to The ETERNAL Who is good, Whose kindness is everlasting.

יֹאמֶר נָא יִשְׂרָאֵל, כִּי לְעוֹלָם חֶסְדָוּ:

Yomar na Yisrael, kee -l'olam chasdo.

Let Israel now say, that the Eternal's loving kindness is limitless.

יֹאמֶרוּ נָא בֵּית אַהֲרֹן וּמִרְיָם, כִּי לְעוֹלָם חֶסְדָוּ:

Yomru na bayt Aharon v'Miriam, kee l'olam chasdo.

Let the house of Aaron & Miriam now say, that his loving kindness endures for ever.

יֹאמֶרְוּ נָא יַרְאֵי יְהוָה, כִּי לְעוֹלָם חֶסְדָוּ:

Yomru na yir'ay Adonai, kee l'olam chasdo.

Let now those who are in awe of the Omnipresent say,
"The Source of loving kindness is boundless."

מֵן הַמֵּצֶר קָרָאתִי יְהָ, עֲנָנִי בְּמַרְחָב יְהָ

Meen ha-may-tzar karatee Yah. Ana-nee va-mer-chav Yah.

From out of distress I called to YAH. With abounding relief YAH answered me.

יְהָוָה לִי לֹא אִירָא, מַה יַּעֲשֶׂה לִי אָדָם...

Adonai lee lo eerah. Mah ya-aseh lee adam?

ADONAI is with me, I do not fear. What can a person do to me?

...יְהָוָה לִי בְּעֹזֶרֶי, וְאַנְּיִ אֶרְאֶת בְּשָׁנָאִי.

טוֹב לְחַסּוֹת בְּיְהָוָה, מְבָטָח בְּאָדָם.

טוֹב לְחַסּוֹת בְּיְהָוָה מְבָטָח בְּגִדְיבִּים.

כָּל גּוֹיִם סְבָבוֹנִי בְּשָׁם יְהָוָה כִּי אָמִילָם.

סְבָבוֹנִי גַּם סְבָבוֹנִי בְּשָׁם יְהָוָה כִּי אָמִילָם.

סְבָבוֹנִי כְּדָבָרִים לְעַכּוֹ כְּאֶשׁ קֹצִים, בְּשָׁם יְהָוָה כִּי אָמִילָם.

קְזַחְתָּה דְּחִימָנִי לְנַפְלָל, וַיְהָוָה עֲזָרָנִי...

From Ex.15:2 Music & words by Hannah Tiferet Siegel

עַזִּי וְזִמְרָת יְהָוָה, וַיְהִי לִי לִישׁוּעָה...

Awzi v'zim-rot Yah, Va-y'hee lee lee-shuah.

YAH is my strength and song. In YAH was my salvation.

Who is my strength? Who is my song? Who is my help when things go wrong?

In every heart there dwells the ONE, CREATOR of earth, moon, and sun.

In times of joy, in times of need the Light of God is like a seed.

Planted deep within the soul, Guiding SOURCE that makes us whole.

קֹל רְבָה וַיִּשְׁוֹעָה בָּאָתֶלֶי צְדִיקִים.

The voice of rejoicing and salvation is in the tents of the righteous.

ימַיִן יְהוָה עֲשֵׂה תִּיל.

The right hand of the LORD does bravely.

ימַיִן יְהוָה רָומָם, יַמַּיִן יְהוָה עֲשֵׂה תִּיל.

The right hand of the LORD is exalted; the right hand of the LORD does bravely.

לَا אָמוֹת כִּי אָתָּה, וְאָסְפֶר מְעַשֵּׁי יְהָ.

I shall not die, but live, and declare the doings of YAH.

יִסְרַר יִסְרָגִי יְהָ, וְלֹמַדְתָּ לֹא נִתְגַּנְנִי ...

YAH has chastised me intensely ; but has not given me over to death.

Music by A. Hirschfield or Shlomo Carlebach

...פִּתְחֻ-לִי שַׁעֲרֵי-צְדָקָה אָבָא-בָּם,

Pitchu lee pitchu lee sha-aray tzedek avo vam,
Open to me the gates of righteousness,

אָבָא-בָּם, אָבָא-בָּם אָזְדָה יְהָ;

avo vam, avo vam odeh Yah:
I will enter and praise YAH.

זֶה-הַשְׁעָר לִיהְוָה צְדִיקִים יִבָּאוּ בָּו...

Zeh hasha-ar L'Adonai tzadeekeem yavo-oo voe.
This is the gateway to God, the righteous enter here.

...אָזְדָה כִּי עֲנֵיתָנִי וְתָהִי-לִי לִישְׁוֹעָה:

Odechah ki aneeytahn, vat'hee lee liyshuah

אָבָן מַאֲסָף הַבּוֹנִים תִּיתָה לְרֹאשׁ פְּנָה:

Ehven ma'aasu habonim, haytah l'rosh pinah

מְאֹת יְהָנוֹת תִּיתָה זֹאת קְיָא נִפְלָאת בְּעִינֵינוּ...

May'ayt Adonai haytah zot, hee niflaot b'aynaynu

זֶה-הַיּוֹם עֲשָׂה יְהָנוֹת נִגְילָה וּנְשִׁמְךָה בָּו

Zeh hayom asah Adonai, nagilah v'nism'chah vo.

Music by R. Yitzchak Husbands-Hankin

...זֶה-הַיּוֹם עֲשָׂה יְהָנוֹת בְּגִילָה וּנְשִׁמְךָה בָּו...

Zeh ha-yom ah-sah Hashem, na-gilah v'nis-m'chah vo

This is the day which the LORD has made; we will rejoice and be glad in it.

chant each line twice

...אָנוּ יְהוָה הַוְשִׁיעָה נָא

Ana Adonai hosheah na

Please, ADONAI, save us.

אָנוּ יְהוָה הַצְלִיכָה נָא

Ana Adonai hatzlee-chah na

Please, ADONAI, grant us success.

ברוך הבא בשם יהוה, ברכנוכם מבית יהוה.

Blessed is the ONE who comes in the name of Hashem.

We have blessed you from the house of ADONAI.

אל יהוה ויאר לנו, אסרו תג בעבדים, עד קרנות המזבח.

God is the ONE who has shown us light;
bind the sacrifice with cords to the horns of the altar.

אלי אתה ואודה לך אלקי ארוםך.

You are my God, and I will praise You; You are my God, I will exalt You.

הודות לי כי טוב, כי לעולם מסדו.

O give thanks to the LORd; for he is good; for his loving kindness endures for ever.

(8) Conclusion of Halayl

יהלוך יהוה אלהינו כל מעשיה, ותסידייך צדיקים עoshi רצונך,
All Your works will praise You, ETERNAL our God, and Your enthusiastic ones, the righteous, who do Your will,

וכל עמך בית ישראל ברנה יודו ויברכו וישבחו ויפארו
and Your entire people, the House of Israel, with glad song will thank, bless, praise, glorify,

וירוממו ויעריצו ויקדישו וימליך אט שםך מלכנו,
exalt, sanctify, and proclaim Your Name, our Sovereign ONE.

כי לך טוב להודות ולשםך נאה לזomer,

For to You "Tov L'hodot" is fitting, and to Your name it is pleasing to sing

כי מעולם ועד עולם אתה אל.

Since from world to world, forever and ever You are Ayl.

ברוך אתה יהוה, מלך מתקל בתשבחות.

Blessed are You, Abundant ONE, the Sovereign addressed in every praise.

On Rosh Chodesh and Chol HaMoed chant the whole kaddish below

יתגדל ויתקניש שםך רבא. בעלמא די ברא כרעותה,
ונימליך מלכותה בתייכון וביוומיכון ובתמי דכל בית ישראל.
בעגלא ובזמן קרייב ואמרו אמן:
ההא שםך רבא מברך לעלם ולעלמי עלמי:

יתבהר ויתשבח, ויתפאר ויתרומם וית נשא ויתהדר ויתעלה ויתהקל שםך דקדשא
בריך הוא לעלה מן כל ברכתא ושירותא, תשבחתא ונחמתא,
לאמירן בעלמא, ואמרו אמן:

תתקבל צלותהון ובעוותהון
דכל בית ישראל קדם אבותהון די בשמייא ואמרו אמן:

ההא שלמא רבא מן שםיא ותמיים עליינו ועל כל ישראל, ואמרו אמן:
עשעה שלום במורומיו הוא יעשה שלום עליינו ועל כל ישראל, ואמרו אמן:

קריאת התורה Torah Service

Service for Removing the Torah From the Ark

May you be shown -- so that you may know -- that God is everywhere, in all things and in all beings. God is, God was, and God will be the ultimate power always. May God give strength to each of us. And May we be blessed with peace.

אין כמוך באללים אָדָנִי, וְאֵין כְּמַעֲשֶׂיךָ

Ayn kamikha va-elohim Adonai v'ayn k'ma-asekha.

There are many forces but only one Source; its acts are incomparable.

מלכיותך מלכותך כל עולמים וממשלתך בכל-דור ועדור

Malkhut'kha malkhut kol olamim umem'shal't'kha bkhel dor va-dor.

Its guidance spans all the worlds and its governance oversees all generations.

יהוה מלך יהוה מלך לעוֹלָם וְעֵדָת

Yah melekh, Yah malakh, Yah yim'lokh l'olam va-ed.

The Eternity of this Being was, is, and will rule throughout all time and space.

יהוה עז לעמו יתנו יהוה יברך את עמו בשלום

Adonai oz l'amo yitayn, Adonai y'varaykh et amo vashalom.

It empowers those it guides and blesses with peace those it governs.

אב הרחמים היטיב ברצונך את ציון תבנה חומות ירושלים

כי לך לבד בטחנו מלך רם ונשא אדוֹן עולמים

Av harakhamim haytiva virtzonekha et tzion. Tivneh khomot yerushalayim.

Ki v'kha l'vad batakhnu. Melekh el ram v'nisa daon olamim.

Compassionate Father; be good to Zion, help in the peaceable rebuilding of Jerusalem. We turn to You because You are our only constant resource, the one Honest Ruler, Ultimate Master of all Worlds.

וַיֹּהִי בָּנָסָעَ הָאָרֶן וַיֹּאמֶר מֹשֶׁה:

קומה יהוה ויפצו איביך וינסו משנאיך מפניך

Vayehi bin'so-a ha-aron vayomer Moshe: Kuma Adonai v'yafutzu oy'veka v'yanusu m'sanekha mipanekha.

When the ark was moved, Moses would say "Arise Powerful One; let all negativity be dispersed by exposure to your truth".

כי מציון יצא תורה ודבר יי מירושלים

Ki mi-tzion taytzay Torah u-d'var Adoni mi-yerushalayim

Because from love arises true teaching and prophecy comes from a place of holiness.

ברוך שנתן תורה לעמו ישראל בקדשו

Barukh sheh-natan Torah l'amo Yisrael bi-k'dushato.

Blessed be the One who has provided guidance and teaching to the Jewish people and to all those of faith.

Open the Ark and recite:

בָּה אָנָּא רְחִיזָּא, וַלְשֵׁמָה קָדִישָׁא יַקְיָרָא אָנָּא אֶמֶר תַּשְׁבְּחָנוּ.
יְהָא רְעוֹא קָדְמָה, דְתַפְתָּח לְבָאי בָאָרוּתָא, וַתְשַׁלְּים מִשְׁאָלִין
לְבָאי, וַלְבָא דָכְל עַמְךָ יִשְׂרָאֵל. לְטָב וְלְחַיִן וְלְשָׁלָם. אָמֵן.

*Bay ana racheytz velishmay kadisha yakira ana emar tushbechan. Yehay rava
kadamach detiftach liba'i be'orai ta vetashlim mishalin deliba'i veliba dechol amach
Yisrael letav ulechayin velishlam. Amen.*

First Leader, then Congregation:

שָׁמָע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד.

*Shema Yisrael Adonai Elohaynu Adonai Echad.
Listen Yisrael, the Source of all our Being, that Source is One*

First Leader, then Congregation:

אֶחָד אֱלֹהֵינוּ גָדוֹל אֲדוֹנָינוּ קָדוֹשׁ [וְנוֹרָא] שְׁמוֹ.

*Echad Elohaynu Gadol Adonaynu Kadosh Venorah Shemo
One is our power, great is our guide, holy and awesome, its name.*

Leader only:

גָדוֹל לֵיהּוּ אַתִּי וּנְרוּמָמָה שְׁמוֹ יְחִידָה.

*Gadlu L'Adonai iti un'rom'ma shemo yachdav.
Open wide the Source within me! Let us extend its glory together.*

(Torah is taken around to the congregation)

Yours, God, is the greatness
And the power and the splendor.
Yours is the triumph and the majesty,
For all in heaven and on earth is Yours.
Yours, God, is supreme sovereignty.
Exalt God
and worship God,
For God is holy.
Exalt and worship God
at the holy mountain.
For God is holy.

לְהָיָה יְהָוָה הַגָּדוֹלָה וְהַגְּבוּרָה
וַתִּתְפְּאַרְתָּה וַתִּתְגַּדֵּל וְהַהְזָדָה
כִּי כָל בְּשָׂמִים וּבְאָרֶץ
לְהָיָה הַמְּמֻלָּכָה
וַתִּתְהַנְּשָׂא לְכָל לְרָאשָׁה
רֹומָמָה יְהָוָה אֱלֹהֵינוּ
וַתִּשְׁפְּתַחוּ לְבָדָם רְגָלֵינוּ
קָדוֹשׁ הוּא
רֹומָמָה יְהָוָה אֱלֹהֵינוּ
וַתִּשְׁפְּתַחוּ לְפָרָקְרָשׁוּ
כִּי קָדוֹשׁ יְהָוָה אֱלֹהֵינוּ



Torah Blessing

Before reading from the Torah:

ברכו את יי' המברך.

Barkhu et Adonai Hamvorakh.

Bless the Source of Being that is always blessing us.

ברוך יי' המברך לעולם ועד.

Baruch Adonai Homvorach le'olam va'ed.

Blessed is the Source of Being that is always blessing us throughout all time and space.

**ברוך אתה יי' אלְהֵינוּ מֶלֶךְ הָעוֹלָם, אָשֶׁר בָּנָנוּ עַם כָּל הָעָמִים
וַנְתַּנוּ לְנוּ אֶת תּוֹرָתָךְ. ברוך אתה יי' נוֹתֵן הַתּוֹרָה.**

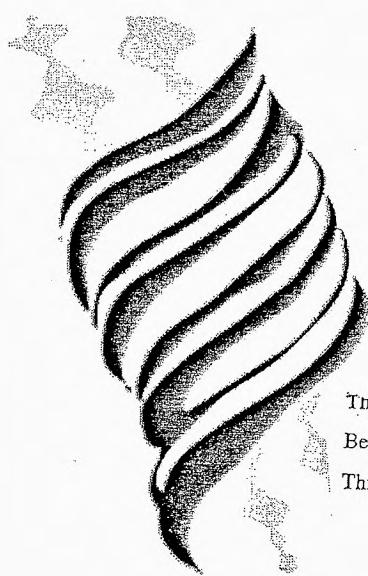
*Baruch Atah Adonai Elohaynu Melech Ha'olam asher bachar banu im kol ha'amim
venatan lanu et Torato. Baruch Atah Adonai notayn HaTorah.*

Blessed are You, cosmic force of the universe, who has chosen us to receive the Torah, as You have chosen each people to receive its special gift.

Blessed are You, O Lord, Giver of the Torah.

After reading from the Torah:

**ברוך אתה יי' אלְהֵינוּ מֶלֶךְ הָעוֹלָם, אָשֶׁר נָתַן לְנוּ
תּוֹרָת אֶמֶת וּמִי עַולָם נִטְעָה בְּתוֹכֵנוּ. ברוך אתה יי' נוֹתֵן
הַתּוֹרָה.**



This is the Torah that Moses set
Before the people Israel
Through Moses

*Baruch Atah Adonai Elohaynu Melech Ha'olam
asher natan lanu Torat emet vechayay olam nata
betocharaynu. Baruch Atah Adonai notayn HaTorah.*

Blessed are You, Cosmic Force of the Universe, who has given us the law of truth and has implanted within us everlasting life. Praised be You, O Lord, Giver of the Torah.

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׁם מֶלֶחָה
לִפְנֵי בָּנָי יִשְׂרָאֵל עַל פִּי יְהוָה
בִּידֵי מֹשֶׁה

Mi Shebayrakh

מי שברך הורינו אברם יצחק ויעקב, שרה רבקה רחל ולאה, כבור שאלו לבבוד המהות, לבבוד התורה ולבבוד החיים הנוראים ובשער זה הקדוש ברוך הוא ישמרט ויצילט מכל צורה וצורה ומכל גען ומחלה, וישלח ברבה והצלחה בכל פעשה ידיהם ויבתבם ויזהיטם לחיים טובים ביום הדין הזה עם כל ישראל אחיהם ואחיהם ועם כל יושבי תבל, ונאמך אמן.

May the One who blessed our parents, Abraham, Isaac, Jacob, Sarah, Rebekah, Rachel and Leah, bless _____ child of _____ and _____ who has come to honor the holiness of this place, the High Holy Days of Guidance, and our community. In response, may the Holy Power guard and guide this person/these people and keep them from all harm and unnecessary trouble. Send success to all their undertakings in the community and with all people together. And let us say, Amen.

מי שברך אבותינו מkor הברכה לאבותינו

Mi shebayrakh avotaynu, m'kor hab'rakha l'avotaynu,
May the source of strength who blessed the ones
before us, help us find the courage to make our lives
a blessing and let us say amen.

מי שברך אמותינו מkor הברכה לאמותינו

Mi shebayrakh imotaynu, m'kor hab'rakha, l'avotaynu,
Bless those in need of healing, with refuah
sh'laymah, the renewal of body, the renewal of
spirit, and let us say amen.

For those who have recently escaped danger or difficulty (birthed a child, healed from sickness, travelled over water, been freed from prison, or other major miracle).

ברוכה אתה שכינה רוחתינו חי העולם הגומלת לחיבת טובות, שגמלני טוב.

B'rukha at Shekhina rukhataynu khay ha-olamim ha-gomelet l'kha-yavim tovot sheg'malani tov.

Blessed is the One who is responsible for kindnesses, who has been kind to me.

The Community responds:

מי שגמלך טוב היא יגמלה כל טוב סלה.

Mi sheg'mal'kha tov, hu yig'mal'kha kol tov selah.

May that which caused you good always bestow every beneficence upon you.

For those celebrating a unique 'first' in their lives:

ברוכה אתה שכינה רוחתינו חי העולם שחייתנו וקיימתנו והגייתנו לזמן זהה.

Holy One of Blessing, Your presence fills Creation. You have kept us alive. You have sustained us. You have brought us to this moment.

B'rukha at Shekhina rukhataynu khay ha-olamim shehekhiyatnu v'kiyamtanu v'higiyatnu laz'man hazeh.



A Blessing for the Ones You love

May God bless you and keep you every moment every day.
May God smile at you and fill your heart in every way.
May God help you find the goodness in everything you do.
May you be blessed with peace from above.

Debbie Frie

וברכך יהוה וישמרך.
יאר יהוה פניו אליך ויחנוך.
ישא יהוה פניו אליך ויחשך לך שלום.

Y'verekhl'kha Yah v'yish'm'rekha.

Ya'er Yah panav aylekha vi-khuneka.

Yisa Yah panav aylekha v'yasayem l'kha Shalom.

May the Universal Love bless you and protect you.

May the Infinite Abundance shine upon you and grace you with joy

May the Source of Harmony lift you in joy and give you complete [redacted]

Announcing the New Month

May it be Your will,
 Our God and God of our ancestors,
 To renew our lives in the coming month.
 Grant us a long life, a peaceful life
 with goodness and blessing,
 sustenance and physical vitality,
 a life informed by purity and piety,
 a life free from shame and reproach,
 a life of abundance and honor,
 a life embracing piety and love of Torah,
 a life in which our heart's desires for goodness
 will be fulfilled. Amen.

May He who wrought miracles for our ancestors,
 redeeming them from slavery to freedom,
 redeem us soon and gather our dispersed from the
 four corners of the earth in the fellowship
 of the entire people Israel. And let us say: Amen.

The new month will begin on .
 May it hold blessings for us and for all the people Israel.
 May the Holy One bless the new
 month for us and for all His people, the House of Israel,
 with life and peace, joy and gladness,
 deliverance and consolation. And let us say: Amen.

תְּפִלַּת הַחֶדֶשׁ

(יהי רצון מלפנייך
 יהוה אלהינו ואלקי אבותינו
 שתתقدس עלינו את החודש הבא לטובה ולברכה.
 ותתן לנו חיים ארוכים, חיים של שלום,
 חיים של טيبة, חיים של ברכה,
 חיים של פרנסה, חיים של חלוון עצמות
 חיים שיש בהם ויראת שמים ויראת חטא
 חיים שאין בהם בושה וכלימה
 חיים של עשר וכבוד
 חיים שתתאה לנו אהבת תורה ויראת שמים
 חיים שימלאו משלאות לבנו לטובה, אמן סלה

מי שעשה נסים לאבותינו
 וגאל אותם מעבדות לחרות
 הוא יגאל אותנו בקרוב וקבע גדרינו מאربع
 כנפות הארץ, חברים כל ישראל, ונאמר אמן

ראש החדש יήיה ביום הבא עליינו
 ועל כל ישראל לטובה
 יחזקתו הקדוש ברוך הוא עליינו
 ועל כל עם בית ישראל
 לחיים ולשלום, לשalon ולשמחה,
 לישועה ולנחמה, ונאמר אמן.



Imagine

(Updated and revised from John Lennon's original version)

Imagine there's no heaven, It's easy if you try
No hell below us, Above us only sky.
Imagine all the people, Living for today.
Imagine there's no countries, It isn't hard to do.
Nothing to kill or die for, And no oppression too.
Imagine all the people, Living life in peace....
You, you may say I'm a dreamer, But I'M NOT THE ONLY ONE!
I hope someday you'll JOIN US, And the world will be as ONE.

Imagine no possession, I wonder if you can.
No need for greed or hunger, No folk with empty hand.
Imagine all the people Sharing all the world...
You, you may say I'm a dreamer, But I'M NOT THE ONLY ONE!
I hope someday you'll JOIN US, And the world will live as One.

Imagine love is flowing, no scarcity of care,
Holiness surrounds us, the sacred everywhere.
Imagine awe and wonder Replacing greed and fear.
You, you may say we're all dreamers, But WE'RE NOT THE ONLY ONES.
TIKKUN and Spirit soaring, And the world will live as one!!!

Ode Yavoe

*Ode yavoe shalom aleynu, ode yavoe shalom aleynu, ode yavoe shalom aleynu ve'al kulam.
Salaam, aleynu ve'al kol ha'olam. Salaam, Shalom.*

Peace can still be built for our world, peace can still be brought to our world, peace is what we all desire, for everyone. Sal'aam, for us and everyone in the world--build peace, build peace.

The Yearning to Be Holy

May we find each other in the silence between the words.
May we heal the loneliness of our expertise with the wisdom of our service.
May we honor in ourselves and all other the deep and simple impulse to live.
To find sacred space and open land.
May we remember that the yearning to be holy is a part of everyone and the only hope for the next thousand years.

--Rachel Remen, M.D. Commonweal Cancer Help Program

Remember who we Really Are

We are the outpouring of God's love waiting to be fully expressed.
We are the platform on which the evolution of consciousness of the universe is about
to take its next step toward fuller awareness.

We are the universe's best hope for bringing an awareness of Unity and
interconnection and interdependence.

We are the vehicle through which the world will be healed and repaired.
For a brief moment we have come to consciousness--and we get to experience the
mystery and wonder of all Being. And then we will pass on. While we are here, while
we still have life and consciousness, we can praise God and sing the song of all
creatures: Hallelu-Yah.

סִפְרַת הַחִזְרוֹת הַתּוֹרָה *Returning the Torah to the Ark*

Praise the glory of God,
for God is unique, exalted
God's glory encompasses heaven and earth
God exalts and extols the faithful
people of Israel who are close to God

יְהִלְלוּ אֶת שֵׁם יְהוָה כִּי נְשָׂגֵב שְׁמוֹ לְבָדוֹ
הַזָּדָע עַל אָרֶץ וּשְׁמָיִם
בְּירַם קָרְנוּ לְעַמּוֹ, תְּהִלָּה לְכָל חֲסִידִי
לְבָנֵי יִשְׂרָאֵל עִם קָרוֹבָו. הַלְלֵיה

כִּי לְקָח טֻוב נָתַתִּי לְכֶם, תּוֹרָתִי אֶל תְּעַזְּבוּ.

Kee Lekach tov natatee lachem, toratee at ta'azovu.

I have given you a good vision for
building your lives, so don't abandon my Torah!

עַץ חַיִם הִיא לִמְפֹזִיקִים בָּה, וַתְּמַכֵּיחַ מַאֲשֶׁר. דַּרְכֵיכֶם נָעֵם וְכֵל
נְתִיבָּותְךָ שָׁלוֹם. הַשִּׁיבָּנוּ יְהוָה אֲלֵיכָם וְנִשְׁׂוּבָה מַדְשָׁ יְמִינֵינוּ בְּקָדְםָם.
Etz chayim hi lamachazikim bah, vetom'cheha me'ushar. Deracheha darchay no'am vechol netivoteha shalom. Hashivenu Adonai aylecha venashuva. Chadaysh yamaynu kekedem.

It is a tree of life to those who hold fast to it, and
all of its supporters are happy. Its ways are ways
of pleasantness, and all its paths are peace.

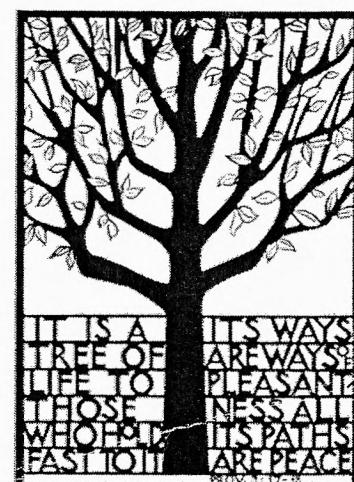
הַשִּׁיבָּנוּ יְהוָה אֲלֵיכָם וְנִשְׁׂוּבָה.
מַדְשָׁ יְמִינֵינוּ בְּקָדְםָם.

Hashivenu Adonai aylecha venashuva.

Chadaysh yamaynu kekedem.

Turning, returning unto the One. Toward the
one, in the One;

Know the Self as One. Renew our days as before.



עלינו Aleynu

עֲלֵינוּ לְשָׁבֵט לְאָדוֹן הַכָּל
 לִתְתַּת גְּדוּלָה לִיּוֹצֵר בִּרְאָשִׁית
 שֶׁלֹּו עָשָׂנוּ בְּגּוֹיִי הָאָרֶץ
 וְלוּ שְׁמָנוּ כְּמִשְׁפְּחוֹת הָאָדָם
 שֶׁלֹּו שְׁם חָלֻקָנוּ כְּהֵם
 וְגָוְרַלְנוּ עִם כָּל הַעוֹלָם

Aleynu le-shabeyach la'adon hakol,
 latet gdula le-yotzer bereysheet,
 she-loe asanu ke'goyey ha'aratzot,
 ve'loe samanu eem mispechot ha'adamah,
 she'loe same chelkeynua ema-hem,
 vegoraleynu eem kol ha'olam

וְאַנַּחֲנוּ כָּרְעִים
 וּמְשֻׁתְּחִווּם וּמוֹזְדִּים
 לְפָנֵי מֶלֶךְ מֶלֶכִים הַמֶּלֶכִים
 הַקָּדוֹשׁ בָּרוּךְ הוּא
 שַׁהֲוָא נוֹטָה נְשָׁמִים וַיּוֹסֶד אָרֶץ
 וּמוֹשֵׁב יִקְרֹא בְּשָׁמִים מִמּוּעֵל
 וְשִׁכְינַת עָזוֹ בְּבָבָהִי מְרוּמִים
 הוּא אֱלֹהֵינוּ, אֵין עוֹד
 אֲמִתּוֹ מֶלֶכָנוּ, אַפְסָ זָוְלָתוֹ
 כְּקַטוּב בְּתוֹרַתְנוּ
 וַיַּדַּעַת הַיּוֹם וַהֲשִׁבְתָּ
 אֶל לְבָבֶךָ
 כִּי יְהוָה הוּא הָאֱלֹהִים
 בְּשָׁמִים מִמּוּעֵל
 וְעַל הָאָרֶץ מִתְחַת
 אֵין עוֹד
 וְנִאמֵּר וְהִיה יְהִי
 לְמֶלֶךְ עַל כָּל הָאָרֶץ
 בַּיּוֹם הַהוּא
 יְהִי הִיא אֶחָד
 וְשָׁמוֹ אֶחָד

va'anacnu koreem
 u'meesh'tachaveem u'moe-deem
 leefney Melech Malchey Ham'lachim
 ha kadosh baruch hu.
 She'hu noteh shamayim veysosed aretz
 umoshav yekaroe bashamayim mee'ma'al,
 ush'china uzo, uschinat uzo, be gav'hey
 meromim, Hu Eloheynu, eyn ode,
 emet malkeynus efes zulat,
 ka'katuv be'toratecha,
 ve'yadata hayom ve'ha-sheyvot a
 el li va'vecha,
 Kee Adonai Hu Ha Elohim,
 ba'shama'yim mee-ma'al
 va'al ha'aretz, va'al ha'aretz, mee'tachat.
 Eyn od, Eyn od.
 Vene-emar: "va'haya Adonai,
 Lemelech al kol ha'aretz:
 bayom hahu, bayom hahu
 yih'yeh Adonai echad
 u'shemo ushemo ushemo echad."

הַוְּא אֱלֹהֵינוּ אֵין עוֹד

Hu elohaynu ayn ode.

This is our power; there is nothing else!

O come let us praise the Light of the world, and add to the greatness of the Shaper of Life, who made every people a spark divine, and blessed each one in its own special way; who gave to us a Torah of truth, and destined us to hallow this world.

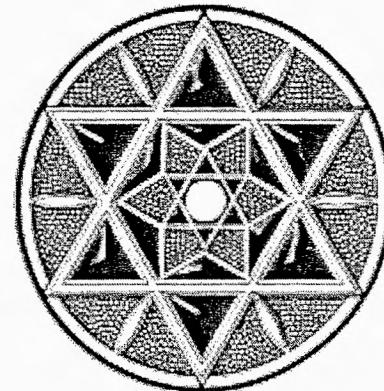
Let up lift up our hearts, in praise and joy and thanks, receiving the spirit, the Life within all life, the Holey Blessed One.

And we hope
how we hope
that all the many gods
of divisiveness and distortion,
of pride and destruction,
that all these gods,
broken pieces of the whole,
will find their way back
into the single vessel of life,
that the One
might become truly One.

We pray for a Tikkun Olam, a universal healing and transformation of our world:
*for peace
*social justice
*ecological sanity
*reconciliation of antagonists
*repentance and forgiveness
*joyful celebration
*gentleness
*pleasure and fun
*fulfilling relationships
*fulfillment in our work
*meaning to our lives
*evolution of consciousness
*expansion of our understanding
*recognizing the Unity of All Being
Love Permeating All

May we hold to this vision
which seems so incomprehensible,
despite history,
in the face of despair,
that some day
the Source of all being
will be the center of all being
forever and ever.

On that day the Source
will be known as One
by all the faces of its glory!



וְנִאמֵּר: וְהִיא יְהוָה לְמֶלֶךְ עַל כָּל הָאָרֶץ,
בַּיּוֹם הַהִיא יְהִיא יְהוָה אֶחָד וְשַׁמוֹ אֶחָד.

Vene' emar: "ve'haya Adonai lemelech al kol ha'aretz: bayom hahu (bayom hahu) yih'yeh Adonai echad ushemo (ushemo u'shemo) echad."

On that day the Source will be known as One by all the faces of its glory.

Mourner's Kaddish

וַתִּגְדֹּל וַיַּתְקִדְשֶׁ שָׁמָה רְבָא בְּעַלְמָא דֵי בָּרָא כְּרוּוֹתָה וַיִּמְלִיךְ
מֶלֶכֶתָה בְּמִיכְוָן וּבְיוּמִיכְוָן וּבְמִיכְיָה דָּכָל בֵּית יִשְׂרָאֵל בְּעַגְלָא וּבְזָמָן
קָרִיב וְאָמְרוּ אָמֵן.

יְהָא שָׁמָה רְבָה מִבָּרָךְ לְעוֹלָם וּלְעַלְמִיא עַלְמִיא.

וַיִּתְבָּרַךְ וַיִּשְׁתַּבְּדֵךְ וַיִּתְפָּאֵר וַיִּתְרֻומֵּם וַיִּתְנְשָׁא וַיִּתְהַדֵּר וַיִּתְעַלֵּה
וַיִּתְהַלֵּל שָׁמָה דָּקְדָּשָׁא בְּרִיךְ הוּא. לְעַלָּא וּלְעַלָּא מִכְּלָ בְּרִכְתָּא
וּשְׁירַתָּא תְּשִׁבְחַתָּא וּנְחַמְתָּא דָּאֲמִרָּנוּ בְּעַלְמָא וְאָמְרוּ אָמֵן.

יְהָא שְׁלָמָא רְבָא מִן שְׁמִיא וּמִים עַלְינוּ וּעַל כָּל יִשְׂרָאֵל
וְאָמְרוּ אָמֵן.

עוֹשֶׂה שְׁלָום בְּמִרְומָיו הַוָּא יַעֲשֶׂה שְׁלָום עַלְינוּ וּעַל כָּל יִשְׂרָאֵל
וּעַל כָּל יוֹשְׁבֵי תְּבָל וְאָמְרוּ אָמֵן.

*Yitgadal veiyitkadashe shemay rabah be'almah divrah chirutay veiyamlich
malchutay becha'yaychon uv'yomaychon uvchayay dechol bayt Yisrael ba'agala
uvizman kariv ve'imru amen.*

Yehay shmay raba mevorach le'olam ulalmay almaya.

*Yitbarach veiyishtabach veyitpa'ar veyitromam veyitnasay veyithadar
veyitaleh veyit'halal shemay dekudeshah brich hu.*

*Le'ayla ulayla mikol birchatah veshirata tush'bechatah venechematah
da'amiran be'almah ve'imru amen.*

*Ye'hay shlama raba min shemaya vechayim alaynu ve'al kol Yisrael ve'imru
amen.*

*Oseh shalom bimromav hu ya'aseh shalom alaynu ve'al kol Yisrael ve'al kol
yosh'vay tayvel ve'imru a'men.*

May the great essence flower in our lives and expand throughout the world. May we learn to let it shine through so we can augment its glory. We praise, we continue to praise, and yet, whatever it is that we praise, is quite beyond the grasp of all these words and symbols that point us toward it. We know, and yet we do not know.

May great peace pour forth from the heavens for us, for all Israel, for all who struggle toward truth. May that which makes harmony in the cosmos above, bring peace within us and between us, and to all who dwell on this earth, and let us say, Amen.

אדון עולם

ADON OLAM

Source of all
that was and is,
before, beyond
creation's time.
The central core
expressed through
being, each speck of
life reflects its will.

אדון עולם
אשר מלך
בטרם כל
ישראל נברא
לעת נעשה
בחפותם כל
אני מלך
שםו נקרא.

Adon olam asher malakh
b'er-em kol y'tzir niv'ra
l'ayt na-a-sa v'khef'tzo kol
azai melekh sh'mo nik'ra.

Sensing Infinite Abilities:
Beyond Atzilut

אדון עולם
אשר מלך
בטרם כל
ישראל נברא
לעת נעשה
בחפותם כל
אני מלך
שםו נקרא.

The power that gave
birth to the universe
was intelligent, and
active preceding the
explosion of the big
bang. In every bit of the
subsequent states of
being, active mind
continues to manifest.

And when the
world's
delights are gone,
alone it rules
in mystic awe.
It was, it is
always will be
within the depths
of all beauty.

ואחריו
בבלות הפל
לבדו
מלך נורא
והוא היה
והוא הוה
והוא יהיה
בתפארה.

V'a-kharay kikh'lot hakol
l'vedo yim'lokh no-ra
v'hu ha-ya v'hu ho-veh
v'hu yih'yeh b'tif-ara.

ואחריו
בבלות הפל
לבדו
מלך נורא
והוא היה
והוא הוה
והוא יהיה
בתפארה.

And eventually this
universe will
significantly change.
The integrity and
wisdom of the whole,
will, however, remain
intact, despite
cataclysmic internal
changes.

One alone,
there is none else
to match our God,
to share all space.
Without beginning
without end
all force and power
spring from it.

זהו אחד
אין שני
להמשיל לו
להחכירה
בלוי לאשיות
בלוי תבלית
ולו העז
ולהמשקה.

V'hu ekhad v'ayn shay-ni
l'ham'shil lo l'hakhbi-ra
b'li rayshit b'li takh'lit
v'lo ha-oz v'ha-mis'ra.

זהו אחד
אין שני
להמשיל לו
להחכירה
בלוי לאשיות
בלוי תבלית
ולו העז
ולהמשקה.

This unified background
to our lives is a
homogeneous entity and
not a conflicted
hodgepodge. This
"wholeness" has ever
been the source of all
events and energies.

This is my life,
my victory,
bedrock of faith
in time of pain.
My banner high
my refuge sure,
my inner wine
I call in prayer.

זהו אלי
וחמי גאלי
וצורך חבלי
בעת ארכה
זהו נסי
ומנoso לי
מנות בושי
בימים אקרים.

Self-Identified but with
permeable boundaries:
Yetzira

זהו אלי
וחמי גאלי
וצורך חבלי
בעת ארכה
זהו נסי
ומנoso לי
מנות בושי
בימים אקרים.

This "wholeness" is part
of my identity, and my
continued inner contact
strengthens me; it flows
through me in hard
times. It comforts me,
this God-inside that I
call on.

So in its hand
I set my soul,
both when I sleep
and when I wake,
and with my soul,
my body too,
God is in me
I will not fear.

בידיו
אפקיד רוח
בעת אישון
ונעיריה
ועט רוח
גוניתי
ני לוי
ולא אריא.

Self-contained with
impermeable
boundaries: Asiyah

בידיו
אפקיד רוח
בעת אישון
ונעיריה
ועט רוח
גוניתי
ני לוי
ולא אריא.

I seek to become more
consciously aware of
this whole as I go
through daily changes
awareness. I vision my
death from this body as
an initiation into this
greater unity.

...from the kiddush of sabbath day

וְשִׁמְרֹן בָּנֵי יִשְׂרָאֵל אֶת הַשְׁבָּת לְעֶשֶׂות אֶת הַשְׁבָּת
לְדוֹרוֹתָם בְּרִית עוֹלָם. בֵּין וּבֵין בָּנֵי יִשְׂרָאֵל אֶת
הַיָּא לְעוֹלָם בַּיּוֹם שְׁשַׁת יָמִים עֲשָׂה יְהוָה אֶת הַשְׁמִים
וְאֶת הָאָרֶץ וּבַיּוֹם הַשְׁבִּיעִי שְׁבָת וַיַּנְפֵשׁ

V'sham'ru v'nay Yisrael et ha-shabbat la-asot et ha-shabbat l'dorotam brit olam. Bayni u-vayn b'nay Yisrael ot hi
l'olam. Ki shay-shet yamim a-sa Adonai et hashamai-im v-et ha-aretz u-va-yom ha-sh'vi-i shavat vayinafash.

The Jewish folk hold precious the Sabbath making the Shabbat our intergenerational inheritance forever. "Between Me and you, the Shabbat is a symbol that can bridge across time, because, in the very beginning of all, there were six cycles of work to create the heaven and the earth. And the seventh cycle was one of rest."

Translation from Aquarian Minyan Friday Night Service

וּבַיּוֹם הַשְׁבִּיעִי שְׁבָת וַיַּנְפֵשׁ....

Oo-vayom hashvee-ee Shabbat vayee-nafash....
and on the seventh day God abstained from work and rested....

Translation from R. David Zaslow's Practice Siddur

לְבִילָּם הַשְׁבִּיעִי שְׁבָת וַיַּנְפֵשׁ

Nafash- to recuperate:
Nipaysh- to breathe life into;
to animate- to breathe.

Shavat- to rest
Shevet- to sit

and on

The Seventh Day,
She sat down and

bathed.



Kiddush

Al kayn bayrakh Yah et yom hashabbat va-y'kad'shayhu

על כן ברכד יי' את יום השבת ניקוד'שׁהו.

And so Yah blessed the Shabbat Day;
and made it sacred:

ברוכה Draw closer,

את You,

יהוה Cosmic Energy Pool,

רווחינו Seat Yourself
into our awareness;

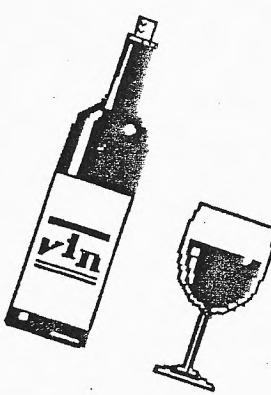
חי With the ALIVENESS

העולם of the Cosmos connect us;

בורא Guide

פרי the product of

הgan. the spiralling,
coiling,
double-helix vine
of DNA,
weaving containing
structures for life,
becoming
every
living thing on
this planet.



Yizkor: The Memorial Service

To every thing, turn, turn, turn, There is a season, turn, turn, turn, A time for everything under the sun. A time to be born and a time to die, A time to laugh and a time to cry, a time to seek and a time to lose.

This is the time we remember those who gave meaning to our lives. This is the time we remember the bonds that tied us together, the love that we shared, and the memories that remain with us all.

God, what are humans that You care for them; the children of humanity that You should take account of them?

Teach us to number our days, so that we can develop a wise heart.

You turn us to contrition saying, "Return, you whose days are so limited." Would that we were wise and could really live in full acknowledgment of the death that will inevitably overtake us and break through our arrogance, our pretences, our vain attempts to accumulate power or money or fame that will last beyond our death.

When we die we take nothing away. Our glory will not descend along with us, and those who have known us will also die.

Seek to live a life of goodness and kindness, to promote the tikkun of the world, to give away much of what you have earned in order to alleviate the suffering of others. Support the movements that seek a world of love and kindness and generosity and peace--with your time, your energies, your money, your enthusiasm.

Follow the path of righteousness as best you can understand it. Be an embodiment of the world you seek to create--to the greatest extent you can. Have compassion, for yourself and for others.

The peace that comes to all with death can be lived as inner peace and wholeness right now. Learn that path now, live that path now, and help others to overcome poverty, war, and oppression even as you develop your own inner life. This is the path of peace.

The Eternal can be trusted to redeem the soul of the righteous. No one who trusts in God shall be abandoned--you will live in the light of God forever.

Those I have loved, though now beyond my view,
Have given form and quality to my being.
They have led me into the wide universe I continue to inhabit,
and their presence is more to me than their absence.

Rabbi Morris Adler

לְמִנּוֹת יִמְינֵנוּ כִּי הָדוֹעַ וְנַבְיאָ לִבְבֵךְ חֲכָמָה.

Lim'not yamaynu kayn hodah venavi levav choch'mah.

Teach us to treasure each day, that we may open our hearts to your wisdom.
from Psalm 90

(The Yizkor prayers below are only suggestions—they are place holders for you to bring to mind the memory of those whom you loved and who are no longer alive. Please feel free to bring up the memory of your departed and to say to them whatever you wish to say. It is perfectly appropriate to have a mixture of feelings that range from sadness about having lost these people to joy in recalling the good parts of your relationship to anger at what didn't feel right. Be real and speak your heart, and if the suggested yizkor statements below resonate, feel free to use them.)

Yizkor

יזכור אליהם נשמות אהובתינו שהלכו לעולמים. أنا תהיינה נפשותיהם צוררות בצרור החיים. בגן עדן תהא מנוחתם, ונאמר אמן.

Yizkor Elohim nishmot ahuvataynu shehalchu le'olamam. Ana tihe'yehnah na'fshotayhem tzerurot betzror hachayim. Began eden t'hay menuchatam. Venomar amen.

May the souls of our loved ones who have departed to the next world be in the memory of God. May their spirit be wrapped in a warm embrace of eternal life. May they be at rest. And let us say amen.



In memory of a father:

Your memory, my dear father, fills my soul at this solemn hour. It revives in me thoughts of the love and friendship you gave me. I pray that the good parts of what I learned from you will remain alive in me and be passed on to others in my life, and through the evolution of the consciousness of the human race your soul will be bound in the bound of eternal life. The Eternal God is your inheritance; may you rest in peace. Amen.

In memory of a mother:

Your memory, my dear mother, fills my soul at this solemn hour. I remember the days when you were among us on earth, and the tender love and friendship you gave me. The bonds that unite our souls can never be severed. I pray that the good parts of what I learned from you will remain alive in me and be passed on to others in my life, and through the evolution of the consciousness of the human race your soul will be bound in the bound of eternal life. The Eternal God is your inheritance; may you rest in peace. Amen.

In Memory of a Life-Partner:

Your memory remains with me though I can no longer fully experience the joy and pleasure that came through sharing so much with you. I miss you, and I still have a part of my heart that loves you and misses you. There are so many things I wish I had said when you were alive, so many ways that I wish I had been different and more fully present to you. And my memory of you is full, acknowledging the difficult moments that we had, but seeing them as far less important than the many fulfilling moments. I honor the depth of our relationship, its complexity, and its beauty, its many joys and pleasures. You remain alive through me. The Eternal God is your inheritance; may you rest in peace.

In Memory of a Child:

Nothing will ever fully reconcile me to the loss of you. My heart aches for the pain of that loss. And yet, I wish to remember you not only in having lost you, but also in the moments of joy that I had with you. My darling child, I do not pretend to understand why you were taken from this life, but know that you remain alive in my memories and in my love for you. The life energy that flowed through you was a source of joy and pleasure when you were with me, and I affirm your spirit with its beauty and depth and goodness. The Eternal God is your inheritance; may you rest in peace.

Conclude all the particular Yizkor memories with the following:

May those who I grieve today be bound in the bonds of eternal life. To honor their memory, I will take the following actions (Fill in what ever is really something you will do.....Suggestions: a donation of time and/or money to a movement for social justice, peace, ecological sanity or to Breyt Tikkun or to a spiritual practice, to observance of Shabbat or to study of Torah). In addition, I will make sure that those in my life who I treasure fully understand how much I care about them, how much joy and pleasure their presence in my life gives to me, and I will take concrete steps to bring more love and joy into my life and into the life of those who encounter me.

Yizkor for the Martyrs

O, Lord of Life. All life is in Your hands. One generation comes into the world to be blessed with peace and safety--we get to enjoy the best that this world offers, not by our merit, but by chance that we are so situated. Others, alive at this same time, or at other times, go through the valley of the shadow, enduring the cruelties of persecution and war, not because they deserve it. There is too much suffering, God! We see it in the deaths of children who could not have healed this world yet. We see moments in which the just are defeated, the innocent drives from their homes, and the righteous suffer a martyrdom as merciless as any age has witnessed.

At this Yizkor we recall with grief all Your children, from all peoples, all races, all religions, who have perished through the cruelty of the oppressor, victims of demonic hate, victims of people who have misused ideologies, religious systems, visions of "scientific progress," precious ideals like democracy or freedom or socialism or even misused the ideal of love itself, and turned these ideals into weapons that could be used to hurt others.

We live at a time when millions of children die every year from malnutrition and preventable diseases, yet most people pay no attention or don't want to consider the changes in the world economic system that could eliminate these unnecessary deaths. We have watched as people closed their eyes and shut their ears to the pain and the cries of those who were being unfairly imprisoned, tortured, maimed, and killed, the people who "didn't want to be bothered" or who were "too busy to get involved" or "couldn't afford to donate" or who otherwise opted out of the struggle to build a world with more social justice, peace and loving-kindness.

Today we stand in witness of all those who have suffered or are still suffering: the aged and young, the learned and unlettered, the homeless and the hungry, the children who died for lack of food, the elderly who died for lack of adequate health care, the victims of oppression and neglect, the courageous who challenged systems of oppression and the random victims of violence and wars.

We remember our own people, Jews who were driven in multitudes along the road of pain and pitiless death. Their very presence on earth was begrudging them, for they brought Your covenant of mercy and justice to the recollection of those who have chosen to be Your enemies. These Jews perished because they were a symbol of Your eternal message of peace and kindness and justice and truth. Their deaths have brought darkness to the human soul.

All of these victims, the victims of the Holocaust and the victims of all the other sufferings of the human race, lie in nameless graves, in far-off forests and lonely fields. Yet they shall not be forgotten. We take them into our hearts and give them a place beside the cherished memories of our own loved ones. They now are ours. May their memory be for a blessing.

El Malay Rachamim

אל מלא רחמים, שוכן במרומים, המצא מנוחה נכונה תחת פנפי
השכינה, במעלות קדושים וטהורים פוזהר הרקיע מזוהירים, את
גשמיota אהבתינו שהלכו לעולמם, בגין עזנו תהא מנוחתם. أنا,
בעל הרחמים הסתירם בסתר פניך לעולמים, וצרור בצרור
החיים את נשמותיהם, כי הוא נחלתם, וינחו בשלום על משקבם,
ונאמר אמן.

*El malay rachamim, shochayn bam'romim, hamtzay menucha n'chonah tachat kan'fay
ha'sh'china, bema'alot kedushim ut'horim kezohar harakiya mazhirim, et nishmot ahuvataynu
shehalchu le'olamam, began eden tehay menuchatam. Ana ba'al harachamim hastiray'hem
besayter kenafecha le'olamim, utzror bitzror hachayim et nishmotay'hem, Adonai hu nachalatam,
v'yanuchu b'shalom al mish'kevam, v'nomar amen.*

O God, exalted and full of compassion, grant perfect peace in your sheltering presence, among the holy and the pure, to the souls of our loved ones, who have departed from this world. Source of Mercy, bring them into Your presence. Let their souls be bound up in the bond of eternity. May their memory inspire us to live justly and kindly.. May they rest in peace, and may they be bound up in the bond of eternal life. And let us say: Amen.

When I'm Gone (by Phil Ochs)

There's no place in this world where I'll belong when I'm gone
And I won't know the right from the wrong when I'm gone
And you won't find me singin' on this song when I'm gone
So I guess I'll have to do it while I'm here

And I won't feel the flowing of the time when...
All the pleasures of love will not be mine when...
My pen won't pour out a lyric line when... So...

And I won't breathe the brandy air...
And I can't even worry bout my cares...
Won't be asked to do my share... So...

And I won't be running from the rain...
And I can't even suffer from the pain...
There's nothing I can lose or I can gain...

Won't see the golden of the sun...
And the evenings & the mornings will be one...
Can't be singing louder than the Sun, So....

All my days won't be dances of delight...
And the sands will be shifting from my sight...
Can't add my name into the fight... So...

And I won't be laughing at the lies...
And I can't question how or when or why...
Can't live proud enough to die...So...

El Malay Rachamim

by Anne Brener and Ivan Ickovits.

Womb god
Cauldron of Compassion,
Dweller in the High places:

May the rest that is deserved be found
Under the wings of the Shechinah
Your dwelling place on High:
The Holy, Pure, Shining, Radiant Firmament
for the soul of our Beloved Relatives and Friends
who walk in their place of eternity.

Please, Holder of Compassion,
Veil them in the mystery of the infinite winged dwelling place.
Bind them there, among the bundled souls
alive to the stillness that is You.

You are their Inheritance.
May they Rest in wholeness.
And may we say Amen.

We Will Remember

In the rising of the sun and in its going down, we will remember --

In the blowing of the wind and in the chill of winter, we will remember them;

In the opening buds and in the rebirth of spring, we will remember them;

In the rustling of the leaves and the beauty of autumn, we will remember them;

In the beginning of the year and when it ends, we will remember them;

When we are weary and in need of strength, let us remember them;

When we are lost and sick at heart, let us remember them;

When we have joys we yearn to share, let us remember them;

So long as we live, they too shall live, for they are now a part of us,
As we remember them.

MEDITATION BEFORE KADDISH:

In the Name of God, Source of All Becoming:

I say to my [choose one or more: holy, revered, beloved, devoted, sweet] [father, mother, brother, sister, son, daughter, husband or wife] [his or her name]:

*In every place and in every space in this great cosmos,
it is known and revealed that you have left your Earthly body
and this physical world.*

God has called you home.

*I remain ever-glad and ever-grateful for the Divine-gift of your life,
and though my heart still yearns for your physical presence,
with love, with honor, and with blessing,*

I give you back to God, and release you to eternity.

I celebrate your soul-journey to the Light —

*to that awesome place of
revelation and knowing,
of redemption and salvation,
of peace and harmony,
of grace, and compassion, and infinite love.*

*I am comforted and heartened knowing that you
dwell*

*in God's Sheltering Presence,
immersed in God's Holy Spirit.*

For, with God,

it is safe, and sweet, and good.

To the Name of God, Source of All Blessing:

*I come before You at that most sacred and
wondrous place*

where Heaven and Earth touch.

I stand with all those of the Divine Assembly,

and with all who desire to do holy work,

*to speak these words that echo through there, and here, and everywhere,
through then, and now, and forever;*

these words of hope and promise,

transformation, and evolution,

faith and love.

To You, O God,

I speak these ancient and ageless words

of praise and glory,

to Your Great and Holy Name.



Mourner's Kaddish

וַיִּתְגַּדֵּל וַיִּתְקַדֵּשׁ שְׁמָה רֶبֶא בְּעַלְמָא דִי בָּרָא כְּרוּוֹתָה וַיִּמְלִיךְ
מֶלֶכֶתָה בְּמִיכָּוֹן וּבְיוּמִיכָּוֹן וּבְמִיכָּוֹן דָּכָל בֵּית יִשְׂרָאֵל בְּעַגְלָא
וּבָזְמוֹן קָרִיב וְאָמְרוּ אָמָן.

יהָא שְׁמָה רֶבֶא מִבְּרָךְ לְעוֹלָם וּלְעוֹלָמִי עַלְמִיא.

וַיִּתְפַּרְךְ וַיִּשְׁתַּפְּדֵךְ וַיִּתְפַּאֲרֵךְ וַיִּתְרֻומֵם וַיִּתְנְשָׁא וַיִּתְהַדֵּר וַיִּתְעַלֵּה
וַיִּתְהַלֵּל שְׁמָה דָקְדָשָׁא בְּרִיךְ הָוּא. לְעוֹלָא וּלְעוֹלָא מִכֶּל בְּרִכְתָּא
וּשְׁירַתָּא תְּשִׁבְחַתָּא וְנִתְחַמְּתָא דְאַמִּירָן בְּעַלְמָא וְאָמְרוּ אָמָן.

יְהָא שְׁלָמָא רֶבֶא מִן שְׁמִיא וּמִים עַלְינָנוּ וְעַל כָּל יִשְׂרָאֵל
וְאָמְרוּ אָמָן.

עוֹשֶׂה שְׁלוֹם בְּמִרְוּמֵינוּ הָוּא יַעֲשֶׂה שְׁלוֹם עַלְינָנוּ וְעַל כָּל
יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תִּבְלֵל וְאָמְרוּ אָמָן.

*Yitgadal veiyitkadash shemay rabah be'almah divrah chirutay veyamlich
malchutay becha'yaychon uv'yomaychon uvchayay dechol bayt Yisrael ba'agala
uvizman kariv ve'imru amen.*

Yehay shmay raba mevorach le'olam ulalmay almaya.

*Yitbarach veiyishtabach veiyitpa'ar veiyitromam veiyitnasay veiyithadar
veyitaleh veiyit'hala shemay dekudeshah brich hu.*

*Le'ayla ulayla mikol birchatah veshirata tush'bechatah venechematah
da'amiran be'almah ve'imru amen.*

*Ye'hay shlama raba min shemaya vechayim alaynu ve'al kol Yisrael ve'imru
amen.*

*Oseh shalom bimromav hu ya'aseh shalom alaynu ve'al kol Yisrael ve'al kol
yosh'vay tayvel ve'imru a'men.*

May the great essence flower in our lives and expand throughout the world. May we learn to let it shine through so we can augment its glory. We praise, we continue to praise, and yet, whatever it is that we praise, is quite beyond the grasp of all these words and symbols that point us toward it. We know, and yet we do not know.

May great peace pour forth from the heavens for us, for all Israel, for all who struggle toward truth. May that which makes harmony in the cosmos above, bring peace within us and between us, and to all who dwell on this earth, and let us say, Amen.

Psalm 23
MIZMOR LE'DAVID

יְהוָה רֹאֵי לَا אִחְסַר:

Adonai roe-ee lo echsar

The LORD is my shepherd, I shall not want.

בְּנֹאות דְשֶׁה יַרְבִּיצֵנִי עַל־מַיִ מְנֻחוֹת יְנַהֲלֵנִי:

Bin'ot desheh yar-bitzeni al may m'nuchot yena-haleni.

In lush pastures He makes me lie. He leads me besides tranquil waters.

נַפְשִׁי יִשְׁׁוּבֵב יַנְחֵנִי בְּמַעֲגֵלִי־צְדָקָה לְמַעַן שְׁמוֹ:

Nafshi yeshovev yancheni b'ma'aglei tzedek l'ma'an sh'mo.

He restores my soul, and guides me in the paths of righteousness
for the sake of His Name.

גַם כִּי־אֵלֶךְ בְּגַיְא צְלָמֹות לֹא־אִירָא רָע כִּי־אַתָּה עַמְּדִי

Gam ki elech b'gei tzal-mavet lo ira ra ki Atah ee-madi,

Though I walk through the valley of the shadow of death,

I will fear no evil for You are with me

שִׁבְטָךְ וּמְשֻׁעֲנַתְךְ הַמָּה יְנַחֲמֵנִי:

Shiv-i'cha oo-mish'an techah hemah yena-cha-muni.

Your rod and Your staff, they comfort me.

תַּעֲرֹךְ לִפְנֵי שְׁלַחְנוּ נֶגֶד צְרָרִי

Ta'aroch I'fanai shulchan, neged tzo--rye,

You prepare a table before me in the full presence of my enemies.

דְּשִׁנָּתְךָ בְּשֶׁמֶן רָאשֵׁי כּוֹסֵי רְוֵיָה:

Dishan-ta vashemen roshi, kosi revayah.

You anoint my head with oil; my cup overflows.

אֵךְ טֹוב וְחִסְדָּךְ יַרְדְּפֹוּנִי כָּל־יְמֵי חַיִּי

Ach Tov va-chesed yir-d'funi kol yemei cha-yai,

Surely goodness and mercy shall pursue me all the days of my life.

וְשַׁבְתִּי בְּבֵית־יְהוָה לְאַרְךְ יָמִים:

V'shavti b'veyt Adonai l'orech yamim.

And I will dwell in the house of the LORD for long days.

May the great essence flower in our lives and expand throughout the world. May we learn to let it shine through so we can augment its glory. We praise, we continue to praise, and yet, whatever it is that we praise, is quite beyond the grasp of all these words and symbols that point us toward it. We know, and yet we do not know.

May great peace pour forth from the heavens for us, for all Israel, for all who struggle toward truth. May that which makes harmony in the cosmos above, bring peace within us and between us, and to all who dwell on this earth, and let us say, Amen.

All the Hemispheres

~ Hafiz al Din

**Leave the familiar for a while.
Let your senses and bodies stretch out**

**Like a welcomed season
Onto the meadows and shores and hills.**

**Open up to the Roof.
Make a new water-mark on your excitement
And love.**

**Like a blooming night flower,
Bestow your vital fragrance of happiness
And giving
Upon our intimate assembly.**

Change rooms in your mind for a day.

**All the hemispheres in existence
Lie beside an equator
In your heart.**

**Greet Yourself
In your thousand other forms
As you mount the hidden tide and travel
Back home.**

**All the hemispheres in heaven
Are sitting around a fire
Chatting**

**While stitching themselves together
Into the Great Circle inside of
You.**

*From: 'The Subject Tonight is Love'
Translated by Daniel Ladinsky*

Psalm 27

Yah, you are my light, my Savior, whom need I dread?

Yah, with You as my strong Protector, who can make me panic?

When hateful bullies gang up on me, to oppress and terrorize me, they are the ones who stumble and fall.

Even if a gang surrounds me, my heart is not weakened, if a battle is joined around me, my trust in You is firm.

Only one thing do I ask of You, Yah, just this alone do I seek:

I want to be at home with You, Yah, all the days of my life. I want to delight in seeing you when I come to visit You in Your Temple. You hide me in Your succah on a foul day.

You conceal me unseen in Your tent and also raise me beyond anyone's reach.

And now, as You have held my head high, despite the presence of my powerful foes, I prepare to celebrate and thrill, singing and making music to You, Yah.

Listen, Yah, to the sound of my cry, and, being kind, answer me. My heart has said: I turn to seek You. Your presence is what I beg for.

Don't hide Your face from me. Don't just put me down. You who have been my helped, don't abandon me, don't forsake me, God, my support. Though father and mother have left me, YOU, Yah, will hold me securely.

Please teach me Your way and guide me on the straight path. Discourage those who defame me. False witnesses stood up against me, belching out violence. Don't let me become the victim of my foes. I would not have survived if I had not hoped that I would yet see Yah's goodness fully alive on Earth.

So, friend, you too, hope to Yah. Be sturdy! And make strong your heart! And most of all—keep hoping to Yah.

לְדוֹד יְיָ אֹרֶד וַיְשִׁעֵי מִמִּי
אִירָא, יְיָ מְעוֹז חַיִּים מִמִּי אֲפָחָד:
בְּקָרְבָּן עַלְיָ מְרוּעִים, לְאַכְלָנָה
בְּשָׂרֵי צָרֵי וְאַיִּבֵּי לִי הַמָּה
כְּשַׁלְוִוְנְגַפְלוֹ: אִם תְּחִנָּה עַלְיָ
מְחֻנָּה לֹא יִירָא לְבִי, אִם תְּקֻומָּה
עַלְיָ מְלָחָמָה בְּזֹאת אַנְיִ בּוּתָח:
אַחֲת שְׁאַלְתִּי מֵאַת יָמִין, אַוְתָה
אַבְקָשׁ שְׁבָתִי בְּבֵית יְיָ, כֹּל יָמִין
תְּיִלְחֹזֶת בְּנָעָם יְיָ וְלְבָקָר
בְּהַיְכָלוֹ: כִּי יַצְפְּנִינִי בְּסֶפֶת בַּיּוֹם
רְעֵה, יַסְתַּרְנִי בְּסֶתֶר אַהֲלָוֹ
בְּצָבוֹר יְרֻומָּמָנִי: וְעַתָּה יְרוּם
רְאֵשִׁי, עַל אַיִּבֵּי סְבִיבָתִי
וְאוֹזְבָּחָה בְּאַהֲלָוֹ זְבָחִי תְּרוּעָה,
אֲשִׁירָה וְאֲזִמָּרָה לִיִּי: שְׁמָעָה יְיָ
קוֹלִי אַקְרָא, וְחַנְנִי וְעַגְנִינִי: לְךָ
אָמֵר לְבִי, בְּקָשׁוּ פָנֵי, אַתָּה פָנֵיךְ
יְיָ אַבְקָשׁ: אֶל תִּסְתַּר פָנֵיךְ
מִמֵּנִי, אֶל תִּט בְּאֶפְעָדָה,
עֹזְרָתִי הִיִּת, אֶל תִּטְשְׁנִי וְאֶל
פְּעֻזְבָּנִי אֱלֹהִי יִשְׁעָי: כִּי אָבִי
וְאַמְּיִצְבָּונִי, וְיִיְאָסְפָנִי:
הַוּרְבָּנִי יְיָ דָרְכָה, וְנַחְנִי בָּאָרֶץ
מִישָׁור, לְמַעַן שְׁרָרִי: אֶל
תַּפְנִינִי בְּנֶפֶש צָרִי, כִּי קָמוּ בִּי
עָדִי שְׁקָר וִיפְחָדָה: לְוַלְאָ
הַאֲמָנוֹתִי, לְרָאוֹת בְּטוּבָה יְיָ
בָּאָרֶץ חַיִּים: קָוָה אֶל יְיָ, מִזְקָן
וַיַּאַמֵּץ לְבָבָךְ וְקָוָה אֶל יְיָ:

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