

סדור תהילת השם

: ידבר פי :

**A Weekday Siddur ~ As I Can Say It  
For Praying In The Vernacular**

שמעו! בכל לשון שאתה שומע

*Sh'ma' – in any language you can hear it and understand*

**RABBI ZALMAN SCHACHTER-SHALOMI**

Reb Zalman Legacy Project

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YESOD, Foundation for a Jewish Future

[yesodfoundation.org](http://yesodfoundation.org)

Aleph: Alliance for Jewish Renewal

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Dear Davvener,

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

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

*I suggest that you davven it first all the way through, reading it out loud enough to hear it yourself with feeling. You will like some sections better than others.*

*However, as you will note, there are 5 sections to this heart siddur. They describe the raising your awareness from the realm of **sensation**, the prayer of **Assiyah**, to the realm of **feelings**, the prayer of **Yetzirah**, from there to the realm of **reason and the intellect**, the world of **B'riyah** and to the summit, the world of the **intuition**, **Atzilut**.*

*When you are done with this ascent, coming back to the grounded world of sensation and action, you will need to reflect on the stirrings you felt on the way up and ask yourself these questions:*

*How am I to apply this in my consensus reality and with my family and other contacts?  
How am I to act in a manner that will lead to the healing of our planet and society?*

*This part is called the **bringing down of the Divine influx, yeridat hashefa**'.*

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

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

*Reb Zalman Schachter-Shalomi*

מודה אני לפניך

**Thank You,** Living God  
And Master,  
For giving me  
Another day of awareness.  
I thank You  
For this sacred trust.

תפילת העשיה  
אשר יצר

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

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

So I am grateful  
And bless You,  
For healing me,  
In amazing ways.

**נשמה שנתת בי**

My God,  
The breath You have given me  
Is fresh.  
You create it.  
You form it.  
You breathe it into me.

And you keep me breathing.

At some time,  
You will take it away from me,  
And I will have breathed  
my last breath in this body.

And You will resuscitate me,  
To the life of the spirit.

For each breath still in me,  
I thank You,  
My own God,  
Who is also my parents' God,  
Lord of all spirits,  
Master of all that happens.

I offer You thanks,  
Cosmic Majesty,  
And worship You,  
For keeping me breathing.

And in this way,  
With each breath,  
You give me Life anew.

## ברכות התורה

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

We ask that we may find  
Zest and delight  
In the words of Your teaching.  
May we and our children  
(and their children, too )  
Become intimate with You.  
And, with pure intent--  
Immerse ourselves in the Torah.  
Barukh attah Yah,  
You mentor Your people  
In Torah.

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

*Now,  
study Torah  
where your heart prompts you*

**ברכות השחר**

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

(Each time you see **Barukh---**,  
you can repeat the formula:  
**Barukh attah Yah,  
I offer You thanks,  
Cosmic Majesty,  
And worship You...**)

**Barukh---**  
For giving sight to my eyes.

**Barukh --**  
For giving free movement  
to my limbs.

**Barukh ---**  
For helping me to stand upright.

**Barukh --**  
For giving me clothes to wear.

**Barukh---**  
For the firm ground  
On which You place me.

**Barukh---**  
For leading my steps  
In the right direction.

**Barukh---**  
For providing  
for all my needs.

**Barukh---**  
For imbuing me  
Among other Jews,  
With Strength.

**Barukh---**  
For making my soul bright,  
When I wrestle  
And dance with You.

**Barukh---**  
For taking my weariness  
And giving me energy.

**Barukh---**  
For shaping my life  
in Your image.

**Barukh---**  
For giving me options.

**Barukh---**  
For giving me the privilege  
To worship You, as a Jew.

**Barukh---**  
For removing  
The last trace of sleep  
from my eyes.

## יהי רצון

And we ask Your blessed help  
To find that our habits  
Follow Your Torah,  
To make our desire  
Seek Your Mitzvot.

Keep us from sin and offense,  
From shame and temptation.  
Do not allow evil to attract us.  
Keep us far from malicious people,  
But draw us to seek goodness  
And right action.  
Induce our selfishness  
To serve You.  
And help us this day,  
Yes, every day,  
To be generous,  
Friendly and cheerful.

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

**ואהבת לרעך כמוך**

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

## תפילת היצירה

### Psalm 30

*A Psalm for A Housewarming,  
Composed by David*

I acclaim You, my God.  
You set me free  
So that my foes  
Could not gloat at my troubles.  
Yah, my God, I pleaded with You.  
You healed me.  
Yah, you lifted me from the pit;  
From the brink of the grave  
You brought me back to Life.

Fellow devotees!  
Join me in my song.  
Remembering what is sacred,  
Let's give thanks.

For a moment, I felt You angry,  
Then I felt Life and acceptance.  
Though weeping as I fell asleep,  
I woke up singing.  
You, Yah, made my mountain firm,  
I thought I was safe;  
That I won't ever stumble.  
But when You hid  
your Face from me,  
I panicked.  
I call to You, Yah!  
I plead with You, Adonai!  
What use is there in my death  
To go down to ruin?  
Can dust appreciate You?  
Can it discern Your Truth?  
Listen, Yah!  
Be kind to me!  
Yah, Please help me.

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

## **Psalm 67**

*A Psalm for all the peoples  
of the planet*

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

**ברוך שאמר**  
**Baruch Sh'amar**

**Blessed One,**  
**You talked the Worlds**  
**Into being.**

What a Blessing, You!  
Blessed One,  
Your Word  
Makes for becoming.  
What a blessing, Your Name.  
Blessed One,  
You decree and sustain.  
Blessed One,  
All beginnings are Yours!  
Blessed One,  
Your Compassion  
Enwombs the Earth.  
Blessed One,  
Your Caring is kind  
To all creatures.  
Blessed One,  
You are generous  
In rewarding those  
Who respect Your Creation.  
Blessed One,  
Ever Alive,  
Ever confirming existence.  
Blessed One,  
You make us free,  
You rescue us!  
When we hear Your Name  
We offer blessing.  
Amen

**Baruch attah Yah**  
**Melech m'hullal batishbachot.**

## Psalm 100

This is how you sing to God  
**A Thank You song.**  
You join the symphony  
Of the whole Earth.  
In your gratefulness,  
You meet Him.  
Voices echo joy in God's halls.

In giving thanks,  
We engage Her blessings.  
We meet His goodness,  
Here and now;  
Her encouragement  
From generation to generation.

You are filled with joy  
Serving God's purpose.  
You sound your own song  
As you do it.  
Certain that God is Be-ing,  
We know that we are  
Brought forth from Her,  
--Both God's companions  
And His flock.  
Enter into God's Presence  
Singing your own song,  
In grateful appreciation.

Thank You God,  
You are all Blessing.  
In this world, You are goodness.  
Yes, Grace, itself.  
This is the trust we bequeath  
The next generation.

יהי כבוד

**Yehi Kh'vod**

Yah! Fill our world  
To reflect Your nobility,  
So You will find joy  
In Your creation.  
In all circumstances,  
We adore Your name forever.  
Those who come from East,  
And those who come  
From the West,  
Celebrate Your Name  
In their ways.  
Yah transcends  
All national bigotries.  
Her glory is in what  
Concerns Heaven.

Yah -- this is Your Name forever.  
Yah -- is the watch word,  
Each generation passes to the next.

Yah, You have established  
Your Sh'chinnah in the Heavens.  
Your domain encompasses  
All there is.

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

Yah! You are now.  
Yah! You were then.  
Yah! You will be  
Constant forever.

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

The designs of tyrants.  
You, Yah, block their schemes.

People brood  
Over so many desires.  
It is Your design, Yah,  
That prevails.  
What You, Yah, design,  
Lasts through all time.  
What You propose,  
Works for many generations.

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

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

You, Yah, have singled out Jacob.  
Israel, is Your treasure.

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

Because You are caring,  
You will forgive sin.  
You will not destroy.  
But time and again,  
You will subdue Your wrath  
And not let Your fury rise.

Yah! Please help,  
Prince!  
Answer us the same day,  
When we cry out.

**Ashrey אשרי**  
**Psalm 145**

Sitting in Your home is happiness.  
And, offering appreciation of You,  
Is even more so.  
Selah!

There is contentment for a people  
So at home with Yah.  
There is serenity among the people  
Who have You, as their God.

*David's Aleph Bet Praise*

I hold You in the highest esteem,  
My God, My King.  
In all I do,  
I will offer praise to You.

Every day,  
I will offer You my appreciation  
And I will cheer You,  
In all that I do.

Magnificent are You, Yah,  
And much appreciated.  
But, Your true greatness  
Is beyond knowing.

One generation  
Transmits its excitement  
To the next  
Over Your amazing actions,  
Telling them of Your might.  
Splendid and glorious  
Is Your fame.

In all that I do,  
I delight to tell of Your marvels.

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

Many will recall  
Your great goodness,  
And sing of Your fairness.

You, Yah, are gentle  
And compassionate,  
Most patient  
And caring.

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

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

We talk of the honor  
Of Your realm,  
And draw our energy  
From Your power.

Thus, we announce to others  
How powerful You are,  
And how distinguished  
Your Majesty is.

Your domain embraces universes.  
Your authority is recognized  
Throughout all generations.

You, Yah,  
Keep us from faltering,  
And help us up, when we stumble.

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

You open Your hand,  
And each one of us receives,  
What we desire.

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

You are close by  
When we call on You;  
Especially, when we fully mean it.

You shape the will of those  
Who respect You;  
You hear their pleading,  
And, You help.

You, Yah, protect those  
Who love You.  
Those who do evil,  
You eliminate.

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

## **Psalm 146**

### **Halleluyah!**

Spirit of mine, praise Yah!

I will indeed praise Yah,

With my life.

I will sing to God,

With all my being.

I will not put my reliance in big shots.

What can people do,

Who can't even help themselves?

When their spirits leave them,

They return to their dust.

All their schemes have vanished.

Happy is one,

Who is helped by Jacob's God;

Whose hope is entrusted in Yah, His God--The One,

Who makes heaven and earth,

The ocean and all that lives there.

He is also the One, who is forever.

The standard of truth and sincerity.

He seeks justice for the oppressed,

And gives food to the starved.

Yah, is the One,

Who frees the imprisoned.

Yah, gives sight to the blind.

Yah, upholds the stooping.

Yah, loves the Tzaddikim.

Yah, protects the converts,

consoles the orphaned

and the widowed,

Confounds the way

Of the malicious.

Please, Yah! Zion's God!

Manifest Your rule in the world!

For us, and for our children.

**Halleluyah**

## Psalm 147

### Halleluyah!

It is so good to sing to our God  
Make good music  
to accompany the words  
Yah, Builds Jerusalem  
by gathering  
Her scattered Godwrestlers.  
He makes the broken hearted well,  
And soothes the hurt  
Of their bruises.

Counting the stars  
And naming them,  
He creates them each to be.  
Great, is our Master,  
And powerful beyond measure.  
No one can describe  
His way of comprehension.

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

Offer gratitude to Yah!  
To the harp,  
Sing songs of celebration  
To our God  
He covers the sky  
With billowing clouds:  
Thus arranging rain for the ground,  
Making the hills sprout forth grass.

Giving the beasts the food  
They need;  
Even to the young ravens,  
Who cry to be fed.  
He is not impressed  
By a stallion's feistiness;  
Nor, by the muscles  
Of a man's thighs.

Yah, welcomes those  
Who respect Him;  
Who long for His grace.  
Jerusalem! Zion!  
Give praise to Yah.  
Celebrate that He is your God!

Because He strengthened  
The bars of your gates,  
And blessed your children  
In your midst,  
Your borders He set to hold peace  
And satisfies you  
With good nourishment.  
When He decrees  
Something for Earth,  
His command is swiftly fulfilled.

Snow, like white wool,  
He sends down.  
Frost, He scatters like sand.  
He sends hail, like crumbs.  
No one can stand it when  
He brings on the cold.  
Sending His word, He melts them,  
Blowing warm wind  
And the waters flow.

He imparts His words to Jacob;  
His statutes and judgments  
To Israel.

Alas!  
He did not do the same  
For other nations.  
His judgments,  
He did not share with them.  
**Halleluyah!**

## Psalm 148

### **Halleluyah!**

Applaud and cheer Yah,  
From the heavens.

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

Lads and also lasses, Hallel!  
Elders together with youths.

All of you, praise Yah's Name.  
His very Name, is so transcendent.

His glory is reflected  
By Heaven and Earth.

Grand is the fate of His people.  
His devout ones,  
In constant adoration.  
Halleluyah those  
intimate and close to Him,  
You Children of Israel, **Halleluyah.**

## **Psalm 149**

### **Halleluyah!**

Sing a brand new song to Yah.  
This, is how He is celebrated  
Among the Chassidim.  
Yisrael, is happy  
Knowing his Maker.  
Zion's children,  
Delight in their King.  
Dancing, they chant His Name,  
Making rhythm,  
With drums and strings.  
Yah, loves His people.  
The self-effacing,  
Can count on Him for help.  
Chassidim, savor  
His awesome Presence.  
Even on their bed,  
They hum His praises.  
They exalt God, in inner speech.  
Such praise is a potent weapon,  
Repelling antagonists,  
Scolding bigots,  
To immobilize their commanders,  
And arrest their agitators.

Rebuke them, as they deserve!

All this, because God's Chassidim  
Gives honor to Him in splendor.

### **Halleluyah!**

## **Psalm 150**

Halleluyah. Attune to God  
in holiness:  
be in awe of God who is mighty  
in the heavens.  
mark God for His potent acts:  
praise God for Her generosity.  
Salute God with trumpet sound:  
hail God with the strings and harp.  
Worship God with drum and dance:  
Intone to God with organ and flute.

Make rhythm to God with crashing cymbals:  
praise God with cymbals that ring out.  
Let all who breathe chant Yah.  
Halleluyah.

Barukh Yah always, Amen, Amen.  
From Zion,  
From Your dwelling  
in Jerusalem,

We send our Halleluyah.  
Barukh, too, to You, Yah,  
Israel's God,  
Who alone, does amazing things.

May the glorious Presence,  
Governing numberless worlds,  
Manifest in this world  
In all magnificence, Amen, Amen.

## ויברך דוד

And David worshipped Yah  
For all the crowd to see.  
And David said,  
I offer worship to You, Yah.  
Blessed are You, Yah,  
God of Israel, Our Father,  
Ruling countless worlds.

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

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

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

You, Yah,  
You, alone have made the heavens,  
The heavens beyond our heaven,  
All those that serve You there.

Earth and all that is on her;  
The oceans, and all  
That they contain.  
The host of heaven bow to You,  
And you infuse them all with Life.  
*(here give Tzedakah)*  
You chose Abram.  
You brought him out of Ur,  
Of the Chaldees.  
You named him Av-raham,  
And found his heart  
To be trustworthy enough,  
To make a covenant with him.

On the day, when You saved us,  
Abrahams children,  
from Mitzrayim,  
We saw how You dealt  
With Mitzrayim,  
With superior force.

We, the people, saw it,  
And we put our faith in You, Yah,  
And in Moshe, your servant.

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

Yah, will reign there always.  
Yah, will reign there always.

On that day, Yah will be One.  
And, His Name, will be One.

## ישתבח שמך Yishtabach

Your Name be praised,  
Always, Majestic One.  
Powerful and gentle Source,  
Making Heaven and Earth, sacred.  
It is our pleasure  
To dedicate to You,  
Our God and Our parents' God,  
Time and again:

Music and Celebration,  
Jubilation and Symphony,  
Fortissimo, Anthem,  
Victory March, Largo, Forte,  
Paeon and Hymn,  
Sanctus and maestoso,  
Laudo and Aria,  
Celebrating  
Your Divine reputation  
In every realm.

We worship You, Yah,  
Generous, Great, Regal One,  
Who is the One,  
to whom we offer all these.

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

Amen

*Reb Ahrele Roth, a"h, wrote a list of 32 mitzvot whose fulfillment is completed in the brain, the heart and the mouth.*

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

*The Hebrew alphabetical equivalent of 32 is ל"ב, the letters of which spell the Hebrew word **LEV** for Heart.*

### **O my Creator!**

**May Your Name be praised:** With my mouth, brain and heart prepared, I am ready to fulfill Your mitzvot. You who shape me.

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

Thus, may You be pleased,  
O Supernal Parent,  
That by the merit and the power  
Of my making mention  
of these *Mitzvot*  
With my mouth,  
There be stimulated  
The energy of these *Mitzvot*  
In their supernal root,  
To draw down to me,  
That High Holy flow  
That will shield my thoughts,  
My voice and my words,  
From all damage,  
All taint, all dross and dirt.  
And there be drawn to me a flow  
That will make pure  
My thoughts and heart,  
My voice and words.  
May all of them be surrendered  
To You, Praised One,  
To the end that I may merit  
To be connected to You,  
In *devekut* and love.  
And to attain the fulfillment  
Of Your *mitzvah*  
To cleave to You.  
Thus will I be privileged  
To be an instrument of Your will,  
A vehicle for the  
Blessed Shechinah of Your Glory.

Thus will the light in my soul  
Not darken,  
Nor will Your Divine spark  
Be extinguished in me,  
From now on and forever.  
Amen!  
May this be Your will.

## **Barchu תפילת הבריאָה**

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

You bring on light  
With compassion to the world  
And to all who live in it.  
In goodness,  
You constantly renew each day  
What You made happen  
At the beginning,  
You make numberless beings,  
All different.  
Each one, with its own wisdom.  
All there is, is Yours.

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

*I am awed*  
When I see Your skies,  
Your handiwork and fingerprints,  
The moon and stars  
You have arranged.  
And the angels;  
**Ophanim,**  
Turning orbits and the planets,  
**Hayot,**  
The constellations of the zodiac,  
**Seraphim,**  
Blazing ones, the galaxies.

All in concert,  
Adore and venerate You,  
And sanctify Your Name  
Chanting:  
**Kadosh, Kadosh, Kadosh**  
**Holy, Holy, Holy are You**  
**Yah of Diversity**

The cosmos is filled  
With Your radiance.  
They plead also...  
**Bring this glory to radiate to us**  
**Also on the level where we live.**

They all offer to You, blessed God  
All pleasure in worship.  
Aware that You alone,  
Are Sacred, beyond all limits.  
Condensing and focusing,  
Creating anew,  
Overcoming all barriers,  
Seeding virtue,  
Growing liberations,  
Making healing available,  
Awesome in admiration,  
Master of marvels.

In Your benevolence  
You renew each day,  
Each moment,  
The work of Creation.

Please, focus, new light on Zion  
And let us all receive its benefit.  
Barukh attah Yah  
You shape luminaries.

**Ahavat Olam** אהבת עולם

From ever  
You have loved us into life.  
Yah—our God,  
You nourished us with kindness  
And abundance.

Holy One!  
For the sake of Your plan,  
For Your honor,  
And because we know  
That our parents trusted You,  
And You, in turn, taught them  
How to live life,  
So as to be serving Your purpose,  
We ask You to share with us  
In the same way.  
God, kind Parent,  
We live in the embrace  
Of Your caring.  
Make ours an understanding heart,  
To become aware  
And be careful and effective  
In this way, to make real  
What You speak to us in Torah,  
And with so much love.

When we study Torah,  
May we see clearly  
What is meant for us to know.  
When we do Mitzvot,  
May all our feelings  
Sit harmonious in our heart.

Focus all our hearts' longing  
To that moment,  
When we stand in Your Presence,  
In both awe and adoration.

May we never have to be Apologetic for  
our love for You.

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

May Your  
Kindness and compassion,  
Be available to us.

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

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

You brought us close to You.  
We are grateful.  
We hold You special.  
And are filled with love for You

**Barukh attah Yah**

Who relates to us in Love.

Amen

**Sh'ma Yisrael** שמע ישראל  
י—ה א-להינו י—ה אחד

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

ברוך שם כבוד מלכותו לעולם ועד

Through time and space,  
Your glory shines, Majestic One.

**Love Yah**, who is your God,  
In what your heart is,  
In what you aspire to,  
In what you have made your own.  
May these values  
Which I connect with your life,  
Be implanted in your feelings.  
May they become the norm  
For your children:  
Keep talking with them  
In the privacy of your home,  
And on the errands you run.  
May they help you relax.  
And activate you to be productive.  
Display them visibly on your arm.  
Let them focus your attention.  
See them at all transitions at home,  
And in your environment.

**How good it will be**  
When you really listen,  
And hear my directions,  
Which I give to you today,  
For loving Yah, who is your God,  
And to act godly  
With feeling and inspiration.  
Your earthly needs will be met  
At the right time,

Appropriate to the season.  
You will reap what you planted  
For your delight and health.  
Also, your animals  
Will have ample feed.  
All of you will eat and be content.  
Be careful -- watch out!  
Don't let your cravings delude you;  
Don't become alienated;  
Don't let your cravings  
Become your gods;  
Don't debase yourself to them,  
Because the God-sense within you  
Will become distorted.  
Heaven will be shut to you,  
Grace will not descend,  
Earth will not yield her produce.  
Your rushing will destroy you!  
And Earth will not be able  
To recover her good balance  
In which God's gifts manifest.  
May these values of Mine,  
Reside in your  
Feelings and aspirations:  
Marking what you produce,  
Guiding what you perceive.  
Teach them to your children  
So that they are instructed  
How to make their homes sacred;  
And how they deal with traffic.  
Even when you are depressed,  
And when you are elated.  
Mark your entrances and exits  
With them,  
So you will be more aware.  
Then, you and your children,  
And their children,  
Will live out on earth  
That divine promise  
Given to your ancestors  
To live heavenly days  
Right here on this earth.

צִיצִית

**Yah who Is, said to Moses,**  
“Speak, telling the Israel folks  
To make tzitzit  
On the corners of their garments,  
So they will have generations  
To follow them.  
On each tzitzit tassel,  
Let them set a blue thread.  
These tzitzit are for your benefit!  
Glance at them.  
And in your seeing,  
Remember all the other directives  
Of Yah, who Is,  
And act on them!  
This way,

You will not be led astray,  
Craving to see and want,  
And then prostitute yourself  
For your cravings.  
This way  
You will be mindful  
To actualize my directions  
For becoming dedicated  
to your God;  
To be aware  
That I Am Yah, Who is your God,  
Who is the one who freed you  
From oppression,  
in order to God you.  
I am Yah, who is your God.  
That is the truth! אמת

You, Yah,  
Who saved our ancestors,  
May You  
Soon bring redemption  
To us also.  
Barukh attah Yah  
Ga'al Yisrael.

## תפילת האצילות

### *Weekday Affirmations*

*Based on the Amidah.*

*You can add personal affirmations to the following.*

#### **I affirm...**

The power of positive affirmations.  
I affirm that the Shechinah Surrounds me,  
And blesses me.  
I affirm the light beings  
Of God's service,  
Who support and guide me.

#### **Avot**

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

#### **T'hiyah**

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

#### **K'dushah**

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

#### **Shover oyvim**

I place myself  
Under the protection of the S'phirah of  
Keter,  
Which will shield me  
From all harm and neutralize it.

#### **Atah honen**

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

#### **Hashivenu**

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

#### **S'lihah**

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

#### **Ge'ullah**

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

#### **Refu'ah**

I place myself  
In the compassionate heart  
Of God's Tiferet,  
And affirm the healing,  
balancing, integrative,  
Centering light within me.

### **יְיָ בְּרַחֵם, מַשִּׁיחַ, שְׁכִינָה**

I support myself  
On the pillar of Netzach,  
Channeling to me  
All manner of  
Blessing and prosperity,  
And place it at the disposal  
Of the redeeming Mashiach,  
Unfolding to witness  
The Shechinah's residing in Zion.

### **יְיָ קִבְּצֵת גְּלוּיֹת, יְרוּשָׁלַיִם, מִדִּים**

I support myself  
On the pillar of Hod,  
Making order in my life,  
Gathering all the forces  
From dispersion,  
And settling them  
In the blessed Jerusalem,  
Where I offer my thanks  
To God's Glory.

### **יְיָ תְּזַדַּקַח וּמִשְׁפָּט, תְּזַדְּדִיקִים, שָׁלוֹם**

I base myself  
On the foundation  
Of Yesod,  
To act righteously and justly.  
To assist  
Every righteous effort  
In the world,  
And to become  
Peaceful,  
To work for peace.

### **יְיָ שְׁמוֹעַ אֶת הַדָּבָר**

I affirm that Malchut,  
The Shechinah, is the one  
Offering these affirmations in me,  
And is attracting  
The flow of blessings,  
To suffuse my life.

Amen...Amen.

*(If you are pressed for time, you can use this short version.)*

## ***Havinenu***

Help us YaH,  
To understand Your ways,  
And sensitize our hearts,  
With reverence all our days.

Forgive us, with compassion, each sin,  
That redemption we may hope to win.  
In Your caring,  
take our pain and suffering away,  
And satisfy us, with Your abundance,  
we pray.

With Your all-powerful and tremendous hand,  
Our scattered ones  
Bring together to our own land.

May justice be effective,  
And righteousness prevail.  
May evil plots be razed and fail.  
But righteous efforts  
Be well regarded.  
And those who serve goodness  
Be rewarded  
When Your sacred city,  
With joy we rebuild.  
And Your House of prayer  
With all peoples be fill'd.

Then with a loud and exultant voice,  
Will the righteous, O God of Israel, rejoice.

Let it be Thy divine will, to speedily found  
A messianic life for all abound.

And, may the light of peace,  
Brightly blaze,  
As in reverence,  
Your sacred Name we praise.

For You do hear  
The voice of Prayer,  
Are blessed!

This we declare. Amen (J. F. Stern)

## ***Another version of the Amidah***

### **העמידה**

בָּרוּךְ אַתָּה ה'

I bow before You, Yah,  
Our indwelling God,  
Our parents' God,  
Abraham and Sarah's God,  
Isaac and Rebecca's God,  
Jacob and Leah and Rachel's God,  
Great, Powerful and Awesome God.  
God transcendent.  
You nurture us gently  
And are kind to us.  
You, who possesses it all.  
You remember  
How our parents loved You.  
Yes, we trust that You  
Will bring redemption  
To us, their children's children,  
Who chant Your name  
And love You...  
Our Prince, Our Helper,  
Our Protector.

בָּרוּךְ אַתָּה ה'  
Magen Avraham U'foked Sarah

You are powerful with world ~~Monday~~.  
What is dead, you can make live.  
You are really capable of helping.  
You give dew (and rain)  
To parched earth and souls.  
You feed all life with gentleness.  
You invigorate bodies  
With mercy's flow.  
You support us in falling.  
You heal us in sickness.  
You free us from compulsion.  
You keep faith  
With those now dead.  
In Your might,  
No one can compare with You.

You deal out life and death.  
Yet in all this,  
You make salvation grow.  
בָּרוּךְ אַתָּה ה'  
Barukh attah Yah  
M'chayeh Hametim.

You are Holy,  
Your name is Sacred.  
And those who daily aspire to be holy,  
Sing your *Halleluyah* all day.

Indeed, You are  
the Great and Holy God.  
בָּרוּךְ אַתָּה ה'  
Barukh attah Yah  
Ha'el hakkadosh.

**We pray for the right awareness**  
(in your own words)

בָּרוּךְ אַתָּה ה'  
Barukh attah Yah  
Chonen Hada'at.

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

(in your own words)  
בָּרוּךְ אַתָּה ה'  
Barukh attah Yah  
Harotzheh Bit'shuvah.

**We pray for forgiveness**  
(in your own words)

בָּרוּךְ אַתָּה ה'  
Barukh attah Yah  
Channun Hammarbeh Lis'lo'ach.

**We pray for support and redemption**  
(in your own words)

בָּרוּךְ אַתָּה ה'  
Barukh attah Yah  
Go'el Yisrael.

**We pray for healing**

(in your own words)

ברוך אתה יהוה  
Rofe' Chol Bassar U'mafli' La'assot.

**We pray for  
the ecology and economy**

(in your own words)

ברוך אתה יהוה  
M'varech Hashanim.

**We pray for  
the ending of exile**

(in your own words)

ברוך אתה יהוה  
M'kabbetz Nid'chey Ammo Yisrael.

**We pray for a just society**

(in your own words)

ברוך אתה יהוה  
Melech Ohev Tzedakka U'mishpat.

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

(in your own words)

ברוך אתה יהוה  
Shover Oyvim U'machni'a' Zeydim.

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

(in your own words)

ברוך אתה יהוה  
Mish'an U'mivtach latzaddikim

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

(in your own words)

ברוך אתה יהוה  
Boneh Y'rushalayim.

**We pray for  
the rule of Mashi'ach**

(in your own words)

ברוך אתה יהוה  
Matzmi'ach Keren Y'shu'ah.

**You hear Our Prayer,**

Compassionate parent.

Accept our pleading,

With kindness and grace.

Everyone praying to You, is heard.

So, I add the concerns I still have

Beyond what I have expressed before,

And I trust, that You, will respond.

(in your own words)

ברוך אתה יהוה  
Shome'a' T'fillah.

Take pleasure God,

In our way of praying.

Teach us,

To encounter Your Presence.

May we merit

To pray in Your Temple in Zion.

ברוך אתה יהוה

Hammachazir Sh'chinnato L'tzion.

We are grateful God

and count our blessings

*(here in your words detail your gratitude  
for events in your life)*

ברוך אתה יהוה

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

**We pray for Peace**

(in your own words)

ברוך אתה יהוה

HaM'varech Et 'Amo Yisrael Bashalom.

Amen.

*After the Amidah,  
it is important to find a moment  
to search  
your heart and conscience.*

*If you find something  
that needs repair,  
make your commitment  
to do so,  
and ask for the grace  
to fulfill  
that tikkun.*

*(On days when Tachanun is not recited, joyful and celebrative days, recite Psalm 15 instead.)*

## **Tahanun**

My God!  
my soul is Yours  
my body is Your servant  
take pity on what You have created;  
my soul is Yours  
and my body is Yours  
God help us for Your sake.  
We come to You  
because we want to honor  
Your reputation.  
Help us in our moral struggle  
for the sake of Your reputation;  
because You are kind and compassionate.  
Forgive us,  
for there is so much  
we need to be forgiven for.  
    Pardon us our Father,  
    our errors are so great;  
    forgive us our Royal Master  
    many are our mistakes  
Our God our parents God  
pardon our sins  
Erase our rebellions  
Let our failures not appear before You.  
Mold our drives to serve Your purposes;  
let our stubbornness be in Your service.  
Refresh our conscience  
to guard Your instructions  
Sensitize our hearts to love You  
and to respect Your reputation  
as Your Torah prescribes:  
"and YaH Your God  
will sensitize Your heart  
and the hearts of Your children  
so that Your love for Your God  
will be wholehearted, inspired,  
to make Your life meaningful"  
    Dear God.  
    I approach You  
    from the desire to serve You  
    and yet there is no Tzaddik  
    who can do only good  
    and not fail in it  
    Please help me with my moral Life  
    so that in every way

    my attitude will be balanced  
    and right.  
To begin with,  
help me to forgive anyone  
who is frustrated and upset me  
if they have sinned against me,  
my body my possessions  
my reputation anything of mine  
but unintentionally are intentionally  
whether they scheme to do it  
or were unaware  
whether it was in word or action  
whether it was in thought  
and the imagination  
Whether it was in this incarnation  
or in any other  
I completely forgive any God-wrestler;  
let no one be punished on my account.  
    My God and my parents God  
    may our prayer come before You  
    do not turn Your attention  
    from our pleading  
    we don't want to be impudent  
    we don't want to be stubborn  
    and claim that we are righteous  
    and have- not sinned  
Indeed our parents have sinned  
and we have sinned  
Help us with God not to fail You again  
and what I hereby confess to You  
-----  
I beg You,  
that in Your great mercy  
You erase my sins  
but not by means  
of suffering and illness.  
May the words of my mouth and the meditation  
of my heart  
be acceptable for You yah my rock and my  
Redeemer  
I place my faith in You  
I place my trust in You  
I place my hope and You

*Continue with the Siddur Shomer Yisrael*

*At this point, you may wish to recite **Psalm 6** or **Psalm 25**.*

### **Psalm 6**

A David Song

[Note to the Conductor- -

*play this melody on the eight stringer]*

Yah! Please don't chide me

in Your anger.

Don't scold me in Your wrath.

I need You to show me kindness.

I am so miserable. Heal me, Yah!

My bones ache so.

My inner self is very troubled.

I ask You, Yah!

How long must I still endure?

Relent, Yah,

And for mercy's sake

Pull me out and spare me.

How can I remember You

If I am dead in the pits?

Who will thank You?

I groan and am all worn out.

I sob on my bed;

My tears drench my mattress.

My eyes are stinging

From frustration,

As if all my troubles

Wept them out.

Away with you,

All you traffickers of sin!

Yah has heard my wailing.

Yah has listened to my pleading.

Yah will fulfill my prayer.

Confusion and embarrassment

On you, you fiends!

This very moment,

Let shame

Bring you to your senses.

## Psalm 25

(an Aleph-Bet song)

*Of David*

א., Yah! To You I raise my soul.

ב., My God, I trust You.

Let me not be shamed.

Let not my detractors mock me.

ג., All who place their hope in You

Will not be disgraced,

But shame will cling to those

who riot without cause.

ד., Get me to know your ways.

Teach me your way.

ה., Guide me in Your Truth.

Teach me to know

That You are the God of my salvation.

All day long I set my trust on You.

ו., ---

ז., Recall Your compassion, Yah

And Your kindness,

They precede all Creation.

ח., To the failings of my youth

And my rebellions, don't pay heed.

Remember Your good will for me,

Yah! for Your goodness' sake.

ט., Because You are good and fair,

You can gently show the way

to the neglectful.

י., You guide the modest

in their judgments,

Teaching the unassuming Your way.

יא., Those who respect Your covenant

And witness You,

Find that Your ways, Yah,

Are kind and real.

יב., For Your sake, Yah,

Pardon my flaw – though it is great.

יג., When a person so minds You, Yah,

You will teach him the path to choose.

יד., Such one can sleep easy at night,

Knowing that her children

will inherit the Earth.

טו., You, Yah, impart Your secrets

To Your awakened ones.

Your mysteries You share with them.

טז., My eyes are focused on You, Yah.

You untangle my feet from the trap.

טז., Turn to me with kindness,

For I am lonely and wretched.

יז., My troubles have opened my heart

And made space in it for others.

Do extricate me from my despair.

יח., See my struggle,

my heavy burden.

Forgive then all my failings.

יט., See how much I suffer,

How I am hated for no reason.

כ., Keep my soul safe and free me.

Let me not be reviled

for my trust in You.

כא., Because I trust You--

Let simple directness protect me.

God! Free all of Israel

from all their distress.

## Psalm 15

David's song:

Yah!

Who may be at home in Your tent?  
Who may find sanctuary  
On Your Sacred mountain?

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

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

Dear God,  
We take delight in the privilege  
To be created for Your glory--  
Not to walk about in confusion;  
To feel in us,

Your implant of eternal life.  
Open our hearts to Your Torah.  
Secure in our hearts,  
Love and Awe for You.  
May we not waste our lives  
Or cause discord.  
We plead with You, Yah,

Our God,  
Support of our Parents,  
That in this life  
We may be faithful to Your intent.  
And that we may live,  
To experience  
The days of Mashiach,  
And the life of the world to come.

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

Yah will prove trustworthy.  
Yah shaped the worlds,  
We can stake our trust on this.  
Knowing how to call on You,  
We can depend on You.

You never abandoned those  
Who sought You, Yah.

*This is true because—*  
You, Yah,  
desire this.

In order that Your justice prevail,  
You extend the Torah,  
To be ever more  
Compelling and strong.

Here are Psalms for each day of the week

## Psalm 24

*David's song (for opening himself to Spirit).*

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

Earth and her fullness  
Are Yours, Yah,  
The cosmos and its beings.  
You founded Earth  
On the endless seas of space.  
You set her by the streams  
Of the great Flow.

Who can rise  
To Your summit, Yah?  
Who can stand  
In Your place of holiness?  
One who has hands  
that are clean,  
A heart that is pure,  
Who has no false oath  
On her conscience,  
Who swore not to larceny.  
Such a one  
Will raise a blessing  
from You, Yah,  
Kind generosity from You,  
Her helpful God.

Such people are of a generation  
That seeks You.  
Like Jacob seeking to face You,  
Selah!

Open your minds' imagination!  
Let the Gates to eternity  
Come into view!  
Then the King of Glory  
Will appear.  
Who is this,  
the King of Glory?  
Yah – Tzebaot,  
She is the Queen of Glory.  
Yah! Powerful and strong.  
Yah, the ever victorious!

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

## Psalm 48

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

*Song and music from the Korachites*

Here in God's city,  
On this holy mountain,  
God is vast and His fame is glorious.  
This beautiful landscape,  
The joy place of Earth,  
Mount Zion  
at Jerusalem's North side,  
The great royal capital.

In her palaces,  
God is known in exaltation.  
Here, kings gathered.  
They came together.  
*(If they came as enemies...)*  
They saw and were overwhelmed  
With awe.  
They were shaken and took flight.  
Trembling, they shook,  
Shaking like a woman in labor.

A storm You raised from the East,  
Shattering Tarshish cruisers.  
All this we heard.  
We even saw it all,  
In God's city,  
The Seat of Yah—Tzebaot.  
May God keep it flourishing forever.  
Selah!

In the midst of Your Temple,  
We looked for Your Grace,  
O God.  
Your reputation is well deserved.  
So, we praise You  
To the ends of the Earth.  
Fairness and kindness  
Issue from Your right hand.  
Zion's mountain rejoices.  
Judah daughters are gleeful.  
All because of how You act justly.

Go round Zion, enfold her.  
Take note of her towers.  
Set your heart on her strengths.  
Raise her mansions high.  
Then, you will tell about it  
To generations yet to come:

This is God, our God!  
Forever and ever.  
He will guide us past death.

## **Psalm 82**

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

Assaph sings:

God is present

to the godly gathering.

He presides among those

Who administer judgment,

(and warns them),

“How much longer will you twist

Your verdicts

and favor the wicked?

Selah!

In your judging,

Consider the modest, the orphan.

Find justice for the destitute

And the oppressed.

Assist the poor, the down and out.

Save them from the bullies' hands.

Not knowing, unawares you are,

You walk in the dark,

While the foundations of earth

Are toppling.

I set you to be judges,

To be like angels

of the Most High.

But you will die like anyone else,

Topple like demoted princes.

Arise, O God!

Bring justice to the world!

You can bring order

to all the nations.

## Psalm 94

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

God who settles scores!  
Appear in Divine vengeance!  
Make Yourself known,  
As The Judge of the World.

Let the arrogant suffer  
Your retribution.

How long yet YHVH  
will the wicked --  
How long yet  
will the evil ones prosper?  
Boasting their malice,  
They talk each other  
into greater evil.

YHVH!  
They oppress Your people.  
They demean Your legacy.  
They murder widows  
and strangers.  
They kill orphans!

Deluded are they,  
Thinking that Yah cannot see,  
The God of Jacob is not aware.  
Boorish trash!  
Try to make sense!  
Fools, will you ever get wise?  
The One who plants ears --  
Can He not hear?  
Who shapes eyes --  
Can She not see?  
He who reproaches nations --  
Does She not call them to task?

He, Who teaches people  
to be aware, Is She not aware?  
YHVH,  
Knows our human thoughts.  
They are all worthless.  
Blissful is the one

whom You, Yah,  
Take to task and teach him  
Of Your Torah,  
To keep him secure  
during evil days,  
Tiding him over until ruin  
Overtakes the wicked.  
Because YHVH,  
Will not forsake His people.  
She will not abandon Her heritage.  
Justice will return to the courts,  
Vindicating those of upright heart.

Will anyone  
Stand with me against the wicked?  
Who will stand up for me  
Against the bullies?

Had YHVH not helped me,  
I would not have escaped  
The silent tomb.  
When my knees buckled,  
Your Grace, YHVH,  
Held me up.  
When overwhelmed  
By disturbing thoughts—like...  
'How could You assist malice?'  
I found comfort  
As You delighted my soul.  
Those who scoff  
all laws and justice,  
Who band together  
Against righteous souls,  
And shed pure blood in meanness,  
You paid them back  
for their crimes.  
YHVH, God,  
You suppressed them for their evil.  
YHVH, Is at all times  
my tower of strength,  
My God,  
The rock of my safe place.

## Psalm 81

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

Make music to God,  
The Source of our strength.  
Trumpet a fanfare to Jacob's God:  
Louder, Drum rolls,  
Sweet sounding violins  
And pipes.  
Greet the New Moon  
With the Shofar,  
The time  
When the moon is hidden,  
And still we celebrate.

This is the imperative for Israel.  
To become prepared,  
For being judged by Jacob's God.  
(Like that day when...)  
Joseph was empowered  
To go out and rule Egypt,  
Able to understand a language  
He never learned.  
(*This caused that, in the end.*)  
The heavy load  
was taken from his back  
No longer  
having to knead the clay.  
You called when oppressed,  
And I (said God) freed you.

In the thunder  
You heard my secret message.  
Later, I tested you  
at Meribah's springs.  
Selah!

Listen my people!  
I witness this to you!  
Israel, if only  
you would listen to Me.

Don't cling to a strange god.  
Don't worship an alien deity.

It is I, Yah,  
Who took you up from Egypt.  
I fed you  
and you were sated to fullness.  
But My people did not obey me.  
Israel did not desire Me close.  
I let them have their hearts' way,  
To pursue their own devices.

Oy!  
If only my people would obey Me,  
Israel would walk in My ways.  
In a moment,  
I would subdue their foes.  
I would, with My own hands,  
repay them.  
Those who loathe Yah, but deny it,  
Will have their rebuke forever.  
(*But you who obey...*)  
I will feed with the fat of grain.  
And satisfy  
With honey from the rock.

## **Psalm 93**

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

Yah, You ruled, robed in dignity.  
Donning intensity,  
Girded with strength,  
Even the cosmos you arrayed  
That it not falter.  
Your Throne  
Is prepared from the farthest past.  
You have been before  
There was a world.

The currents raise their roar,  
The rivers raise the spumes,  
The mighty torrents' thunder.  
The thunder of the ocean's breakers: All exclaim,  
'Most powerful are You, Yah!'  
Oh, Yah! Your creation  
witnesses You well.  
Of sacred beauty is Your house--  
Through all of time.

*(on Rosh Chodesh, New Moon Day, or any other in which you appreciate God's hand in nature insert Psalm 104)*

**ברכי נפשי**

*Bless YAH, breath of mine.  
YAH, my God, You are so vast and great,  
All veiled in pride and glory!  
You are wrapped in Light.  
The sky, You spread like a sheet.  
Your upper chambers are water roofed,  
As You bstride clouds.  
You waft on the wings of wind.  
The breezes, You send  
are Your aides,  
Your helpers, blazing flames.  
You founded Earth, so sound,  
To outlast time itself.  
The abyss, You covered like a mantle  
Water! On mountains rests.  
You sound a roar and they flee.  
Your thunder makes them shake.  
Mountains high and valleys low...  
Their places they assume.  
You set them limits they cannot pass. Never again to  
flood the land.  
Springs flow into brooks  
And snake between the mountains.  
All the wild of field drink there.  
The beasts slake there their thirst.  
By their shores,  
dwell birds that soar,  
Sounding calls  
through leaves and reeds.  
You drench the hills  
From Your Upper Chambers.  
From your hands' produce  
The Earth is filled.*

**You grow fodder  
for the tamed beasts,  
And herbs with human labor,  
To bring forth bread from Earth.**  
*And wine to delight the sad ones,  
And oil... that softens skin,  
And bread... that sustains the weak.*

**Even the trees you sate with sap.  
The cedars You planted  
on the Lebanon.**  
*There, birds find their nesting.  
There, storks find homes to rest.*

**Antelopes bound on the heights.**

**Marmots hide behind rocks.**

*The Moon pulls tides and seasons.  
The sun knows where to set.  
You darken dusk to night.  
The forest's night life stirs.  
The big cats cry for prey,  
Praying God for their food.  
They return  
at the rising of the sun,  
To crouch once more in lairs.  
While humans go out to work,  
To their toil, up to night.*

**How many things You do!  
So wisely are they made.  
All Earth, at your command.  
This vast sea beyond all grasp.  
Countless are the creatures in her,  
Tiny ones and giant whales.  
There go stately ships.  
This Leviathan You shaped  
To play and romp therein.  
They all rely on Your care,  
To feed them well each time.  
You give to them and they take it.  
Your hand's gifts sate them well.  
You hide your face, they panic.  
You recall their breaths, they die.  
They return to their dust.  
You send your spirit,  
And they are re-created.  
So too, You renew life on Earth.  
Let Your glory, Yah,  
fill time and space.  
Take Joy, O Yah, in what You do!  
You look at Earth and she trembles,  
Hills You touch, and they smoke.  
I live Your song, my Yah,  
My Yah, I am Your tune.  
Let my talking give You joy.  
I am so happy, my Yah!  
I wish no sin exist on Earth.  
All wickedness were gone.  
Bless that Yah, my soul,  
my breath.- HALLELU-YAH!**

*Then close with the Aleynu*

**עלינו לשבח – שלו עשנו עם**

We rise to praise You,  
Source of All,  
Your generous work,  
As Creator of All.  
You made us One  
With all of Life.  
You inspired us to share  
with all mankind.  
You linked our fate  
With all that lives.  
And made our portion  
With all in the world.  
Some of us like to worship You,  
As emptiness and void.  
Some of us want to worship You,  
As King of Kings.  
We all consider You  
sacred and blessed.

We stand amazed  
At the vault of the sky,  
At the firmness of Earth.  
And deem You,  
Enthroned in the Highest realms,  
Dwelling also in and with us.  
You are our God.  
There is nothing else.  
Your Truth is supreme.  
Existence is nothing but You.  
So Your Torah guides us;  
Yah's kingdom  
Extends throughout the Cosmos.  
Further it is stated:  
Yah will indeed govern  
Over all there is.  
On that Day, Yah will be One.  
And Her Name, Will be ONE.

*In a minyan you can recite  
the Kaddish here. And if you are in mourning you can always say:*

**א-ל מלא רחמים**

Compassionate, Highest God!

Grant, repose under Your Sh'khinnah's wings in the company of saints and pure ones who radiate light like the bright sky, and among them may the soul of my --- who has gone to other realms find gentle rest. I will offer as Mitzvah, alms to honor & (his/her) memory. May & soul find itself in the garden of delight and may his remains be undisturbed and may & soul be bound up in the chain of life. To this I say Amen

*From the beginning of Elul we include 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,  
Wanting to harass 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 an 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 helper  
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.

*Here you say some of these blessings to those you davvened with and to your own day*

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

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

May G-d fulfill the blessing  
to Abraham in you,  
and in your loved ones,  
along with you.  
Wherever, like Abraham,  
you once were a stranger there,  
in that place,  
may you be at home.

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

God loves You.  
God blesses and increases you.  
God blesses your family and your land,  
your income and your holdings,  
right here on Earth,  
as God promised your parents.  
All peoples will bless you.  
You and your possessions,  
will all prosper.

May God remove all illness and pain,  
all tensions and pressures  
you have known...

The angel who redeemed me,  
from all that was corrupt,  
may that one bless these children.

May my name,  
that of Abraham and Isaac,  
be associated with theirs.

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

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

God be with you and help you  
at all times.  
May you not ever  
have to feel shame or blame.

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

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

All of yours, Shalom!

## Minchah, Afternoon Prayer

*For minchah, turn to the Ashrey and the Amidah and follow with Aleynu.*

---

## Ma'ariv, Evening Prayer

### Barkhu and Sh'ma'

#### **We praise You, Yah.**

By Your command,  
Pleasant evenings appear.  
With good judgment,  
You open gates to new awareness.

You vary the seasons...  
Setting the sky's light,  
As You adjust the times,  
To conform  
To their appointed tasks.

You create day and night.  
You make for dawn and dusk.  
Now the day is over,  
And you bring on the night.

You give us discernment,  
To know the difference  
Between day and night.

Yah Tzeva'ot –  
Lord of Diversity,  
Is Your Name.

Oh! Living, Present God,  
May You always  
Govern our lives.  
Barukh Attah Yah  
Ha ma'ariv Aravim.

You keep loving us,  
As You have always loved us.  
Yah, Our God.  
You impart to us:  
Torah and Mitzvot,  
To know reality and justice.

Therefore, Yah, our God,  
When we are to rest for the night,  
When we are to rise for the day,  
We will make Your principles  
Our conversation.  
That will give us steady joy  
As we talk Torah,  
And plan to do Mitzvot.

This is what we live for.

This is what keeps us going.  
Day and night we will  
Ponder their meaning.  
Just keep on all along loving us.  
Barukh Attah Yah  
Ohev Ammo Yisrael.

*For the Sh'ma see above.*

**אמת ואמונה**

It is true, and we believe it...  
That You are our redeemer.  
I am awed when I recall the miracles,  
And the help you gave me.  
You kept my spirit alive.  
You kept me from stumbling.  
In the past,  
You helped our people.  
We all accepted You,  
As our leader,  
And vowed to follow Your lead.

With Moshe, Miriam, And all Israel,  
We sang to You...

**מי כמוך באלים י-ה**

Mi Kamokha ba'elim Y-ah  
Mi Kamocha ne'dar bakodesh  
Nora' t'hillot 'Osseh fele'

And we continue  
To celebrate You,  
As Redeemer of Israel.

**השכיבנו**

Give us peaceful rest.  
And in the morning,  
Awaken us to the good life,  
And to peace.  
We need you  
To guide us,  
And to assist us.

Now pray the

**Amidah and Aleynu.**

Protect us in the night.  
Keep us in health,  
And safe from ensnarement.  
Guard our coming and leaving,  
As You have, up to now.

Barukh attah Y-ah  
Shomer et Ammo Yisrael la'ad.

Before you go to sleep, make an examination of your conscience for the entire day. Check your relationships and make an act of forgiveness.

*Recalling whatever frustration and hurt was experienced during the day, at the hands of others, visualize them written on slips of paper. Rip these up one by one, forgiving fully those who hurt you as you say:*

**ריבונו של עולם הריני מוחל**

Ribono Shel Olam,  
I hereby forgive  
whoever has hurt me,  
And whoever has done me  
any wrong;  
Whether it was  
Deliberately or by accident,  
Whether it was  
Done by word or by deed,  
In this incarnation  
Or in previous ones.  
May no one,  
Be punished on my account.

May these words  
Of my mouth,  
And the prayers  
That are in my heart,  
Be acceptable before You,  
O L~rd, My Rock and my Redeemer.

May it be Your will,  
O L~rd my G~d,  
G~d of my parents,  
That I sin no more,  
That I do not revert  
to my old ways,  
That I do not anger You any more  
by my actions,  
May I do not do that  
which is evil in Your sight.

Wipe away the sins  
That I have committed,  
With Your great compassion,  
But not through  
Sickness or suffering.

## The Teaching of the **Beit Ha Midrash** at **Elat Chayyim**:

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

1. May it be the Divine will that I believe with perfect faith in the G-d who is infinite and the blessed light that issues from that Infinite Source, who is beyond time and space, yet who longs to have a dwelling place among those in the worlds here below; and who, out of loving beneficence to Her creatures, contracted Her light and Her radiant glory, in order to emanate, to create, to form, and to effectuate all that exists in the universe.
2. May it be the Divine will that I believe with perfect faith in the Oneness of G-d and of all creation, a oneness of the kind of One that has no second; and that all which exists in the universe exists solely according to the will of that G-d, who constantly calls everything into being - who causes all existence at every moment.
3. May it be the Divine will that I believe with perfect faith that the Creator has an intent and a purpose in creation, and that one of the aspects of that purpose is so that He shall become known to us by and through it; and that we, creatures have a task to broaden and enlarge that knowledge /awareness until the world will be as filled with knowledge of G-d as the waters cover the sea.
4. May it be the Divine will that I believe with perfect faith that the hoped-for goal is that all of us will come to constitute one united interconnected and organic whole and that every living being will know that You are the One who constantly causes its existence.
5. May it be the Divine will that I believe with perfect faith that all the pathways through which the Holy Spirit is manifest and revealed are of one piece with the Torah that was given at Sinai.
6. May it be the Divine will that I believe with perfect faith in the mission of Judaism, which is one of the vital organs of the collective being that comprises all existence, and that through G-d's compassion on all creatures, it is revealed to them also how indispensable and integral they are to the health of all the species of the planet.
7. May it be the Divine will that I believe with perfect faith that the universe is not ownerless and abandoned, and that every one who does good with his/her life takes part in the fixing on the world and that every one who uses his/her life for evil participates in the destruction of the world; and that every action has an impact on the rest of existence.
8. May it be the Divine will that I believe with perfect faith that the amount of good in the world is greater than the amount of evil, and that the entire order of movement through the chain of evolution is designed to bring about the fulfillment of the Divine intention.
9. May it be the Divine will that I believe with perfect faith that the deeds of the fathers and mothers accrue to the benefit of the children, and that the tradition that is passed on contains within it the seeds of the light of redemption.
10. May it be the Divine will that I believe with perfect faith that our prayers are heard and answered.
11. May it be the Divine will that I believe with perfect faith that the Holy Shechinah dwells within our midst and that all who show kindness to living creatures show kindness too to the Sh'khinnah, and vice versa.
12. May it be the divine will that I believe with perfect faith that physical death does not terminate the existence of the soul; rather, that there are innumerable worlds, within which they return to live again.
13. May it be the Divine will that I believe with perfect faith in Tikkun HaOlam, that the world can be repaired and healed and that it is becoming alive; and that besides coming to life, the world will come to possess a consciousness and feeling, and as such will become a fitting vessel for a fuller revelation of the Divine will.

## Appendix

בס"ד

### תפילה קודם התפילה מרבי רבי אלימלך מליזשענסק

*Rabbi Elimelech's prayer to be able to pray*

Yah, our God,  
You are our parents God,  
You are open to hear our pleading prayer  
with compassion.  
You give a caring ear  
to what Your people Israel is crying for.  
This is our prayer to You,  
please grant it.

Open our hearts,  
focus our thoughts,  
help that our prayers  
may flow freely from our lips  
and incline Your ear to hear  
how we, Your servants  
are seeking Your favor,  
crying in a pleading voice  
and with a shattered spirit.

You, kind compassionate One  
God of infinite mercy!  
Please forgive us, pardon us  
and atone  
for us and for Your entire people,  
the house of Israel,  
so that what ever we have failed  
to do right  
or what we have done wrong  
or when we acted in ways  
that are wicked  
and rebelled against You.  
be forgiven, pardoned and atoned  
for us and for Your entire people,  
the house of Israel,

How well You know,  
and it is apparent to You  
that it was not with malice or willfulness  
that we transgressed what You teach us,  
what You command us  
in Your Torah and Commandments.

In our bellies  
there burns a fire without ceasing,  
a Yetzer Hara', the drive of selfishness  
which draws us  
to the vices of this world  
and its follies.  
The Yetzer confuses our awareness,  
even when we stand before You  
seeking to pray and plead for our lives.  
The Yetzer's incitement  
constantly confuses our thoughts  
with all sorts of thoughts and schemes.  
We cannot resist it;  
for our awareness is uncertain  
our mind unsteady  
the troubles and preoccupations  
of making a living  
under times of oppression  
bear down heavily on us.

Therefore, You ,  
who are compassionate and kind  
fulfill for us what You promised  
to Moses, Your faithful servant;  
When You said,  
"I will favor whomever I will favor  
and I will be compassionate  
on whomever I will be compassionate."  
And this You had our sages tell us  
This applies even to those  
who are not worthy  
for this is Your way;  
to be kind both to those who are bad  
and those who are good.

It must be obvious to You  
how we are troubled  
how hard our life is  
and what we must bear --  
it is so difficult for us

to come near to You  
and to serve You well,  
to have our feelings be sincerely  
in harmony with Your will.  
Dear Father in heaven!  
What pain we feel in our souls!  
Please arouse Your mercy and kindness  
freely and abundantly  
and banish, erase  
our attraction to evil.  
Let not our evil Yetzer  
be active in our innards.  
Let him not seduce us  
let him not deflect us from serving You

May no evil schemes arise in our heart  
when we are asleep or awake  
especially at that time  
when we stand in prayer before You  
or are at times  
when we study Your holy Torah  
or at times when we are busy  
fulfilling Your Commandments.  
Then let our thoughts be pure and clear,  
our own awareness steady and strong,  
sincere and heartfelt  
as You would have us be.

Awaken in our hearts  
and in the hearts of all of Israel,  
Your people,  
the aim to unify You  
in all truth, in all love,  
so to serve  
as to be pleasing to You.

Fasten in us  
such a steadfast faith in You,  
To be so deeply anchored  
in our hearts as  
not to vacillate from it.

Remove from us all the barriers  
that separate us from You,  
Our father in heaven.  
Save us from stumbling in our path,  
Keep us from going astray.

Don't forsake us,

don't abandon us,  
keep us from disgracing  
You before the world.

Be present to us  
in the words of our prayer  
May the work of our hands  
and the thoughts of our hearts  
serve You  
as we think of You

Please, our Father in heaven  
In Your abundant kindness  
Grant us the boon  
that our thoughts  
and words and actions,  
all our motives and our feelings  
those we are aware of  
and those near not aware of  
those that are manifest  
and those that are hidden  
with all of them together  
be unified in sincerity and truth  
without any self deception.

Purify our hearts,  
sanctify us,  
sprinkle us with Thy cleansing water  
to purify us,  
wash us clean  
with Your kindness and love.  
Plant Your steadfast love,  
and Your awe in our hearts  
at all times  
and in all places  
as we go about our lives whether  
we lie down or get up;  
that there always be Your Holy Spirit  
ardently active in our innards  
that we may rely on You always,  
on Your greatness,  
Your love and Your awe.

May we be securely anchored  
in Your written and Oral Torah  
in the part of the Torah  
that is open to all  
and the part of Torah that is hidden.  
In doing the mitzvot

may we unify Your awesome Name.  
Protect us from hypocrisy,  
from pride, anger, and vindictiveness  
from depression, from tale bearing  
and other vices.  
Protect us from everything  
that might damage  
the holiness and purity  
of our service to You, whom we love.

Pour out thy Holy Spirit over us  
that we may stay close to You,  
that our longing for You may  
grow and increase.  
Raise us up from rung to rung  
that we might come close to the rung of  
our holy forebears  
Abraham, Isaac and Jacob.

We know  
You will always receive our prayer;  
You will always answer us  
when we pray for anyone,  
be it a single person  
or the whole people Israel.  
May You take joy in us  
May Your glory be reflected in us.

May our prayers bear fruit  
and be fulfilled, above and below.  
Help us to attend to our flaws,  
especially the sins of our youth  
as King David, peace be upon him, said  
“my youthful sins and my rebellions  
do not keep in Your memory”.  
Please, enable us to turn from our sins  
and rebellions.  
Let there flow to us  
from the realm of repentance  
the challenging call  
to return to You wholeheartedly  
and to repair all that we have damaged  
of Your pure and holy Name.

Yah, rescue us from envy.  
Let not jealousy  
of any person arise in our hearts  
and let not others be vindictive to us,  
on the contrary, place into our hearts

appreciation for the goodness  
of our fellow beings.  
Let us not seek to find fault with them.  
May we speak to each person  
with civility and gentleness.  
Let not hatred arise from one to another.  
Strengthen us  
that we might love You more  
for You know well how our intention is  
that it all should bring You  
pleasure and joy,  
for this is the root of our intention  
despite the fact  
that we don't have a strong enough mind  
to keep the aim of the kavanah  
of our heart,  
focused on You.

Enlighten us so that we might learn  
to fully know Your good purpose.  
This is what we plead to  
You, all merciful God.  
Please accept our prayer  
in compassion and good will.  
Amen, let this be so willed by You.