

Blessing before eating: *Thank you, Yud Hey Vav Hey, our God and source of transformation, for teaching us to eat slowly, consciously, with attention to all the delicious tastes, and with awareness of how the earth sustains us and how all creatures are connected in an amazing bond of interdependence with all life and all aspects of this miraculously planet. Baruch ata adonai, eloheynu melech ha'olam, ha'motzee lechem meen ha'aretz. We channel your blessings, Shechinah, you who have helped human beings learn how to bring forth bread from the earth. And we commit that is necessary to redistribute the food so that everyone on earth will have enough to eat.*

After the meal, say or sing:

Birkat Hamazon: The Blessing After the Meal

The Beyt Tikkun free associational mystical/spiritual translation. Feel free to add your own insights and feelings to this prayer. (The psalm written by Jews returning from Babylonian exile circa 500 BCE who thought that they would never be able to return to their homeland. It became a testimony to the power of faith in what otherwise seemed unrealistic hope).

Sheer Ha'ma'a'lot...when God led us back to Zion it was as if we were dreaming. Then our mouths were filled with mirth and our tongues filled with rejoicing. Then they said among the nations, “the Israelite’s Transformative Power (YHVH) has done great things for them.” Yes, God has done great things for us.

Return us Yud Hey Vav Hey to our liberation, like desert streams gushing with water. Frustrating and uncertain our struggles for liberation, yet they will soon let humanity reap in joy. Just as the farmer wants to weep when burying the precious seeds, but in the future s/he will return filling her arms with full grown grain.

The praise of Yud Hey Vav Hey shall my mouth speak, and all that is living strives to praise Her name. And we who live shall praise God/dess, from this time as long as we can, Hallelu Yah! Give thanks to Yud Hey Vav Hey, for S/He’s the source of universal love, Her compassion should pour through us forever, spreading kindness through the world.

Blessed is She and Blessed is All Being evolving to manifest Her Love.

We Bless You, Yud Hey Vav Hey, our source of transformation. In a world of abundance You helped us to know there is enough for everyone! We must share the food with everyone—end hunger and poverty. And care for Mother earth, air, water and all the animals, and keep our planet strong so none will lack healthy sustenance. As the big picture unveils itself, we see more clearly the relatedness of all, how the earth itself can sustain and feed all, if environmental justice and generosity prevail. We bless You Yud Hey Vav Hey, who provides food for all. **Baruch atah Adonai ha-zan et ha-kol.**

Nodeh lecha. We give thanks to You, Yud Hey Vav Hey, for teaching us that we need to restructure our world’s economic and political arrangements so that they facilitate the emergence of a society based on caring for each other and caring for the Earth, and in the process ensuring that the food and material resources are redistributed so that everyone has enough to eat and live on. **Kakatuv ve’achalta, ve’sava’ta, u’veyrachta et Adonai Elohecha.** As it’s written in your Torah: You shall eat, and you shall be satisfied, and you shall bless Yud Hey Vav Hey, your source of transformation, for the good earth. We channel your blessings Sheh’chinah, for the miraculous earth we live on and for the food. **Brucha at Yah Shecinah al ha’aretz ve’al ha’mazon.**

Have mercy, Sheh’chinah, on the people Israel [whom we identify as all those in all religions who take on the responsibility of healing the human race from the history of its accumulated pain and cruelty and instead build a world of love and compassion for all, even those who we are (mistakenly) taught to think of as permanent enemies].

On Shabbat/Sabbath add: And cause us to inherit this Shabbat to become more fully aware of the grandeur and mystery of the universe, the full beauty and nourishing energy of all creation, and remember our task of teaching others that the world can be transformed just as you transformed us by liberating us from slavery of Egypt. And on this -Shabbat let there be no upsets, no tsuris, or sadness, but only joy, pleasure and celebration of the grandeur and mystery of Your creation, of which we are an intrinsic part. **On Festivals and Chanukah, Purim, Rosh Hashanah add:** May the all merciful help us remember the meaning of this holiday for our community [invite people to give short phrases that capture what that meaning is for them]

May the All Merciful one help us to rebuild Jerusalem *to be in fact a city of peace*, and an embodiment of the highest values of our people. Let us speedily see God's quality of rachameem—mercy/enwombedness/compassion—return to Zion. Let us channel your blessings, YHVH, Who will help us rebuild Jerusalem as a city of compassion and generosity. **Baruch ata YHVH, boneh berahamav yerushalayim. Amen.**

Blessed are You, YHVH--the universe seen from the standpoint of its evolution toward greater love, awareness, kindness, creativity, playfulness and humor, generosity, ethical and ecological sensitivity, awe and wonder, and the unity of matter and spirit. Our Jewish life challenge in the US is to rebuild a Judaism of Love engaged in the tikkun-ing of the world, in the process overcoming every form of Jewish and American chauvinism. And we witness: There is enough, we are enough, all is good and we are blessed to be able to see that. **Bruchah at Yah Shechina, ha-tova ve ha meyteevah la kol.**

Harachaman may the all merciful One send us Eliyahu the Prophet, and Miriyam the prophetess with her strength and her music, and let them bring us good news of the coming of the messianic era, which we shall help create through acts of love and generosity.

May the all Merciful, Harachaman heal all people on this planet from the hurts, humiliations, oppression and spiritual suffering that lead to anger, violence, or indifference to the suffering of others, so that all may be blessed with lives filled with love, kindness and generosity.

May the All Merciful One, bless Israelis and Palestinians to have a full and total reconciliation so that they can live in peace with dignity, security, and justice for all. And may Israelis and Palestinians be a society based on love of neighbor and love of the Other, the stranger, the powerless and the refugee, thereby becoming one of many lights to the nations of the world.

Harachmanet, may the All Merciful One, help us replace wars and violence with love and kindness, support our efforts to eliminate hunger and global and domestic poverty, and let environmental sanity prevail on earth.

May the All Merciful One bless all those who part of movements for peace, social, economic justice, human rights, or environmental sustainability-- them and all their friends and family and all who truly love them—and may we all be blessed with humility, kindness and a powerful sense of humor.

Harachaman send physical, psychological and & spiritual healing to all those in need of healing.

Ha-Rachaman May the All Merciful One *(Fill in your own blessing or request and let the community respond "amen")*.....

On **Shabbat**: HaRachaman hu yan'cheeleynu yom sheh'kuloe Shabbat u'meh'nucha leh'chayey ha'olamim. On **Sukkot**: HaRahcaman hu yakeem lanu et sukat daveed ha'noe'fallet)

May the All Merciful One make us worthy to experience the messianic era and have a taste of what it might be like in the world to come!!HaRachaman, hu yizakeynu lee'mot ha'mashiach uleh'chayey ha'olam ha bah.! **Migdol** (*magdeel on regular days*) yeshu'oat malkoe ve'oeseh chesed leemschee'khoe le'Daveed uleh zar'oe ad olam. You who make peace in the heavens, make peace on this earth for us, for Israel and for all humanity and for our planet too. Amen

Stand in awe of Goddess, S/He is so good, there is no lack for those in awe.

Those addicted to material things will always be hungry for more, but those who build love, compassion and kindness will always understand there is enough. Potey'ach et yadecha umas'bee'ah lechol ch'ai ratzon. You open Your hands to all who are seeking and satisfy all who are spiritually alive. Hodu la'donai kee tov, kee le'olam chasdoe. Thank God for Her goodness, for She is compassionate forever. Adonai oz le'amoe yeeten, Adonai ye'varech et amo ba'shalom, **God will bless all peoples with peace, Goddess will help us to build a world of love.**

{Composed for *Beyt Tikkun* www.beytikkun.org by Rabbi Michael Lerner}