

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

rzlp.org

YESOD, Foundation for a Jewish Future

yesodfoundation.org

Aleph: Alliance for Jewish Renewal

aleph.org

Ohalah: Association of Rabbis for Jewish Renewal

ohalah.org

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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 וּמִשְׁפַּת, 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 הַדְּבָר

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 words *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 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:*

ריבוננו 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.