

1. Modeh Ani

מוֹדֵה אֲנִי לְפָנֶיךָ רוּחַ חַי וְקַיִם

Modeh Ani Lefahekha Ruah Hai V'kayam

I am grateful before You eternal living spirit.

— variation from *Seder Sefer HaYom* by Moshe Ibn Yehuda Makhir, 16th c.

2. Mah Tovu

מִה־טֹבֵנו אֱהָלֶיךָ, יַעֲקֹב; מִשְׁכְּנֹתֶיךָ, יִשְׂרָאֵל:

Ma Tovu Ohalecka Yaakov Mishkenotekha Yisrael

How great are your tents Jacob, your dwelling places.

— Bamidbar 24:5, attributed to Bilaam the Prophet

3. Shiviti

שְׁוִיתִי יְיָ לְנִגְדֵי תָמִיד:

Shiviti Adonai L'negdi Tamid

I place God before me always.

— Tehillim 16:8

4. Elohai Neshamah

אֱלֹהֵי, נִשְׁמָה שְׁנַתַּתָּ בִּי טְהוֹרָה הִיא

Elohai Neshama Shenatata Bi, T'horah Hee

God, the Soul that you have given me is pure.

— from *Talmud Bavli Berakhot* 60b

5. Hallelu

הַלְלֵהוּ. הַלְלֵהוּ. הַלְלֵהוּ. כָּל הַנְּשָׁמָה תְהַלֵּל יְתֵ הַלְלוּ.

Hallelu, Hallelu, Hallelu, Kol Hanshama Tehalelya Hallelu

All souls (or All of the soul) Praises the Source.

— based on *Tehillim* 150

6. Shema

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד:

Shema Yisrael Adonai Eloheinu Adonai Ehad

Hear Israel, God is One.

— *Devarim* 6:4

7. Kadosh

קָדוֹשׁ | קָדוֹשׁ קָדוֹשׁ יְיָ צְבָאוֹת מְלֵא כָל־הָאָרֶץ כְּבוֹדוֹ:

Kadosh Kadosh Kadosh, Adonai Tzevaot, Adonai Tzevaot

Meloh Kol Ha'aretz K'vodo

Holy, Holy, Holy (Separate, Separate, Separate),

Master of legions, The Land is filled with your Presence.

— *Yeshayahu* 6:3

8. Oseh Shalom

עוֹשֵׂה שְׁלוֹם בְּמִרְוַמָּיו

הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל

וְעַל כָּל יִשְׁמָאֵל וְעַל כָּל הָעוֹלָם

Oseh Shalom Shalom Bimromav

Who Ya'aseh Shalom Aleynu, V'al Kol Yisrael

V'al Kol Yishmael, V'al Kol Ha'olam

Maker of Peace, may You make peace upon us,

and all Israel, and all Yishmael, and all the World.

— variation of the Full *Kaddish*

9. Adonai Sefatai

אֲדֹנָי שִׁפְתַי תִּפְתַּח וּפִי יַגִּיד תְהִלָּתֶךָ:

Adonai Sefatai Tiftah Ufi Yagid Tehilatekha

God, Open up my mouth so that I may declare your glory.

— *Tehillim* 51:17

10. Bayom Hahu

וְנֹאמַר: וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ.

בַּיּוֹם הַהוּא יִהְיֶה יְיָ אֶחָד וּשְׁמוֹ אֶחָד.

V'ne'emar, V'haya Adonai, L'melech al kol ha'aretz,

Ba'yom ha hu, ba'yom ha hu, yihiyeh Adonai ehad, U'shmo ehad

And one day, God will reign over the land.

On that day, God's name will be One.

— *Zechariah* 14:9

11. Adamah Vshamayim

אֲדָמָה וּשְׁמַיִם הוּם הָאֵשׁ צְלִיל הַמַּיִם

אֲנִי מֵרְגִישׁ זֹאת בְּגוּפִי בְרוּחִי בְנִשְׁמָתִי:

Adamah, V'shamayim, Hom Ha'aish, Tzlil Ha'mayim,

Ani Margish Zot B'goofi, B'ruhi, V'nishmati

Know the Earth, Know the Sky, Heat of Fire, Drop of Water,

I can feel it in my body, In my spirit and in my soul.

— by Shimon Suissa, 20th century

12. Hareyni Mekabel Alai

הַרִינִי מִקְבֵּל/מִקְבֵּלֶת עָלַי אֶת מִצְוֹת הַבוֹרֵא: וְאֶהְבֶּתָּ לְרַעֲךָ כְמוֹךָ:

Hareyni Mekabel/Mekabelet Alai Et Mitzvat Ha'boreh

V'ahavata L'reyakha Kamokha

It is upon me to receive the connection of the Creator,

To love your neighbor as yourself.

— by Rav Yitzchak Luria on *Vayikra* 19:18,

recorded in *Minhagei ha-Arizal*—*Petura d'Abba*, p.3b by Chayyim Vital, 16th century

13. Hinai Ani

הִנֵּה אֲנִי כּוֹלֵי שִׁלְךָ. עֲשֵׂה בִּי כְרִצּוֹנְךָ.

בְּאֵתֵי רִיק, אֲנִי נִכְנַע. לְבִי נָתוּן לְחֶסֶדְךָ.

גַּם אִם הַפּוֹל יִשְׁלַל מִמֶּנִּי. בְּתוֹכִי קוֹלְךָ אֲשַׁמַּע.

מִן הַכָּאֵב הוּא יְרִימֵנִי. וּמִלֵּאנִי בְּאֶהְבָּה.

Hinai Ani, Kooli Shelkha, Aseh Bi Kirtzonkha,

Bati Rayk, Ani Nihna, Libi Natoon L'hasdekha

Gam Im Hakol Yeshalel Memayni B'tokhi Kolcha Eshma,

Min Hake'ev Who Yarimaini, Yemalaini B'ahava

Here I am, all yours, do with me as you will.

I come empty, I surrender, My heart is given in your hands.

Even if all is taken from me, your voice remains inside.

Lifting me from my fear, filling me with love.

— by Shye Ben-Tzur, 20th century

14. I release and I let go, let the Spirit run my life.

And in my heart, I'm open wide; Yes, I'm only here for love.

No more trouble, No more strife, With my faith I see the light.

Yes, I'm free with the Spirit; Yes, I'm only here for Love.

— by Rickie Byers Beckwith of the Agape International Center

15. Ani ma'amin

אני מאמין באמונה שלמה בביאת המשיח
ואף על פי שיתמהמה עם כל זה אחכה לו בכל יום שבוא.

Ani ma'amin, B'emuna Shleyma, B'viat Hamashiah
V'afalpi Sheh'yitameah, Im Kol Ze Akhakeh Lo
B'khol Yom Sheh'yavo

I believe with the fullness of my heart
in a future of peace and the healing of the world.
And even though the darkness she does linger
I will wait (create, can see) wait for the dawn.

— Unknown Author, based on Rambam (Maimonides)

16. Yehi Shalom

יהי שלום בחילך שלנה בארמנותיך:

Yehi Shalom, B'helekh Shalva, B'armenotayikh

Let there be peace with your walls,
tranquility within Your palaces.

— Tehillim 122:7

17. Od Yavo Shalom Aleynu

עוד יבוא שלום עלינו.

שלום. עלינו ועל כל העולם. שלום. שלום.

Od Yavo Shalom Aleynu (3x) V'Al Kulam
Salaam, Aleynu V'al kol Ha'olam, Salaam, Salaam.

Let there be peace on us and the world.
Peace, on us and on the World. Peace, Peace.

— from a modern riff on the Full Kaddish

18. Kol Ha'olam Kulo

כל העולם כולו. נשך צר מאוד. והעיקר לא לפחד כלל

Kol Ha'olam Kulo Geshet Tzar M'od,
V'haikar Lo Lefahed Klal

All of the world is a very narrow bridge.
Don't let fear prevent you from crossing it.

— by Rebbe Nahman of Breslov, Likutey Moharan II, 48

19. Ben Adam

בן אדם מה לך נרדם קום קרא בתחנונים

בן אדם מה לך נרדם קום קרא אל אלהיך

Ben Adam Mah Lekha Nirdam? Koom K'ra B'Takhanonim
Ben Adam Mah Lekha Nirdam? Koom K'ra El Elohekha

Why are you asleep? Awake and pour out your prayers.
Why are you asleep? Awake and call out to your creator!

— Variation on a Piyut

20. Eem Ninaloo

אם ננעלו דלתות נדיבים דלתותי מרום לא ננעלו. אל חי...

Eem Ninaloo Daltei Nideeveem

Daltei Marom Loh Ninaloo, El Hai

If the doors on low are closed,
the gates on high will be open, God of Love...

— by Rabbi Shalom Shabazi, Yemen 17th Century

21. B'shem Hashem

בשם יי אלהי ישראל מימיני מיכאל ומשמאלי גבריאל
ומלפני אוריאל ומאחורי רפאל ועל ראשי שכנינת אל

B'shem Hashem Elohey Yisrael, Mimini Mikhael, Mismoli Gavriel,
U'milfanai Uriel Meahorai Rifael. V'al Roshi, V'al Roshi Shekhnat El

In the name of God, Source of all Life. On my right is Mikhael,
on my left Gavriel, in front of me Uriel, behind me Rifael.

Above my head and inside me, is the presence of the Source.

— from the Kriyat Shema al-ha'Mitah

22. Lev Tahor

לב טהור. ברא לי אלהים: רוח נכון. חדש בקרבי.

אל תשליכני מלפניך; ורוח קדשך. אל תקח ממני.

השיבה לי. ששון ישעך; ורוח נדיבה תסמכני.

Lev Tahor Bara Li Elohim. V'Ruah Nakhon Hadesh B'Kirbi
Al Tashlikhayni Meelfanekha. V'Ruah Kodshekha Al Tikah Meemeni
Hashiva Lee Sissohn Yeeshekha V'Ruah Nideevah Tismekhaynee

A pure heart God created in me,
And a proper spirit renewed inside of me.
Don't send me away from your presence,
And don't take your holy spirit from me.

Leave me the joy of your liberation,
And bestow upon me a generous spirit.

— Tehillim 51:12-14

23. Shir Hamaalot MiMaamakim

שיר המעלות ממעמקים קראתיך יי:

אדני שמעה בקולי תהינה אנניך קשבות לקול תחנוני:

Shir Hamaalot MiMaamakim Karatikha Hashem. Adonai Sheem'ah
V'Koli Tihiyenah Oznekha Kashuvot L'Kol Takhanoonai

A song of ascents from the depths I called out to you, God.
Adonai, Hear my voice.

May your ears be attentive to the call of my pleading.

— Tehillim 130:1-2

24. K'Ayal Taarog

כאיל תערנ על אפיקי מים בן נפשי תערנ אליך אלהים:

צמאה נפשי לאלהים לאל חי מתי אבוא ואראה פני אלהים.

K'ayal Taarog Al Afikay Mayim Keyn Nafshee Taarog Elekha Elohim
Tzam'ah Nafshi Ley'Elohim L'El Hai Matai Avo V'Eyraeh Pnai Elohim

As a gazelle yearns for the stream,
so does my soul yearn for you, Elohim.

My soul, it thirsts for Elohim.

When will I be seen by the face of God?

— Tehillim 42:2-3, attributed to the children of Korach



אדמה
ADAMAH

<http://isabellafreedman.org/adamah>

Version 0.1.1, copyleft Adamah 2011 and
shared with a Creative Commons Attribution/
ShareAlike (CC-BY-SA) 3.0 Unported license.

