

סידור ולא נבוש

Siddur V'lo Nevosh

Jewish Prayer as Shame Resilience Practice

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Wholehearted living is about engaging in our lives from a place of worthiness. It means cultivating the courage, compassion, and connection to wake up in the morning and think, no matter what gets done and how much is left undone, I am enough. It's going to bed at night thinking, yes I am imperfect and vulnerable and sometimes afraid, but that doesn't change the truth that I'm also brave and worthy of love and belonging.

~ Dr. Brené Brown, LMSW

Who is this aliveness that I am? Is it not the Holy Creator?

~ The Me'Or 'Enayim

Thank You to:

The beloved Reb Zalman Schachter-Shalomi z"l, enlivener of authentic prayer within the Jewish community, whose soul joined with God the morning after I finished this siddur; Rabbis Sharon Cohen Anisfeld, Dr. Art Green, Dr. Jane Kanarek & Ebn Leader for believing in this project; Dr. Brené Brown, L.M.S.W., courageous shame and vulnerability researcher; my classmates: Rabbis Adina Allen, Alana Alpert, Joel Baron, Jordan Braunig, David Fainsilber, David Finkelstein, Ari Lev Fornari, Hillel Greene, Avi Killip, Margot Meitner, Jessica Kate Meyer, Becky Silverstein, Lisa Stella; and my life-partner, Yotam Schachter-Shalomi, for pushing me with fierce love into this work.

~

Introduction

While in rabbinical school, I fell in love with daily Jewish liturgy. I showed up to *daven* (pray) daily, and learned to pronounce accurately and with intention the poetic Hebrew. After a few years, I learned the words well enough to say them fast and without the *siddur* (prayerbook). I could use the words as a mantra, a container to hold me and my thoughts while I concentrated on praising God. But I noticed that at times of struggle and pain, the words of the *siddur* didn't call to me. After some reflection and one particular transformational experience, I realized that my desire to be a good person, a straight-A student, and a generally infallible human being had seeped into my relationship with God. I didn't want God to see my shame, fear, and grief. I didn't want God to witness how much I struggled with my own right to be there, showing up to pray. So when I was feeling those things, I ran away from my body and emotions, and of course from any possibility of closeness with God.

Enter the work of Dr. Brené Brown, whose 2010 TED talk "The Power of Vulnerability" went viral, and whose thinking is starting to reshape the way we talk about shame and vulnerability. Brown defines shame as the fear that we are unworthy of love and belonging, both of which she calls "irreducible needs" of all people. As I sifted through this newly discovered internal landscape of emotion, I named shame as a core place where I – and, as I learned through Brown's work, many of us – get stuck. But Brown also speaks about shame resilience – the ability to notice shame, move through it, and regain our belief in our own worthiness. After listening to her TED talks and interviews on public radio, and devouring some of her books, I decided to bring vulnerability and shame to bear on the Jewish project of coming close to God through prayer.

I began asking questions: Could liturgy help me actively lay bare what Brown calls the shame gremlins – those internal voices that tell us we are not worthy? Could liturgy encourage me to feel shame and fear without resistance, and eventually move through them? Could liturgy inspire me to act in my life from a place of courage, compassion, and connection, the three main ingredients in Brown's shame resilience theory?

How might Jewish prayer itself be a practice that builds shame resilience? These questions turned into *V'lo Nevosh*.¹

I found the courage to write this siddur because of a tiny piece of spiritual genius called פ'ר כ'ר פ' / *As I Can Say It: Davenning in the Vernacular*, by Reb Zalman Schachter-Shalomi. In a desire to help Jews access the beauty of their liturgy, Reb Zalman wrote an all-English siddur that is unabashed in its quest for spiritual meaning and relevancy. After becoming fluent in the Hebrew liturgy, I began to use *As I Can Say It* as a sort of reset button to my prayer life. While the English translations of most published siddurim leave me unmoved – such that I much preferred to daven out of an all-Hebrew siddur to spare myself the accidental glance at stifled English attempts at liturgical grace – *As I Can Say It* broke open the floodgates of my heart. I discovered that no matter how familiar I now was with the Hebrew, liturgy in my native tongue was a different quality all together. The words were naked, obvious, almost shocking in their honesty. I loved it, and introduced it as a tool in my *chavurah* (communal prayer group), my rabbinic internship, and at rabbinical school. Never meant to be a substitute for the Hebrew liturgy, *As I Can Say It* showed me the power of an interpretive vernacular translation to enliven and deepen one's experience of prayer.

The liturgy of *V'lo Nevosh* takes its cue from *As I Can Say It*. Just as Reb Zalman's little siddur is there for those familiar with traditional Hebrew who need a reset button, or for those for whom the Hebrew is not accessible, *V'lo Nevosh* is designed to be there when we need liturgy to help express and move through feelings of shame, fear, and resistance to vulnerability. It is my hope that laypeople, clergy, and seekers of all stripes, both Jewish and not, will feel free to use it in whatever way is healing and helpful to them. Folks moving through particularly difficult periods, such as heartbreak, job loss, addiction recovery, illness, and loss of a loved one may find it to be particularly helpful. But for most of us, the shame gremlins poke up their heads with some frequency, and we need not wait for any of these major life moments to pick up these

1 The phrase *V'lo Nevosh* is from the Hebrew liturgical refrain "And we shall never be ashamed," which is discussed in the accompanying essay to this siddur, downloadable at www.shoshanameira.com.

prayers.

One of the more unusual interpretive choices I made in the liturgy is to use the first person singular. This is a break with traditional Jewish prayer which almost always uses first person plural. I made this choice because I believe it is a necessary ingredient of the medicine this liturgy is designed to deliver. Jewish tradition is full of collective experience, and our mythic and historical memories of miracles and hardship are core to the inner world of any practicing or identified Jew. But the question of shame as I am defining it is a quiet, hidden intrapersonal experience. Only by allowing myself to pray in the first person singular, a practice that feels utterly radical to someone used to traditional Hebrew liturgy, was I able to touch the soft spot in my heart that worried about my own personal worthiness.

Because of this choice, and because of how I picture the majority of its usage, *V'lo Nevosh* does not include prayers that are said with a *minyan* of ten adult Jews. Instead, it follows the core parts of the liturgy that one would pray as an individual (or in a group of fewer than ten adults). But the prayers can stand on their own as well, and all prayer leaders are invited to incorporate any selection as an English reading in a communal service. After requests from peers, I have included the original Ashkenaz Hebrew liturgy alongside my interpretive translation. I underscore here that the Hebrew here is not a translation of the English, but rather excerpts of the same Hebrew you would find in any traditional Ashkenaz siddur.

A note about God. I use the words God and Holy One often throughout this liturgy. If these phrases don't work for you, please substitute what does. What does it mean to have a word "work" in this context? It means getting out of our logical mind and finding a word or phrase that is shorthand *for us* for nothing less than the source of our life. What name conjures an experience of gratitude, wonder, love, and awe for you? I don't care if you believe in God. I do hope that you find some shorthand for the sacred, for that which is bigger than you but of which you are a

part, for that which holds some claim on you and with which you want to be in relationship. I hope that using this shorthand in prayer can help you pray more authentically and meaningfully.

Jewish prayer teems with different aspects and names for the holy. Every blessing ends with a different name of God. Blessed are You, Creator of the Lights. Blessed are You, Redeemer of Israel, etc. I understand these names of God through the metaphor of a kaleidoscope. God, the unnamable Source of All, is like a blindingly bright light. We cannot look directly at the light, so we hold up a kaleidoscope of human language and images. As we turn the kaleidoscope, the light shines into our eyes refracted through varied colors and shapes. Each color/shape combination is one blessing, one attribute, one way we humans use our powers of creativity and communication to relate to the blinding light. Now imagine we could take a translucent blue slide and hold it over the kaleidoscope. We would still see the varied combinations of color and shape as we turned the kaleidoscope, but it would all be tinted blue. I understand Jewish liturgy to be a set of kaleidoscope images, as seen through the colored lens of the particular relationship of the Jewish people to God. To write this liturgy I have held the fear that we are not worthy of love and belonging, and our desire to overcome that fear, over the Hebrew prayers. How does the light of God look when we peer through the beads and crystals of Jewish liturgy as tinted by colored slides of shame and shame resilience?

This approach led me to a creative interpretation of Jewish liturgy that, I hope, is a useful tool not just for Jews, but for people of all spiritual backgrounds and quests. As a universalist at heart who loves Jewish tradition, I hope my choices reflect my deep respect and passion for my particular religion, while giving voice to broadly held human needs and hopes. For those familiar with the Hebrew, my interpretations may land as wild misreadings, interesting word plays, or meaningful new poetry. For those unfamiliar with the Hebrew, I hope the liturgy piques your interest in Jewish prayer and stands on its own as a useful tool. For all who hold this little siddur, I hope the language speaks for

itself, opens your heart, and deepens your trust in God and in your own inherent worthiness.

My stance in writing this liturgy is a very humble one. I am speaking about a subject – shame and resilience against it – in which I am yet a novice. The topic calls to me because of its hold on me, but its hold on me comes from my ongoing struggle, not expertise. I could have left it at that, and waited until years of practice had settled in me and I had integrated all of what I was waking up to before trying to communicate it to others. But instead I am prepared to offer this project as an imperfect contribution to a field whose very goal is to loosen the grip of perfectionism on our lives. In both the liturgy and the accompanying essay, I am venturing to articulate feelings and thoughts that, at the time of writing, are still in formation.

Yet what better medium to practice imperfection than liturgy? "[S]omething far more important than intellectual assent is at stake in liturgy," writes Catherine Madsen in her striking article *Lovesongs to the Dead*. "It is the integration of the body and the personality into the community, of each person's full energies into the community's work." If I have learned anything in rabbinical school it is that this world demands our full participation as members of it, even when we feel unworthy to the task. This is then a labor of my full energy, added humbly to the collective stream of language spilling out of the depths of the human heart. There is nothing perfect here except my longing to be of use to my own healing and that of others. "There is a poetics of liturgy," Madsen writes, "as demanding and as complex as the greatest art. It need not spell out everything it means us to feel. It leaves something up to experience." So I leave *V'lo Nevosh* in your hands and heart to experience, keeping in mind the inspiring words that fortify us as we begin to explore the scary topic of shame: "A richer understanding of what it means to be fully human emerges from a sensitivity to shame (*Schnieder, quoted in Kaufman & Raphael, 39*).

Opening *Kavvanah* before Prayer

For years I operated under the unconscious assumption that recovering my essential unity with God was finding the pure, calm place inside me that nothing could shake. While this approach still calls to me, I now I think that recovering my unity looks more often like going directly to the most broken, hurting parts of me, noticing how they feel in my body, giving them love, and offering them up to what is sacred. It's not a very comfortable or fun practice, but in the moments when I have managed to do it, I have never felt so alive.

In a beloved teaching, the *Me'Or 'Enayim* asks us to reflect on God's presence in all the world when we are in a "deeply fallen state:"² "But how can you come to YHVH when you are in such a fallen state?" he teaches. "Your very awareness and your mental powers have been taken away from you!" What a wonderful description of what Brown calls a shame attack – the ringing in our ears, the flush on our cheeks, the mad desire to crawl into a hole or out of our own skin all certainly diminish our awareness and mental powers. The *Me'Or 'Enayim* continues: "Nevertheless, you come to know that 'the whole earth is filled with God's glory' (Isaiah 6:3)... YHVH is called 'the Life of life,' meaning that the vitality of all life in the world, including that of beasts, cattle, birds, and humans, is God's own Self, the Life of life. God is the life-force within all that lives." Then he gives us the best shame resilience one-liner I have yet to find: "When you are in that fallen state, think of this: Am I not alive? And who is this life-force within me? Is it not the blessed Creator?"

For those of us who speak a religious language, we can understand our journey of building shame resilience as one of the many ways we can uplift, exalt, praise, and honor not just our own lives but the Life of life itself. Whenever we feel unworthy of love and belonging, we can

² Rabbi Menachum Nachum Twersky (1730-1787) was the founder of the Chernobyl Hasidic dynasty. His work the *Me'Or 'Enayim* is one of the foundational works of Hasidism. This selection comes from his commentary on parashat Yitro, Exodus 24:7. I have used the translation from *Speaking Torah*, by Art Green, Ebn Leader, Ariel Evan Mayse, and Or Rose (*Jewish Lights*, Woodstock, 2013).

remember that the very self which we are struggling to believe is lovable is none other a manifestation of God's own Self. Our belief that we are worthy to live and belong is one way we can practice our trust in God. And if the God language doesn't do it for us, we can get in touch with our own wonder at being alive, call it whatever name or conjure whatever image works for us, and remember that our journey to live a wholehearted life honors that wonder. Ultimately we can affirm that any step toward a wholehearted life lifts up holiness in this world.

To download the full text of the essay that accompanies this siddur, visit shoshanameira.com.

Ma Tov

How good is this place I am right now.
Even though I wrestle with its goodness, I affirm it nonetheless.
I enter this place with abundant loving-kindness.
I bow in the holy space, in awe.
Holy One, I love Your home, where You so intimately dwell.
No matter who I am, or how I am feeling, I trust I am welcomed here.
I bow, I bend, I kneel to honor my own nature
As an Earthling, a formed being, yet made of Spirit.
Let my presence here be my prayer,
It is an offering to You.
I offer my ego to Your great Presence
And in this moment, You receive me with ease.
God, in your abundant loving-kindness
Help me feel You present with me in the all, the A-Z truth of
existence.
This is what saves me from myself.

Morning Blessings

Holy One, sometimes I don't want to get out of bed or face the day.
The alarm clock goes off, and my inner rooster is still sleeping.
Yet despite my desire to give up and give in, I still praise all the
blessings in my life.
You place me in the company of others who are also wrestling for
meaning.
You have given me self-expression, sight and insight, clothing,
shelter, food, sleep, and whatever health I am in today.

מה טבו אהליך יַעֲקֹב מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.
וְאֲנִי בְּרַב חֲסִדֶיךָ אָבֵא בֵּיתְךָ
אֲשַׁתְּחֶוּהָ אֵל הַיְכָל קֹדֶשְׁךָ בִּירְאָתְךָ
יְהוָה אֶהְבֵּתִי מֵעוֹן בֵּיתְךָ וּמִקּוֹם מִשְׁכַּן כְּבוֹדְךָ

וְאֲנִי אֲשַׁתְּחֶוּהָ וְאֶכְרַעָה אֶבְרַכָּהּ לִפְנֵי ה' עֹשִׂי
וְאֲנִי תִפְלְתִי לְךָ ה' עֵת רְצוֹן
אֱלֹהִים בְּרַב חֲסִדֶיךָ עֲנֵנִי בְּאַמַּת יִשְׁעֶךָ.

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַנּוֹתֵן לְשִׁכּוֹי בִּינָה
לְהִבְחִין בַּיּוֹם וּבַיּוֹם לַיְלָה:
בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁעֵשְׂנִי יִשְׂרָאֵל:
בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁעֵשְׂנִי בְּצַלְמוֹ:
בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁעֵשְׂנִי בֵּת/בֵּן
חֹרֵיךְ:
בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, פּוֹקֵחַ עֹרִים:

You break me out of old patterns that don't serve me anymore.

You stretch out the shifting earth over the rolling waters, bringing deep magma from the core to form new earth and seafloor, and here to the ground where my feet stand.

You love my wounded, bent, shameful parts. You lift them to the light, forming new growth and opportunities for compassion.

You make all my needs. My scared, reptilian brain that needs safety. My animal body that needs food and shelter. My mind that needs meaningful work and stimulation. My broken heart that needs love. My soul that needs union with You.

You guide me toward wise strength and support me with wise strength.

You crown me with the potential to balance loving-kindness and boundaries.

You give me resilience when I am tired.

Holy One,

Just as You woke me up this morning

You keep waking me up to greater truth,
even when I would rather stay asleep.

Keep it up, God!

Help me to form good habits in my day.

Habits of compassion, learning, and humble service.

Don't let me get too far off track, and fall into the hands of stuck patterns and ego trips.

Don't let my shame gremlins get the last word.

Don't let my cravings for success, achievement, material goods or approval rule over me.

Help me react with equanimity to people and situations that bring

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מִתִּיר אֶסוּרִים:

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, זוֹקֵף כְּפוּפִים:

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מְלַבֵּשׁ עֲרָמִים:

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם:

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְכִּין מִצְעָדֵי גֶבֶר:

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֹׁעֵשֶׂה לִּי כָּל צְרָכָי:

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אוֹזֵר יִשְׂרָאֵל בְּגִבּוֹרָה:

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, עוֹטֵר יִשְׂרָאֵל בְּתַפְאֵרָה:

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַנוֹתֵן לִיעָף כַּחַ:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. הַמַּעֲבִיר שְׁנָה מֵעֵינַי

וְתַנּוּמָה מֵעַפְעָפִי: וַיְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאַלְהֵי

אֲבוֹתֵינוּ שִׁתְּרֵנוּ בְּתוֹרָתְךָ. וְדַבְּקֵנוּ בְּמִצְוֹתֶיךָ. וְאַל

תְּבִיאֵנוּ לֹא לַיָּדַי חֲטָא. וְלֹא לַיָּדַי עֲבָרָה וְעוֹן. וְלֹא לַיָּדַי

נִסְיוֹן. וְלֹא לַיָּדַי בְּזִיוֹן. וְאַל תִּשְׁלַט בְּנוּ יֵצֵר הָרָע.

וְהִרְחִיקֵנוּ מֵאָדָם רָע וּמִחֲבֵר רָע. וְדַבְּקֵנוּ בְּיֵצֵר הַטּוֹב

וּבְמַעֲשֵׂים טוֹבִים. וְכַף אֶת יִצְרָנוּ לְהִשְׁתַּעֲבֹד לָךְ. וְתַנְנוּ

הַיּוֹם וּבְכֹל יוֹם לַחֵן וּלְחֶסֶד וּלְרַחֲמִים בְּעֵינֶיךָ וּבְעֵינַי כָּל

רוֹאֵינוּ. וְתַגְמְלֵנוּ חֲסָדִים טוֹבִים: בְּרוּךְ אַתָּה ה' הַגּוֹמֵל

חֲסָדִים טוֹבִים לְעַמּוֹ יִשְׂרָאֵל:

out these cravings in me.

Bring me toward those who inspire me to act the way I want to.

Help me get out of my own way and just serve You.

Grant me and all beings grace, loving-kindness, and compassion today and every day.

I bless You, Holy One, bestower of loving-kindness on all beings.

Kabbalat Ol Malchut Shammayim

Great One of all the Worlds, I know I am not in charge.

Yet I lay out my humble yearnings before you

because I trust that You are a great womb of compassion.

What is my life anyway?

Who am I and how is it possible that I am worth anything at all?

Who am I to speak to You, to let myself show up and be seen in this prayer?

Even people with lots of power and wisdom are vulnerable to the difficulties of being alive.

How much more so am I vulnerable!

So many voices inside me say I am not worthy of love

and certainly not worthy to pray to You.

But!

I am Your child, Your beloved one.

I am part of a sacred story of seekers.

My roots run deep into the history of my people

and before that to all species from whose evolution I descend.

I am part of this world, a link in the love You weave.

לְעוֹלָם יְהִי אָדָם יֵרָא שְׁמַיִם בְּסִתְרֵי כְּבִגְלוֹי וּמוֹדָה עַל
הָאֲמֵת. וְדוּבַר אֲמֵת בְּלִבּוֹ וַיִּשְׁכִּים וַיֹּאמֶר:
רְבוֹן הָעוֹלָמִים וְאֲדוֹנֵי הָאֲדוֹנִים. לֹא עַל צְדָקוֹתֵינוּ אֲנִיחָנוּ
מִפִּילִים תַּחֲנוּנֵינוּ לְפָנֶיךָ כִּי עַל רַחֲמֶיךָ הָרַבִּים:
מָה אֲנִיחָנוּ מָה תִּיּוֹנוּ. מָה חֲסִדְנוּ מָה צְדָקוֹתֵינוּ. מָה
כַּחֲנוּ מָה גְבוּרָתְנוּ. מָה נֹאמַר לְפָנֶיךָ ה' אֱלֹהֵינוּ וְאֵלֵהִי
אֲבוֹתֵינוּ הֲלֹא כָּל הַגְּבוּרִים כָּאִין לְפָנֶיךָ. וְאֲנִשֵּׁי הַשָּׁם
כֹּלֹא הֵיוּ. וְחַכְמַיִם כְּבִלֵי מִדָּע וְנִבְוֹנִים כְּבִלֵי הַשֶּׁבֶל. כִּי
כָּל מַעֲשֵׂינוּ תְהוּ וַיְמִי תִיּוֹנוּ הֶבֶל לְפָנֶיךָ:
וּמוֹתֵר הָאָדָם מִן הַבְּהֵמָה אִין כִּי הַכֹּל הֶבֶל:

אָבֵל

אֲנִיחָנוּ עִמָּךְ בְּנֵי בְרִיתְךָ בְּנֵי אֲבֵרָהֶם אֶהְבֶּךָ שְׁנִשְׁבַּעְתָּ
לֹ בְהַר הַמִּרְיָה. זָרַע יִצְחָק עֵקֶדךָ שְׁנַעֲקֵד עַל גְּבֵי הַמְּזֻבַּח
עֵדֶת יַעֲקֹב בְּנֵךְ בְּכוֹרְךָ. שְׁמֵאֵהְבֶתְךָ שְׁאֵהְבֶת אֹתוֹ
וּמִשְׁמַחְתְּךָ שְׁשִׁמַּחְתָּ בּוֹ קִרְאתָ אֹתוֹ יִשְׂרָאֵל וַיִּשְׁרוּן:

I am worthy of connection, and it is from this total worthiness that I pray.

Therefore!

I feel compelled, Holy One, to speak out and praise, acknowledge, name,

bles, sanctify,

honor and bear witness to the presence of Spirit in the world.

Satiated with contentment - that's how I feel when I sink into this role of mine.

Satiated with contentment - that is how I feel when I declare that all is One:

Shema Yisrael Adonai Eloheinu Adonai Ehad.

Listen, All of Us Who Wrestle With Life! We belong to all Existence. All Existence is One.

Blessed is the name of the presence of Being forever and ever.

I get so wrapped up in my own stuff, Holy One.

Help me to remember the big story I am a part of:

You were before the world.

You created the world.

You are in this world, and You are in the world that is coming.

All of Being is You, and Your desire to connect and become more conscious.

I bless You, Holy One, who makes Her Holiness present in a multitude of ways.

Supernal Loving One, deal with me compassionately as I walk on

לְפִיכֶךָ

אֲנַחְנוּ חִיְבִים לְהוֹדוֹת לָךְ וּלְשַׁבַּחְךָ וּלְפָאֲרְךָ וּלְרוֹמְמֶךָ
וּלְתַן שִׁיר שֶׁבַח וְהוֹדָאָה לְשִׁמְךָ הַגָּדוֹל וְחִיְבִים אֲנַחְנוּ
לוֹמַר לְפָנֶיךָ שִׁירָה בְּכֹל יוֹם תָּמִיד. אֲשֶׁרֵנוּ מֵה טוֹב
חֶלְקֵנוּ וּמֵה נְעִים גּוֹרְלֵנוּ. וּמֵה יָפֵה מְאֹד יִרְשָׁתֵנוּ. אֲשֶׁרֵנוּ
בְּשִׁאֲנַחְנוּ מִשְׁכִּימִים וּמִעֲרִיבִים בְּבֵיתִי כְּנִסְיוֹת וּבְבֵיתִי
מִדְרָשׁוֹת. וּמִיִּחְדִּים שִׁמְךָ בְּכֹל יוֹם תָּמִיד אוֹמְרִים פְּעַמִּים
בְּאֵהָבָה:

שִׁמְעֵ יִשְׂרָאֵל, ה' אֱלֹהֵינוּ, ה' אֶחָד:
בְּרוּךְ, שֵׁם כְּבוֹד מְלֻכוֹתוֹ, לְעוֹלָם וָעֶד

אֲתָה הוּא עַד שֶׁלֹּא נִבְרָא הָעוֹלָם, וְאֲתָה הוּא מִשְׁנִבְרָא
הָעוֹלָם. אֲתָה הוּא בְּעוֹלָם הַזֶּה וְאֲתָה הוּא לְעוֹלָם הַבָּא:
קִדַּשׁ אֶת שִׁמְךָ עַל מִקְדָּשֵׁי שִׁמְךָ וְקִדַּשׁ אֶת שִׁמְךָ
בְּעוֹלָמְךָ. וּבִישׁוּעָתְךָ תָּרִים וְתִגְבִּיֶה קִרְנֵנוּ: בְּרוּךְ אֲתָה ה',
הַמְקִדֵּשׁ אֶת שְׁמוֹ בְּרַבִּים:

אֲתָה הוּא ה' אֱלֹהֵינוּ בְּשָׁמַיִם וּבָאָרֶץ וּבְשָׁמַיִם הַשָּׁמַיִם
הָעֲלִיוֹנִים. אֲמַת אֲתָה הוּא רֵאשׁוֹן וְאֲתָה הוּא אַחֲרוֹן
וּמִבְּלִעְדֶיךָ אֵין אֱלֹהִים: קִבֵּץ קוֹיךָ מֵאֲרִבַּע כַּנְפוֹת הָאָרֶץ.

Your earth and under Your skies.

Help me hear and know Your great name.

Holy One, please uphold the promise of bringing me close to You,

Of gathering me to You,

Of blanketing me with confidence and pride in the warm truth of my own life

While being in humble relationship to You.

Elohai N'shama

God, the soul You gave me is pure.

This of all things is hard for me to understand.

If it is pure, why do I sometimes feel like I am not enough?

If it is pure, why do I need to suffer?

If it is pure, why do I need to die?

The soul in me is from You.

It is part of You, and it will one day leave my body and join You in total Oneness again.

I know I am supposed to be ok with that, but some days I am so scared to die.

I love my soft animal body, and the people and things that are familiar.

Other days, I am so scared to live.

I love perfection, and rest, and total integrity, and these are difficult to come by in Your world.

יִכִּירוּ וַיֵּדְעוּ כָּל בְּאֵי עוֹלָם כִּי אַתָּה הוּא הָאֱלֹהִים לְבַדְךָ
לְכָל מַמְלָכוֹת הָאָרֶץ: אַתָּה עָשִׂיתָ אֶת הַשָּׁמַיִם וְאֶת
הָאָרֶץ אֶת הַיָּם וְאֶת כָּל אֲשֶׁר בָּם וּמִי בְּכָל מַעֲשֵׂי יְדִיךָ
בְּעֲלִיוֹנִים אוֹ בַתְּחִתּוֹנִים שְׂיֵאמַר לְךָ מִה תַּעֲשֶׂה אֲבִינוּ
שְׁבַשְׁמִים עָשֵׂה עִמָּנוּ חֶסֶד בְּעִבּוֹר שְׁמֶךָ הַגָּדוֹל שְׁנִקְרָא
עָלֵינוּ. וְקִיָּם לָנוּ ה' אֱלֹהֵינוּ מִה שְׁכָתוֹב בְּעֵת הַהִיא
אֲבִיא אֶתְכֶם וּבֵעֵת קִבְּצִי אֶתְכֶם. כִּי אַתָּן אֶתְכֶם לְשֵׁם
וְלַתְהַלָּה בְּכָל עַמֵּי הָאָרֶץ. בְּשׁוֹבֵי אֶת שְׁבוּתֵיכֶם
לְעֵינֵיכֶם. אָמַר ה'.

אֱלֹהִי. נִשְׁמָה שְׁנַתַּתְּ בִּי טְהוֹרָה. אַתָּה בְּרָאתָהּ. אַתָּה
יִצְרַתָּהּ. אַתָּה נִפְחַתָּהּ בִּי. וְאַתָּה מְשַׁמְרָהּ בְּקִרְבִּי. וְאַתָּה
עֹתִיד לְטַלָּה מִמֶּנִּי וּלְהַחְזִירָהּ בִּי לְעֵתִיד לְבָא. כָּל זְמַן
שֶׁהַנִּשְׁמָה בְּקִרְבִּי מוֹדָה אֲנִי לְפָנֶיךָ ה' אֱלֹהֵי וְאֱלֹהֵי
אֲבוֹתַי רְבוֹן כָּל הַמַּעֲשִׂים. אֲדוֹן כָּל הַנְּשָׁמוֹת. בְּרוּךְ אַתָּה
ה', הַמַּחְזִיר נְשָׁמוֹת לְפָגְרִים מֵתִים:

So all the days when my soul is in this body, help me to make the most of it.

Help me show up with grace to my life, in all its imperfections.

I bless You, Holy One, who has brought forth generations of souls who lived in bodies.

Asher Yatzar

I bless You, Holy One

Who made my body so wisely, with holes and openings where they should be.

I don't take what health I have for granted.

I know that I am only temporarily in this state of ability, and that all functions of my body are miracles of You acting through evolution.

But also God, I feel shame about my body.

I feel shame about my troubles with *(add whatever is on your heart:*

feeding myself well/sleeping/my weight/ sex/keeping to

exercise/going to the doctors regularly/chronic

illness/disability/chronic pain/asking for what my body needs, *etc.*)

Please help me stay awake to the miracle of my body.

Please help me bring the shame I feel into the light, to You

so You can heal it with Your total love.

I bless You, Holy One, who creates healing and miracles.

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר יָצַר אֶת
הָאָדָם בְּחֶכְמָה. וּבָרָא בּוֹ נְקָבִים וְנִקְבִים. חֲלוּלִים חֲלוּלִים.
גְּלוּי וַיְדוּעַ לְפָנַי כֶּסֶא כְבוֹדְךָ שָׂאם יִסְתַּם אַחַד מֵהֶם אוֹ
אִם יִפְתַּח אַחַד מֵהֶם אִי אֶפְשֶׁר לְהִתְקִים אֶפְלוֹ שְׁעָה
אַחַת. בְּרוּךְ אַתָּה ה', רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת:

Birkat HaTorah

I bless You, Holy One, whose Spirit compels me to seek wisdom.

Remind me that seeking wisdom is sweet,

that learning is a sacred act even when it is uncomfortable,
even when I do not understand right away.

Remind me that I am in a long line of wisdom-seekers,

from my ancestors before me to my students and descendants after me.

Remind me that I who wrestle with being alive am part of a human community of other wrestlers.

Remind me that all our seeking is for the sake of You, the One who is Consciousness.

I bless You, Holy One, who teaches wisdom through the ages and in my life.

Psalm 30

A Psalm of Dedication and Transformation

I lift up my voice in praise to You, Holy One, for You lift me out of the well of despair.

I called out in anguish and You healed me.

Holy One, you raised my very self from the land where I felt unworthy to be alive

You recussitated me from the low pit.

Holy One, let me be among the compassionate ones who know how to sing to You,

who acknowledge the memory of Your holiness, even when they don't feel it directly.

Let me feel emotions flow through me: Anger passes. Life flows

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְצִוָּנוּ לְעֶסוֹק בְּדִבְרֵי תוֹרָה:

וְהֶעֱרַב נָא, ה' אֱלֹהֵינוּ, אֶת דִּבְרֵי תוֹרָתְךָ בְּפִינוּ וּבְפִי כָּל
עַמְּךָ בֵּית יִשְׂרָאֵל, וְנִהְיֶה אֲנַחְנוּ, וְצִאֲצֵאֵינוּ, וְצִאֲצֵאֵי
צִאֲצֵאֵינוּ וְצִאֲצֵאֵי כָּל עַמְּךָ בֵּית יִשְׂרָאֵל, כְּלָנוּ יוֹדְעֵי
שְׁמֶךָ, וְלוֹמְדֵי תוֹרָתְךָ לְשִׁמָּה. בְּרוּךְ אַתָּה ה', הַמְלַמֵּד
תוֹרָה לְעַמּוֹ יִשְׂרָאֵל.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר-בָּנוּ מִכָּל
הָעַמִּים וְנָתַן לָנוּ אֶת תוֹרָתוֹ. בְּרוּךְ אַתָּה ה' נוֹתֵן הַתּוֹרָה:

מִזְמוֹר שִׁיר חֲנֻכַּת הַבַּיִת לְדָוִד:
אֲרוּמְמֶךָ ה' כִּי דָלִיתָנִי. וְלֹא שִׁמַּחַת אִיבֵי לִי:
ה' אֱלֹהֵי. שׁוּעָתִי אֶלֶיךָ וַתִּרְפָּאֵנִי:
ה' הֶעֱלִיתָ מִן שְׂאוֹל נַפְשִׁי. חֲיִיתָנִי מִיַּרְדֵּי בּוֹר:
זָמְרוּ לֵה' חֲסִידָיו. וְהוֹדוּ לְזִכָּר קִדְּשׁוֹ:
כִּי רָגַע בְּאִפּוֹ חַיִּים בְּרִצּוֹנוֹ. בְּעָרַב יַלִּין בְּכִי וְלִבְקָר רִנָּה:
וְאָנִי אֲמַרְתִּי בְשִׁלּוֹי. בַּל אָמוּט לְעוֹלָם:
ה' בְּרִצּוֹנְךָ הֶעֱמַדְתָּה לְהַרְרֵי עֹז. הַסְתַּרְתָּ פָּנֶיךָ הַיִּיתִי
נִבְהָל:

easily. Grief moves through. Joy visits.

I used to think I had it all together, that I knew how to stay safe and not slip, that I was above the human condition and even gravity itself.

Now, Holy One, I know any strong mountain I stand on is Your grace.

When I lose my awareness of Your presence, I tremble.

To You I cry!

To You I plead!

Let me live a good, long life.

I am so vulnerable, and I can't see the benefit anymore of pretending I'm not.

Don't turn me to dust yet. Can dust acknowledge You, or tell about Your all-ness?

No – and I am not dust, not yet. So here I am.

Listen Holy One and grant me grace. Be my help!

You turn my mourning into circle dances,

You tear off my old clothes and gird me in joy!

The weight of my inner organs and my blood sing to you.

Holy One, my God, I acknowledge you forever.

Baruch She'amar

I Bless You, Holy One, who spoke and the world came into being.

I bless the act of creation that created me and all I know.

We are here! The world is here!

When I am critical of this place and of myself

I remember that I am a vibration from Your speech.

אֵלֶיךָ ה' אֶקְרָא וְאֶל אֲדֹנָי אֶתְחַנֵּן:
מִה בָּצַע בְּדַמִּי בְרִדְתִּי אֶל שַׁחַת. הַיּוֹדֵךְ עֶפְר הַיִּגִּיד
אֲמַתְךָ:
שְׁמַע ה' וְחַנּוּנִי ה' הִיָּה עֵזֶר לִי:
הַפְּכֵת מִסִּפְדֵי לְמַחֹל לִי פִתְחֵת שְׁקִי וְתִאֲזַרְנִי שְׂמֵחָה:
לְמַעַן יִזְמְרֶךָ כְּבוֹד וְלֹא יָדָם. ה' אֱלֹהֵי לְעוֹלָם אֲוֹדְךָ:

בְּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם. בְּרוּךְ הוּא.

בְּרוּךְ אוֹמֵר וְעָשָׂה.

בְּרוּךְ גּוֹזֵר וּמְקַיֵּם.

בְּרוּךְ עֹשֶׂה בְּרֵאשִׁית.

בְּרוּךְ מְרַחֵם עַל הָאָרֶץ.

בְּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת.

I remember that this whole world is your poem
and we who breathe are words on your page.
My mouth, my tongue, human language and all sound
are figures of Your speech.
You are the life of all the worlds, all mysteries, and all time.
You are the life that breathes in me, even when I feel too tight for
breath.
I bless you, Holy One, who spoke and the world came into being.

Ashrei - an Alphabetical praise song

Satiated with contentment, I dwell in Your house.
Your house is the place where I know my worthiness to be part of my
people.
Your house is the place where I know my worthiness to receive Your
love.
Always I want to praise you, to be aware of all the blessings of life,
But my fears and ego get in the way.
Craving security and certainty, they flail and smack at the air.
Don't be too happy! Don't be too proud!
Everything dies, everything will be lost, they say,
Forgetting my essential worth.
Generous God,
Help me find my way home to Your house.

בְּרוּךְ מְשַׁלֵּם שְׂכָר טוֹב לִירְאָיו.
בְּרוּךְ חַי לְעַד וְקַיִם לְנֶצַח.
בְּרוּךְ פּוֹדֶה וּמַצִּיל. בְּרוּךְ שְׁמוֹ.
בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הָאֵל אָב הַרְחֲמֵן
הַמְהַלֵּל בְּפֶה עַמּוֹ. מְשַׁבַּח וּמְפָאֵר בְּלִשׁוֹן חֲסִידָיו וְעַבְדָּיו.
וּבְשִׁירֵי דָוִד עַבְדְּךָ נְהַלְלֶךָ ה' אֱלֹהֵינוּ. בְּשִׁבְחוֹת
וּבְזִמְרוֹת. וְנִגְדְּלֶךָ וְנִשְׁבַּחְךָ. וְנִפְאָרְךָ. וְנִמְלִיכְךָ. וְנִזְכִּיר
שְׁמֶךָ מִלְכֵנוּ אֱלֹהֵינוּ יְחִיד חַי הָעוֹלָמִים. מֶלֶךְ מְשַׁבַּח
וּמְפָאֵר עָדִי עַד שְׁמוֹ הַגָּדוֹל. בְּרוּךְ אַתָּה ה' מֶלֶךְ מְהַלֵּל
בְּתִשְׁבְּחוֹת:

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ. עוֹד יְהַלְלוּךָ סְלָה:
אֲשֶׁרִי הָעַם שְׂכָכָה לוֹ. אֲשֶׁרִי הָעַם שֶׁה' אֱלֹהָיו
תְּהַלֵּה לְדָוִד

אֲרוּמְמֶךָ אֱלוֹהֵי הַמֶּלֶךְ. וְאַבְרָכָה שְׁמֶךָ לְעוֹלָם וָעֶד:
בְּכָל יוֹם אַבְרָכְךָ וְאַהֲלִלְהָ שְׁמֶךָ לְעוֹלָם וָעֶד:
גָּדוֹל ה' וּמְהַלֵּל מְאֹד. וְלִגְדֹלְתוֹ אֵין חֶקֶר:
דוֹר לְדוֹר יִשְׁבַּח מַעֲשֶׂיךָ וּגְבוּרַתֶיךָ יִגִּידוּ:
הַדָּר כְּבוֹד הוֹדֶךָ. וְדַבְּרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה:
וְעִזּוֹז נוֹרְאוֹתֶיךָ יֹאמְרוּ. וְגִדְלֹתֶךָ אֶסְפְּרָנָה:
זָכַר רַב טוֹבְךָ יִבְיַעוּ. וְצִדְקֹתֶךָ יִרְנְנוּ:

I am an instrument of Your praise,
Jammed up with out of tune strings and bent parts.
Kudos to the One who tunes me and straightens me!
Longing for You, I stretch out my body on your altar.
Move me with Your music.

Now I flicker with notes for You.
Open, Open, Open – I open to You.
Play me! Let my life be your masterpiece, your glorious improv jam.
Quicken my breath with Your love!
Rattle my fears and ego!
Shake them to the ground!
Tackle me with compassion,
Until I am nothing but love for You,
Vulnerable,
Which is the only way to be.
X-ray my heart and see only longing for You,
Yes, only longing for You,
Zest and gratitude and longing.

Take some time here to praise God for particular things that inspire wonder and amazement in you today. Perhaps these are things nature, in your community, in humanity, in art, in your body, or just the miracle of your continued life or the life of your loved ones... You could speak the words, chant them, or sing them.

I praise you, Holy One, for...

תִּנּוֹן וְרַחוּם ה'. אָרְךָ אַפִּיִּים וּגְדָל חֶסֶד:
טוֹב ה' לְכֹל. וְרַחֲמֵי עַל כָּל מַעֲשָׂיו:
יִדְוֶךָ ה' כָּל מַעֲשָׂיךָ. וְחִסִּידֶיךָ יִבְרְכוּכָה:
כְּבוֹד מַלְכוּתְךָ יֵאמְרוּ. וּגְבוּרַתְךָ יִדְבְּרוּ:
לְהוֹדִיעַ לְבַנֵּי הָאָדָם גְּבוּרַתְיֹו. וּכְבוֹד הַדָּר מַלְכוּתוֹ:
מַלְכוּתְךָ מַלְכוּת כָּל עֲלָמִים. וּמִמְשַׁלְתְּךָ בְּכֹל דּוֹר וָדָר:
סוּמְךָ ה' לְכֹל הַנְּפָלִים. וְזוֹקֶף לְכֹל הַכְּפוּפִים:
עֵינַי כֹּל אֵלֶיךָ יִשְׁבְּרוּ. וְאַתָּה נוֹתֵן לָהֶם אֶת אֲכֹלָם בְּעֵתוֹ:
פּוֹתַח אֶת יָדְךָ וּמִשְׁבִּיעַ לְכֹל חַי רְצוֹן:
צְדִיק ה' בְּכֹל דְרָכָיו. וְחִסִּיד בְּכֹל מַעֲשָׂיו:
קְרוֹב ה' לְכֹל קְרָאָיו. לְכֹל אֲשֶׁר יִקְרָאֵהוּ בְּאַמֶּת:
רְצוֹן יִרְאִיו יַעֲשֶׂה. וְאֶת שׁוֹעֲתָם יִשְׁמַע וְיוֹשִׁיעֵם:
שׁוֹמֵר ה' אֶת כָּל אֲהָבָיו. וְאֶת כָּל הַרְשָׁעִים יִשְׁמִיד:
תְּהַלֵּת ה' יִדְבֵּר פִּי וַיְבָרֶךְ כָּל בֶּשֶׂר שֵׁם קִדְשׁוֹ לְעוֹלָם וָעֶד:
וְאַנְחֵנוּ נְבָרֶךְ יְהי מִעַתָּה וְעַד עוֹלָם הַלְלוּיָהּ:

Yishtabach

I bless You, Holy One, who loves songs and music.

You are the organizer and God of all the worlds, all mysteries, and all time.

Yotzer Or

I bless You, Holy One, who creates light and who makes peace.

I know You also make darkness and unrest,

all that is not whole in the world, all that is not whole in me.

Help me trust that these dark, broken places in me and the world are also of Your holy nature, and are not separate from You.

You are the One Who illuminates the earth and all her inhabitants, including me and my loved ones and family, with womb-like compassion.

Your goodness renews each day the works of creation.

How good are your creations! You made them all with wisdom.

This is really hard to get behind, God.

If you made everything with wisdom, why do I feel so messed up?

Why does so much in the world, including myself, fall short of my standards?

The paradox is hard for me to grasp, God.

Help me to rest in the fullness of your love, despite my confusion and pain.

Help me know that the world is full of Your possessions,

יִשְׁתַּבַּח שְׁמֶךָ לְעַד מְלִכְנוּ. הָאֵל הַמֶּלֶךְ הַגָּדוֹל וְהַקְּדוֹשׁ
בְּשִׁמִּים וּבְאָרֶץ. כִּי לְךָ נָאָה ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ:
שִׁיר וְשִׁבְחָה הֵלֵל וְזִמְרָה עֹז וּמְמִשְׁלָה נֶצַח גְּדֻלָּה וּגְבוּרָה
תְּהִלָּה וְתַפְאֶרֶת קְדוּשָׁה וּמְלִכוּת:

בְּרִכוֹת וְהוֹדָאוֹת מְעַתָּה וְעַד עוֹלָם. בְּרוּךְ אַתָּה ה' אֵל
מֶלֶךְ גָּדוֹל בְּתַשְׁבְּחוֹת. אֵל הַהוֹדָאוֹת אֲדוֹן הַנִּפְלְאוֹת.
הַבוֹחֵר בְּשִׁירֵי זִמְרָה. מֶלֶךְ אֵל חַי הָעוֹלָמִים:

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, יוֹצֵר אוֹר וּבוֹרֵא
חֹשֶׁךְ. עוֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת הַכֹּל:

הַמְאִיר לְאָרֶץ וְלַדָּרִים עָלֶיהָ בְּרַחֲמִים. וּבְטוֹבוֹ מְחַדֵּשׁ
בְּכָל יוֹם תְּמִיד מְעִשֶׂה בְּרֵאשִׁית:

מָה רַבּוֹ מְעִשֶׂיךָ ה' כֹּלָם בְּחֶכְמָה עֲשִׂיתָ. מְלֵאָה הָאָרֶץ
קִנְיָיִךְ:

הַמֶּלֶךְ הַמְרוֹמֵם לְבָדוֹ מְאֹז הַמְשַׁבֵּחַ וְהַמְפַאֵר וְהַמְתַּנַּשֵּׂא
מִימּוֹת עוֹלָם:

אֱלֹהֵי עוֹלָם בְּרַחֲמֶיךָ הַרְבִּים רַחֵם עָלֵינוּ. אֲדוֹן עֲזֵנוּ צוּר
מְשַׁגְּבֵנוּ. מִגֵּן יִשְׁעֵנוּ. מְשַׁגֵּב בְּעַדְנוּ:

אֵל בְּרוּךְ גָּדוֹל יַעֲלֶה הַכִּין וּפְעַל זְהַרֵי חֶמֶה טוֹב יַצֵּר כְּבוֹד
לְשִׁמוֹ מְאֹרוֹת נָתַן סְבִיבוֹת עֲזוֹ פְּנוֹת צְבָאוֹת קְדוּשִׁים
רוֹמְמֵי שְׂדֵי תְּמִיד מְסַפְּרִים כְּבוֹד אֵל וּקְדוּשָׁתוֹ:

תְּתַבְּרֶךָ ה' אֱלֹהֵינוּ בְּשִׁמִּים מִמַּעַל וְעַל הָאָרֶץ מִתַּחַת עַל
כָּל שִׁבַּח מְעִשֵׂי יְדֶיךָ. וְעַל מְאוּרֵי אוֹר שִׁיְצַרְתָּ הַמָּה
יְפָאֵרוּךְ סְלָה:

that I and everything else belong to You and Your light.

You are a huge, ancient mystery

beyond all words, yet somehow listening to me speak right now.

It is totally beyond me that I belong to You, yet still I call out.

God of unending foreverness!

In Your great compassion have compassion on me,

on my loved ones, on my tribe, on all creatures.

I long to lift my voice like an angel, beloved and clear, to sing:

"You are Holy, Holy, Holy, God of Forces!

The whole world is filled with Your Presence!"

I long to shake this body made of stardust,

to make a joyful noise to You and call out:

"Blessed is the Presence of Existence in all its Places!"

Then I fall back into this mortal body,

Into the place of darkness and distance.

So I ask You to be my strong actor,

my renewer, my protector in conflict, my sower of right action,

my wondrous healer, my master of miracles.

You are the One whose goodness renews each day the works of creation.

You bring big, new light to shine in the center of my being when it is wracked in conflict.

May I always remember that I am worthy of Your light.

I bless You Holy One, Creator of Light.

תְּתַבַּח לְנֶצַח צוּרֵנוּ מְלַכְנוּ וְגוֹאֲלֵנוּ בּוֹרֵא קְדוּשִׁים
יִשְׁתַּבַּח שְׁמֶךָ לְעַד מְלַכְנוּ יוֹצֵר מְשֻׁרְתִים וְאֲשֶׁר מְשֻׁרְתִיו
בְּכֹל עוֹמְדִים בְּרוּם עוֹלָם וּמְשֻׁמֵּיעִים בְּיִרְאָה יַחַד בְּקוֹל.
דְּבָרֵי אֱלֹהִים חַיִּים וּמְלֶךְ עוֹלָם. בְּכֹל אֲהוּבִים. בְּכֹל
בְּרוּרִים. בְּכֹל גְּבוּרִים. בְּכֹל קְדוּשִׁים. בְּכֹל עוֹשִׂים
בְּאֵימָה וּבְיִרְאָה רְצוֹן קוֹנֵיהֶם וְכֹלֵם פּוֹתְחִים אֶת פִּיהֶם
בְּקִדְשָׁה וּבִטְהָרָה בְּשִׁירָה וּבְזִמְרָה וּמְבָרְכִין. וּמְשַׁבְּחִין.
וּמְפָאֲרִין. וּמְקַדְּשִׁין. וּמְעַרְצִין. וּמְמַלְיְכִין. אֶת שֵׁם הָאֵל
הַמְּלֶךְ הַגָּדוֹל הַגְּבוּר וְהַנּוֹרָא קְדוֹשׁ הוּא. וְכֹלֵם מְקַבְּלִים
עֲלֵיהֶם עוֹל מְלָכוֹת שָׁמַיִם זֶה מְזָה. וְנוֹתְנִים רְשׁוֹת זֶה
לָזֶה. לְהַקְדִישׁ לְיוֹצֵרֵם בְּנַחַת רוּחַ. בְּשִׁפְהַ בְּרוּרָה
וּבְנֵעִימָה. קְדוּשָׁה בְּכֹל כְּאֶחָד עוֹנִים בְּאֵימָה. וְאוֹמְרִים
בְּיִרְאָה:

קְדוֹשׁ קְדוֹשׁ. קְדוֹשׁ ה' צְבָאוֹת. מְלֵא כֹל הָאָרֶץ כְּבוֹדוֹ:
וְהָאוֹפָנִים וְחֵיּוֹת הַקֹּדֶשׁ בְּרַעַשׁ גָּדוֹל מִתְנַשְּׂאִים לְעֵמֶת
הַשָּׁרָפִים לְעֵמֶתֵם מְשַׁבְּחִים וְאוֹמְרִים:
בְּרוּךְ כְּבוֹד ה' מִמְּקוֹמוֹ:

לְאֵל בְּרוּךְ. נְעִימוֹת יִתְּנוּ. לְמֶלֶךְ אֵל חַי וְקַיִם. זְמִירוֹת
יֵאמְרוּ. וְתִשְׁבְּחוּת יִשְׁמִיעוּ. כִּי הוּא לְבַדּוֹ מְרוּם וְקְדוֹשׁ.
פוֹעֵל גְּבוּרוֹת. עוֹשֶׂה חֲדָשׁוֹת. בְּעַל מְלַחְמוֹת. זוֹרֵעַ

צְדָקוֹת. מִצְמִיחַ יְשׁוּעוֹת. בּוֹרֵא רְפוּאוֹת. נוֹרָא תְהִלּוֹת.
אֲדוֹן הַנִּפְלְאוֹת. הַמְחַדֵּשׁ בְּטוֹבוֹ בְּכָל יוֹם תְּמִיד מַעֲשֵׂה
בְּרָאשִׁית. כְּאִמּוֹר לַעֲשֵׂה אוֹרִים גְּדֹלִים. כִּי לְעוֹלָם חֲסִדוֹ:
בְּרוּךְ אַתָּה ה', יוֹצֵר הַמְּאוֹרוֹת:

Ahava Raba

You have loved me Holy One, with a great love.

You've had great mercy on me, in all my craziness.

Great Parent, You have been in relationship with all the parents that
came before me,

all those who trusted You so much that they survived to create more
life, in an unbroken chain of creatures back to the first spark of life.

Teach me, too, the laws of life.

Great Parent, compassionate Friend, One who bestows compassion,
help me feel Your compassion.

Teach my heart to understand, discern, listen, teach,
learn, keep, act upon, and sustain the wisdom of life-force itself.

Help me do this with love.

Brighten my eyes with Your wisdom.

Cleave my heart to right action.

Unify my heart through love and awe of your presence.

Through this balance, I will be resilient in the face of shame.

I trust in Your Presence, which is both great compassion and
awesome strength.

אֶהְבֶּה רַבָּה אֶהְבְּתֵנוּ, ה' אֱלֹהֵינוּ. חֲמֵלָה גְדוֹלָה וַיִּתְּרָה
חֲמֵלָת עָלֵינוּ: אָבִינוּ מִלְכֵנוּ. בְּעֶבֶר אָבוֹתֵינוּ שְׁבַטְחוּ בָךְ.
וַתְּלַמְּדֵם חֻקֵי חַיִּים כִּן תְּחַנְּנֵנוּ וַתְּלַמְּדֵנוּ: אָבִינוּ הָאֵב
הַרְחֵמֵנוּ. הַמְּרַחֵם. רַחֵם עָלֵינוּ. וְתֵן בְּלִבֵּנוּ לְהִבִּין
וְלִהְשֵׁבִיל. לְשִׁמְעַ. לְלַמֵּד וּלְלַמֵּד. לְשִׁמֵּר וּלְעֲשׂוֹת וּלְקַיֵּם
אֵת כָּל דְּבָרֵי תְלִמּוּד תּוֹרָתְךָ בְּאַהֲבָה: וְהָאֵר עֵינֵינוּ
בְּתוֹרָתְךָ. וְדַבֵּק לִבֵּנוּ בְּמִצְוֹתֶיךָ. וַיִּחַד לְבַבֵּנוּ לְאַהֲבָה
וּלְיִרְאָה אֶת שְׁמֶךָ. וְלֹא נִבּוֹשׁ לְעוֹלָם וָעֶד: כִּי בְשֵׁם קִדְשְׁךָ
הַגְּדוֹל וְהַנּוֹרָא בְּטַחְנוּ. נִגְיִלָה וְנִשְׁמַחָה בִּישׁוּעָתְךָ:

I find a place of rest and security in the balance.

Through trust and through joy, may I be assured of my inherent worthiness before You.

Gather me in from all the exiled parts of myself.

Bring them in peace to You.

Help me not hide myself before You, but stand upright in all my human imperfections.

You are the One who saves me from myself,

and I actively choose You over all whims of culture and vagaries of language.

Bring me close to Your true name.

Help me play my part in acknowledging You and unifying You through my love.

I Bless You, Holy One, who chooses that I wrestle with life in love.

Shema

Listen, All of Us Who Wrestle With Life! We belong to all Existence. All Existence is One.

Blessed is the name of the presence of Being forever and ever.

Ve'ahavta

Love God who is also Existence Your Existence

with all your heart, with all your self, with all your strength.

Bring this direction into your heart.

Teach these words to your children and speak them when you are sitting at home or walking in the world, when you go to sleep and

וְהִבִּיאֵנוּ לְשָׁלוֹם מֵאַרְבַּע כַּנְפוֹת הָאָרֶץ. וְתוֹלִיכֵנוּ
קוֹמָמִיּוֹת לְאַרְצֵנוּ: כִּי אֵל פּוֹעֵל יְשׁוּעוֹת אַתָּה. וּבָנוּ
בְּחֵרֶת מְכַל עִם וְלִשׁוֹן. וְקִרְבָּתֵנוּ לְשִׁמְךָ הַגָּדוֹל סֵלָה
בְּאַמֶּת: לְהוֹדוֹת לָךְ וְלִיְחֻדְךָ בְּאַהֲבָה: בְּרוּךְ אַתָּה ה',
הַבוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה:

שִׁמַּע יִשְׂרָאֵל ה' אֱלֹהֵינוּ ה' אֶחָד:
בְּרוּךְ שֵׁם כְּבוֹד מְלְכוּתוֹ, לְעוֹלָם וָעֶד:

וְאַהֲבַתְּ אֵת ה' אֱלֹהֶיךָ. בְּכָל לִבְּךָ וּבְכָל נַפְשֶׁךָ וּבְכָל
מְאֹדְךָ:

וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אָנֹכִי מְצַוְךָ הַיּוֹם עַל לִבְּךָ:
וְשִׁנַּנְתָּם לְבִנְיָךְ וְדִבַּרְתָּ בָם. בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בַדֶּרֶךְ
וּבְשֹׁכְבְךָ וּבְקוּמְךָ:

וּקְשַׁרְתָּם לְאוֹת עַל יָדְךָ. וְהָיוּ לְטַטְפוֹת בֵּין עֵינֶיךָ:
וּכְתַבְתָּם עַל מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

when you wake.

Place these words as a sign on your hand, that all you do remind you of this direction.

Place these words as a sign between your eyes, that all you see remind you of this direction.

Place these words on the doorposts of your house and your gates, that all transitions remind you of this direction.

Do this so that your children may be assured of their own worthiness for life and love by seeing you be assured of yours.

V'haya Im Shamoah

It will come to pass that if you really listen to what I am telling you, what I am speaking directly to your heart – that loving God and the fact of your own life is a task for your whole heart and whole self – then you will receive nourishment from the land.

You will eat good food, you will treat your body kindly.

You will feel your connection to the ecosystems you depend on.

You will be a willing strand in the web of soil, rain, animals, and people.

But be careful.

Don't turn aside from this love of God and of life itself, for then demons will wrest you from your perch.

Then you will not feed yourself, or treat your body kindly. Then you will spurn your place in the web, and you will lose track of all that orients you toward life.

So place these words as a sign on your hand, that all you do remind

וְהָיָה אִם שָׁמַעַתְּ תִשְׁמָעוּ אֶל מִצְוֹתַי אֲשֶׁר אֲנֹכִי מְצַוֶּה אֶתְכֶם הַיּוֹם לְאַהֲבָה אֶת ה' אֱלֹהֵיכֶם וּלְעַבְדוֹ בְּכָל לְבַבְכֶם וּבְכָל נַפְשְׁכֶם: וְנָתַתִּי מִטֶּר אֲרֻצְכֶם בְּעֵתוֹ יוֹרֵה וּמִלְקוֹשׁ וְאִסְפֹּת דְגָנְךָ וְתִירְשֶׁךָ וַיְצַהֲרֶךָ: וְנָתַתִּי עֵשֶׂב בְּשִׂדְךָ לְבַהֲמֹתֶךָ וְאִכְלֹתָ וּשְׂבַעְתָּ:

הִשְׁמַרוּ לָכֶם פֶּן יִפְתָּה לְבַבְכֶם וְסָרְתֶם וְעַבַדְתֶּם אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם לָהֶם: וְחָרָה אַף ה' בְּכֶם וְעָצַר אֶת הַשָּׁמַיִם וְלֹא יִהְיֶה מִטֶּר וְהִיאֲדָמָה לֹא תִתֵּן אֶת יְבוּלָהּ וְאֲבַדְתֶּם מִהָרָה מִעַל הָאָרֶץ הַטְּבָה אֲשֶׁר ה' נָתַן לָכֶם: וּשְׂמַתֶּם אֶת דְּבָרֵי אֱלֹהֵי עַל לְבַבְכֶם וְעַל נַפְשְׁכֶם וּקְשַׁרְתֶּם אֶתְכֶם לְאֹת עַל יְדְכֶם וְהָיוּ לְטוֹטַפֹּת בֵּין עֵינֵיכֶם: וְלִמְדַתְכֶם אֶתְכֶם אֶת בְּנֵיכֶם לְדַבֵּר בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ בְּלִכְתְּךָ בְּדֶרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וְכָתַבְתֶּם עַל מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

you of this direction.

Place these words as a sign between your eyes, that all you see remind you of this direction.

Teach these words to your children and speak them when you are sitting at home or walking in the world, when you go to sleep and when you wake.

Place these words on the doorposts of your house and your gates, that all transitions remind you of this direction.

Then you may live a good long life on a land that wants to nourish you as it nourished your ancestors, who walked under heaven and over earth.

Vayidaber Hashem El Moshe

God spoke to Moshe saying:

Put fringes on the corners of your garments for all generations.

Put in the fringes a thread of blue, the color of sky and of clarity.

The fringes shall be yours.

You shall see them and remember this direction.

You shall gather in the marginalized scraps of yourself under the shawl of My love.

When you see the fringed edges you will be knotted back to your center

So you won't stray too long away your integrity, your good life.

When you follow this direction, you will merit to be holy in relationship to Me,

For I am the force that pulls you out of stuck places to be in loving relationship with you.

This is the truth.

לְמַעַן יִרְבוּ יְמֵיכֶם וְיָמֵי בְנֵיכֶם עַל הָאָדָמָה אֲשֶׁר נִשְׁבַּע
ה' לְאַבְתֵּיכֶם לֵתֵת לָהֶם כִּימֵי הַשָּׁמַיִם עַל הָאָרֶץ:

וַיֹּאמֶר ה' אֶל מֹשֶׁה לֵאמֹר:

דַּבֵּר אֶל בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם וַעֲשׂוּ לָהֶם
צִיצִית עַל כַּנְּפֵי בְּגָדֵיהֶם לְדֹרֹתָם. וְנָתַנּוּ עַל צִיצִית הַכֹּהֵן
פְּתִיל תְּכֵלֶת:

וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם אֶת כָּל מִצְוֹת ה'
וַעֲשִׂיתֶם אֹתָם. וְלֹא תִתּוּרוּ אַחֲרַי לְבַבְכֶם וְאַחֲרַי עֵינֵיכֶם
אֲשֶׁר אֲתֶם זֹנִים אַחֲרֵיהֶם:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת כָּל מִצְוֹתַי. וְהָיִיתֶם קְדוֹשִׁים
לְאֱלֹהֵיכֶם:

אָנֹכִי ה' אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם
לְהִיּוֹת לָכֶם לְאֱלֹהִים. אָנֹכִי ה' אֱלֹהֵיכֶם:

אַמֵּת:

Emet v'Yatziv

True, straight

Sharp, bright

Upright, clear

and stinging with trustworthiness

is the truth of all this forever and ever:

That I am worthy of love and belonging.

That I am worthy of being brought out of stuck places

by a Power of redemption that stretches over time and space

like a thick curtain of love

of which I can grab a handful and to which I can hang on

as it pulls me like it pulled my ancestors

over and over out of the narrow straights of self-loathing

bumping all kinds of ego-trips out of the way on its mission

to restore me to my birthright of full-bodied, total love.

I bless You, Holy One, my redeemer.

וְיִצִיב. וְנִכּוֹן. וְקַיָּם. וְיִשָּׁר. וְנֶאֱמָן. וְאֶהוּב. וְחִבִּיב. וְנִחְמָד.
וְנִעִים. וְנוֹרָא. וְאֲדִיר. וּמִתְקַן. וּמִקְבָּל. וְטוֹב. וְיִפְהָ. הַדָּבָר
הַזֶּה עָלֵינוּ לְעוֹלָם וָעֶד:

אָמַת אֱלֹהֵי עוֹלָם מְלַכְנּוּ. צוֹר יַעֲקֹב מִגֵּן יִשְׁעֵנוּ. לְדוֹר
וְדוֹר הוּא קַיָּם וְשָׁמוּ קַיָּם וְכִסְאוֹ נִכּוֹן וּמִלְכוּתוֹ וְאַמוּנָתוֹ
לְעַד קַיָּמַת:

וּדְבָרָיו חַיִּים וְקַיָּמִים וְנֶאֱמָנִים וְנִחְמָדִים לְעַד וּלְעוֹלָמֵי
עוֹלָמִים. עַל אָבוֹתֵינוּ. עָלֵינוּ וְעַל בְּנֵינוּ וְעַל דּוֹרוֹתֵינוּ
וְעַל כָּל דּוֹרוֹת זְרַע יִשְׂרָאֵל עַבְדֶּיךָ:

עַל הָרְאשׁוֹנִים וְעַל הָאַחֲרוֹנִים דְּבָר טוֹב וְקַיָּם. בְּאָמַת
וּבְאַמוּנָה חֶק וְלֹא יַעֲבוֹר:

אָמַת שְׁאַתָּה הוּא ה' אֱלֹהֵינוּ וְאֱלֹהֵי אָבוֹתֵינוּ. מְלַכְנּוּ
מְלֶךְ אָבוֹתֵינוּ. גּוֹאֲלֵנוּ גּוֹאֵל אָבוֹתֵינוּ. יּוֹצְרֵנוּ צוֹר
יְשׁוּעָתֵנוּ. פּוֹדֵנוּ וּמְצִילֵנוּ מֵעוֹלָם הוּא שְׁמֶךָ וְאֵין לָנוּ עוֹד
אֱלֹהִים זוֹלָתְךָ סֵלָה:

עֲזֹרַת אָבוֹתֵינוּ אַתָּה הוּא מֵעוֹלָם. מִגֵּן וּמוֹשִׁיעַ לָהֶם
וּלְבְנֵיהֶם אַחֲרֵיהֶם בְּכָל דּוֹר וְדוֹר. בְּרוּם עוֹלָם מוֹשֶׁבֶךָ.
וּמִשְׁפָּטֶיךָ וְצִדְקָתְךָ עַד אֶפְסֵי אֶרֶץ:

אָמַת אֲשֶׁרִי אִישׁ שִׁשְׁמַע לְמִצְוֹתֶיךָ. וְתוֹרָתְךָ וְדְבָרְךָ
יִשִּׁים עַל לִבּוֹ:

אָמַת שְׁאַתָּה הוּא אֲדוֹן לְעַמֶּךָ. וּמְלֶךְ גְּבוּר לְרִיב רִיבָם
לְאַבוֹת וּבְנֵים:

אָמַת אַתָּה הוּא רֵאשׁוֹן וְאַתָּה הוּא אַחֲרוֹן. וּמִבְּלַעַדֶיךָ
אֵין לָנוּ מֶלֶךְ גּוֹאֵל וּמוֹשִׁיעַ:

אָמַת מִמְצָרִים גְּאֻלְתָּנוּ ה' אֱלֹהֵינוּ. מִבֵּית עֲבָדִים פְּדִיתָנוּ.
כָּל בְּכוֹרֵיהֶם הִרְגָתָ וּבְכוֹרֶךָ יִשְׂרָאֵל גְּאֻלְתָּ. וַיִּם סוּף לָהֶם
בְּקַעַת. וַיִּזְדִּים טִבְעַת. וַיִּדְיִדִים עָבְרוּ יָם. וַיִּכְסּוּ מֵיִם
צָרִיחֶם אַחַד מֵהֶם לֹא נוֹתַר:

עַל זֹאת שִׁבְחוּ אֱהוֹבִים וְרוֹמְמוּ לְאֵל וְנִתְּנוּ יְדִידִים
זְמִירוֹת שִׁירוֹת וְתִשְׁבְּחוֹת בְּרִכּוֹת וְהוֹדָאוֹת לְמֶלֶךְ אֵל חַי
וְקַיִם. רֵם וְנִשְׂא. גָּדוֹל וְנוֹרָא. מִשְׁפִּיל גְּאִים עַדִּי אֶרֶץ.
מִגְּבִיָּה שְׁפָלִים עַד מְרוֹם. מוֹצִיא אֲסִירִים. פּוֹדֵה עֲנוּיִם.
עוֹזֵר דָּלִים הַעוֹנֶה לְעַמּוֹ יִשְׂרָאֵל בְּעַת שׁוֹעֵם אֱלֹיוּ.
תְּהַלּוֹת לְאֵל עֲלִיוֹן גּוֹאֲלֵם בְּרוּךְ הוּא וּמְבוֹרָךְ. מִשָּׁה וּבְנֵי
יִשְׂרָאֵל לָךְ עָנוּ שִׁירָה בְּשִׂמְחָה רַבָּה וְאָמְרוּ כֻלָּם:

מִי כַמְכָה בְּאֵלִים ה' מִי כַמְכָה נְאֻדָר בְּקִדְשׁ. נוֹרָא תְהַלֵּת
עֲשֵׂה פְלֹא:

שִׁירָה חֲדָשָׁה שִׁבְחוּ גְּאוּלִּים לְשִׁמְךָ הַגָּדוֹל עַל שְׁפַת הַיָּם
יַחַד כֻּלָּם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:

ה' יְמֶלֶךְ לְעוֹלָם וָעֶד:

וְנִאָמַר גּוֹאֲלָנוּ ה' צְבָאוֹת שְׁמוֹ. קְדוֹשׁ יִשְׂרָאֵל:

בְּרוּךְ אַתָּה ה', גְּאֵל יִשְׂרָאֵל:

Amidah

Holy One, open my lips to praise You.

Avot

I bless You, Holy One

My life force and life force of my parents.

Life force of my mythic ancestors,

Each of them in their own relationship wrestling with You.

When I remember them, my own life is put in perspective
as one strand of breath among the lifelines of Your people.

The force of life that came through my parents and turned into me
is cosmic greatness, goodness, and lovingkindness.

When I am aware that this force lives on through me

I help bring redemption to my generation and all coming generations
for the sake of Your love.

You are my helper, my lover, my protector.

I bless You, Holy One, whose love holds me in the arms of my
ancestors.

Gevurot

You are a beautiful and fierce lover-warrior, God.

Your love wrests life from death.

In the cycles of rain on the soil,

In the cycles of growth in my soul

You lift what has fallen

You heal what is ailing

אֲדַנִּי שִׁפְתַי תִּפְתַּח וּפִי יִגִּיד תְּהִלָּתְךָ:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ. אֱלֹהֵי אֲבֹרָהּם.
אֱלֹהֵי יִצְחָק. וְאֱלֹהֵי יַעֲקֹב. אֱלֹהֵי שְׂרָה, אֱלֹהֵי רִבְקָה
אֱלֹהֵי רַחֵל וְאֱלֹהֵי לָאָה. הָאֵל הַגָּדוֹל הַגְּבוּר וְהַנּוֹרָא אֵל
עֲלִיוֹן. גּוֹמֵל חֲסָדִים טוֹבִים. וְקוֹנֵה הַכֹּל. וְזוֹכֵר חֲסִדֵי
אֲבוֹת. וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם לְמַעַן שָׁמוּ בְּאֵהָבָה:
בַּעֲשֵׂי"ת זְכָרְנוּ לְחַיִּים. מְלֶךְ חַפֵּץ בְּחַיִּים. וְכַתְּבָנוּ בְּסֵפֶר
הַחַיִּים. לְמַעַן אֱלֹהִים חַיִּים: מְלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגַן:
בְּרוּךְ אַתָּה ה', מְגַן אֲבֹרָהּם:

אַתָּה גְּבוּר לְעוֹלָם אֲדַנִּי. מִחַיָּה מֵתִים אַתָּה רַב לְהוֹשִׁיעַ:
בְּקִיץ - מוֹרִיד הַטֶּל: בַּחֹרֶף - מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם:
מְכַלְכֵּל חַיִּים בְּחֶסֶד. מִחַיָּה מֵתִים בְּרַחֲמִים רַבִּים. סוֹמֵךְ
נוֹפְלִים. וְרוֹפֵא חוֹלִים וּמְתִיר אֲסוּרִים. וּמְקַיֵּם אַמּוֹנָתוֹ
לִישְׁנֵי עֶפֶר. מִי כְמוֹךָ בַּעַל גְּבוּרוֹת וּמִי דוֹמֵה לָךְ. מְלֶךְ
מְמִית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה: בַּעֲשֵׂי"ת - מִי כְמוֹךָ אֵב

You release what is bound.

You keep firm faith with me when I feel like dust and ashes,

Your presence slips into my heart even when I sleep

or want to be sleeping.

Who is like You, Master of Strength? Who compares to You?

You are life and You are death and You are the gardener who tends to both.

I affirm my trust in Your power to wrest life from death.

I bless You, Holy One, who brings forth life from death.

Kedusha

You are holy and Your name is holy.

You are the balance between lovingkindness and justice.

I affirm your ability to help me find that balance

as I am made in your image.

I bless You, Holy One, Holy of Holies.

Honen HaDa'at

Help me to be reflect upon my actions

Help me to be aware of my thoughts

Help me to discern my emotions

that I may ever grow in balance, integrity and compassion.

I bless you, Holy One, who graciously grants me awareness.

הִרְחַמְתִּים. זֹכֵר יְצוּרְיוֹ לְחַיִּים בְּרַחֲמִים: וְנֶאֱמַן אֶתָּה
לְהַחְיֹת מֵתִים: בְּרוּךְ אַתָּה ה', מִתְּחִילָה הַמֵּתִים:

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקְדוּשִׁים בְּכֹל יוֹם יְהִלְלוּךָ סְלָה:
בְּרוּךְ אַתָּה ה', הָאֵל הַקְּדוֹשׁ:

אַתָּה חוֹנֵן לְאָדָם דַּעַת. וּמִלְמַד לְאִנוּשׁ בִּינָה: חֲנִנּוּ מֵאֲתֶיךָ
דַּעַת בִּינָה וְהַשְׂכִּיל: בְּרוּךְ אַתָּה ה', חוֹנֵן הַדַּעַת:

HaRotze Bitshuvah

Return me to You, Holy One!

Bring me close to You through service.

Circle me back to my whole heart

Which knows I belong to You.

I bless You, Holy One, Who Loves *t'shuvah*.

Slach Lanu

Forgive me, God

and help me forgive myself.

I am so imperfect and I judge myself so harshly.

Help me remember that perfection is Yours alone

and my job is to show up with courage and compassion

to my own messy human life.

I bless You, Holy One, who forgives.

R'eh V'oniyenu

See my struggles and help me with my troubles!

Bring me out of my stuck places so I can better be awake to my life.

Redeem me quickly and with ease from the pain of shame.

I bless You, Holy One, who redeems.

R'faeinu

Heal me, Holy One, and let me feel healed.

Save me, Holy One, and let me feel saved.

Healed in body, mind, spirit,

Saved from the power of my own fears.

הַשִּׁיבֵנו אֲבִינוּ לְתוֹרָתְךָ. וְקִרְבֵנו מִלִּבְנוּ לְעִבּוּדְךָ
וְהִחְזִירֵנוּ בְּתַשׁוּבָה שְׁלֵמָה לְפָנֶיךָ. בְּרוּךְ אַתָּה ה', הַרוֹצֵה
בְּתַשׁוּבָה:

סְלַח לָנוּ אֲבִינוּ כִּי חָטָאנוּ. מְחַל לָנוּ מִלִּבְנוּ כִּי פָשַׁעְנוּ. כִּי
מוֹחֵל וְסוֹלֵחַ אַתָּה. בְּרוּךְ אַתָּה ה', חַנוּן הַמְרַבֵּה לְסִלַּח:

רְאֵה בְּעֵינֵינוּ. וְרִיבָה רִיבֵנוּ. וּגְאֹלֵנוּ מִהֲרָה לְמַעַן שְׁמֶךָ. כִּי
גּוֹאֵל חֲזָק אַתָּה. בְּרוּךְ אַתָּה ה', גּוֹאֵל יִשְׂרָאֵל:

פָּאֵנוּ ה' וְנִרְפָא. הוֹשִׁיעֵנוּ וְנוֹשְׁעָה כִּי תִהְלֹתֵנוּ אַתָּה.
וְהַעֲלֵה רְפוּאָה שְׁלֵמָה לְכָל מִכּוֹתֵינוּ.

Heal me from the damaging messages of perfectionism and achievement

Save me from believing my own inner critics.

Send healing love to all those I am holding in my heart today: *say names here.*

I bless You, Holy One, healer of all.

Birkat HaShanim

Bless me on your good land, God.

Bless me with the courage and compassion to accept the bounty of Your Earth

Bless me with the courage and compassion to accept the bounty of the years I have been given.

May I nourish my body.

May I eat and be satisfied.

May I greet each turning year with love and gratitude.

I bless You, Holy One, who nourishes my years.

M'kabetz Nidchim

I call out to all of me, God!

Let me witness the miracle when all the banished parts of me feel Your love.

Gather me in from the edges of my subconsciousness

Let me bring all myself to be seen and loved before You in prayer.

I bless You, Holy One, who gathers me in when I am exiled.

תפילה בעד החולה: יהי רצון מלפניך ה' אלהי ואלהי
אבותי. שתשלח מהרה רפואה שלמה מן השמים.
רפואת הנפש ורפואת הגוף לחולה (____) בתוך שאר
חולי ישראל:

כי אל מלך רופא נאמן ורחמן אתה. ברוך אתה ה',
רופא החולים:

ברוך עלינו ה' אלהינו את השנה הזאת ואת כל מיני
תבואתה לטובה. ותן (בקיץ - ברכה) (בחורף - טל ומטר
לברכה) על פני האדמה ושבענו מטובה. וברוך שנתנו
כשנים הטובות. ברוך אתה ה', מברך השנים:

תקע בשופר גדול לחרותנו. ושא נס לקבץ גלותינו.
וקבצנו יחד מארבע כנפות הארץ. ברוך אתה ה', מקבץ
נדחי עמו ישראל:

Mishpat

Loosen judgement's hold from my heart, God.

Get me out of the judge's seat

Where I am exhausted and scared

Where I dole out harsh rulings on myself and others.

Help me remember that You are the only judge, and You are compassionate.

I bless You, Holy One, who loves compassion.

Birkat HaMinim

And as for my shame gremlins, God, help me bring them to the light

Where they vanish, melt, disappear.

Help me voice their frightening messages to people I trust

And let my voicing be received with compassion.

May the connection between me, my loved ones, and You

uproot the power shame holds over me.

I bless You, Holy One, who uproots and transforms.

Birkat HaTzaddikim

Bless the courageous moments in my life, God.

Bless the small and great triumphs when I am able to breathe
and see through fear and shame to my inherent worthiness.

Bless those who hear my vulnerability with compassion

and bless me with the honor to be that compassionate listener for others.

This practice of giving and receiving compassion and connection will

הְשִׁיבָה שׁוֹפְטֵינוּ כְּבָרָא שׁוֹנָה וְיוֹעֲצֵינוּ כְּבִתְחִלָּה. וְהִסֵּר
מִמֶּנּוּ יְגוֹן וְאַנְחָה. וּמֶלֶךְ עָלֵינוּ אַתָּה ה' לְבִדָּךְ בְּחֶסֶד
וּבְרַחֲמִים. וְצַדִּיקְנוּ בְּמִשְׁפָּט. בְּרוּךְ אַתָּה ה', מֶלֶךְ אוֹהֵב
צְדָקָה וּמִשְׁפָּט:

וְלִמְלֻשֵׁינִים אֵל תְּהִי תִקְוָה. וְכֹל הָרָשָׁעָה כָּרְגַע תֵּאבֵד.
וְכֹל אוֹיְבֵי עַמֶּךָ מְהֵרָה יִפְרָתוּ. וְהַזֵּדִים מְהֵרָה תִעַקֵּר
וְתִשְׁבֵּר וְתִמְגַּר וְתִכְנִיעַ בְּמֵהֵרָה בְּיָמֵינוּ. בְּרוּךְ אַתָּה ה',
שׁוֹבֵר אוֹיְבִים וּמְכַנִּיעַ זֵדִים:

עַל הַצְּדִיקִים וְעַל הַחֲסִידִים. וְעַל זְקֵנֵי עַמֶּךָ בֵּית יִשְׂרָאֵל.
וְעַל פְּלִיטַת סוּפְרֵיהֶם. וְעַל גְּרֵי הַצֶּדֶק. וְעָלֵינוּ. יְהִמוּ
רַחֲמֶיךָ ה' אֱלֹהֵינוּ. וְתֵן שָׂרָ טוֹב לְכֹל הַבוֹטְחִים בְּשִׁמְךָ
בְּאֵמֶת. וְשִׁים חֶלְקֵנוּ עִמָּהֶם לְעוֹלָם וְלֹא יִבוֹשׁ כִּי בָךְ
בְּטַחְנוּ. בְּרוּךְ אַתָּה ה', מִשְׁעֵן וּמְבַטֵּחַ לְצַדִּיקִים:

truly protect from shame.

I bless You, Holy One, who shields me and my loved ones from shame.

Boneh Yerushalayyim

Holy One, may I feel you return to the places in me
that are wracked in conflict and full of beauty.
May I live gracefully in the paradox of longing for You
yet knowing You are with me all the time in total wholeness.
Draw out my holiest self, God, to serve You,
To be a messenger of the even better world that is coming.
I bless You, Holy One, who builds wholeness.

Tzemach David

Give me the fortitude to hope for my own transformation, Holy One.
Give me the discipline to envision my goals
To make steps to achieve them
To be flexible and change my goals when needed
And to believe in my ability to change.
I bless You, Holy One, saving grace of change.

Sh'ma Koleinu

Help me really hear my own words, God.
My desire to build capacity for compassion, courage, and connection
is stronger than my fears.
By gracious to me, and open my heart to hear my own longing

וְלִירוּשָׁלַיִם עִירְךָ בְּרַחֲמִים תָּשׁוּב. וְתִשְׁכַּן בְּתוֹכָהּ כְּאִשׁר
דִּבַּרְתָּ. וּבְנֵה אוֹתָהּ בְּקִרְוּב בְּיָמֵינוּ בְּנֵין עוֹלָם. וְכִסֵּא דָּוִד
מִהֲרָה לְתוֹכָהּ תִּכְוֶן:

אֶת צִמַח דָּוִד עֲבֹדְךָ מִהֲרָה תִצְמִית. וְקִרְנוּ תְרוֹם
בִּישׁוּעָתְךָ. כִּי לִישׁוּעָתְךָ קוִינֵנוּ כָּל הַיּוֹם. בְּרוּךְ אַתָּה ה',
מִצְמִיחַ קֶרֶן יְשׁוּעָה:

שְׁמַע קוֹלֵנוּ. ה' אֱלֹהֵינוּ חוֹס וְרַחֵם עָלֵינוּ. וְקַבֵּל בְּרַחֲמִים
וּבְרָצוֹן אֶת תְּפִלָּתֵנוּ. כִּי אֵל שׁוֹמֵעַ תְּפִלוֹת וְתַחֲנוּנִים
אַתָּה. וּמְלַפְנֶיךָ מִלְּפָנוּ. רִיקָם אֵל תִּשְׁיִבֵנוּ:

for gentleness, grace, and ease.

Let me not walk away from this prayer unmoved.

I bless You, Holy One, who helps me hear my own prayers.

Avodah

May my struggles to grow be received as holy service.

May my breath, my softening, my moments of courage be received as sacrifices on the altar.

This is my devotional practice:

I offer my changing self to You

Ever growing in love and trust

ever leaning in toward the belief that I am totally worthy just as I am.

I bless You, Holy One, who receives my offerings with love.

Modim

I humbly bow in thanks before You, Life of my life

for all the blessings I am aware of

and all the blessings I do not even think about.

I thank you especially right now for... *Speak what you are especially grateful for in this moment.*

I know that practicing gratitude fosters joy

and helps me endure the hard times.

So I join my voice to all of life when I say

that I am grateful in every moment, every evening, morning, and afternoon.

I bless You, Holy One, receiver of my gratitude.

כִּי אַתָּה שׁוֹמֵעַ תְּפִלַּת עַמְּךָ יִשְׂרָאֵל בְּרַחֲמִים. בְּרוּךְ אַתָּה ה', שׁוֹמֵעַ תְּפִלָּה:

רְצֵה ה' אֱלֹהֵינוּ בְּעַמְּךָ יִשְׂרָאֵל וּבַתְּפִלָּתָם וְהֵשֵׁב אֶת הָעֲבוּדָה לְדָבִיר בֵּיתְךָ. וְאֲשִׁי יִשְׂרָאֵל וּתְפִלָּתָם. בְּאַהֲבָה תִקְבַּל בְּרָצוֹן. וְתֵהִי לְרָצוֹן תָּמִיד עֲבוּדַת יִשְׂרָאֵל עִמָּךְ:

וְתִתְּזַיְנָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים: בְּרוּךְ אַתָּה ה', הַמְחַזֵּיר שְׂכִינָתוֹ לְצִיּוֹן:

מוֹדִים אֲנַחְנוּ לָךְ. שְׂאֵתָה הוּא ה' אֱלֹהֵינוּ וְאֵלֵהִי אֲבוֹתֵינוּ לְעוֹלָם וָעֶד. צוּר חַיֵּינוּ. מִגֵּן יִשְׁעֵנו אַתָּה הוּא לְדוֹר וָדוֹר: נוֹדָה לָךְ וְנִסְפָּר תְּהִלָּתְךָ עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ. וְעַל נִשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ. וְעַל נְסִיךְ שְׂבָכָל יוֹם עִמָּנוּ. וְעַל נְפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂבָכָל עֵת. עָרַב וּבִקֵּר וְצָהָרִים: הַטוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ. וְהִמְרַחֵם כִּי לֹא תָמוּ חֲסָדֶיךָ. מֵעוֹלָם קוִינֵנו לָךְ:

וְעַל כָּלֵם יִתְבָּרַךְ וְיִתְרוֹמַם שְׁמֶךָ מִלְכָּנוּ תָּמִיד לְעוֹלָם וָעֶד: בַּעֲשֵׂי"ת - וְכָתַב לְחַיִּים טוֹבִים כָּל בְּנֵי בְרִיתְךָ: וְכֹל

הַחַיִּים יוֹדוּךָ סֵלָה. וַיְהִלְלוּ אֶת שְׁמֶךָ בְּאַמֶּת. הָאֵל
יְשׁוּעַתֵּנוּ וְעֲזָרְתֵנוּ סֵלָה. בְּרוּךְ אַתָּה ה', הַטּוֹב שְׁמֶךָ וְלֶךְ
נְאֻה לְהוֹדוֹת:

Sim Shalom

Help me feel the wholeness of my own heart, God.
Amidst all my brokenness, let me feel how whole I am.
Help my loved ones feel their own wholeness too.
Lead me on a path of peace, to make peace with myself,
To find rest and integrity even as I struggle to grow.
I bless You, Holy One, who makes me whole.

May the words I of my mouth and the meditations of my heart be
received fully and with love.

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה. חֵן וְחֶסֶד וְרַחֲמִים עָלֵינוּ וְעַל
כָּל יִשְׂרָאֵל עַמְּךָ. בְּרַכְנוּ אָבִינוּ כְּלָנוּ כְּאֶחָד בְּאוֹר פְּנִיךָ. כִּי
בְּאוֹר פְּנִיךָ נִתְּתָ לָנוּ ה' אֶלְהֵינוּ תוֹרַת חַיִּים וְאַהֲבַת חֶסֶד.
וְצַדִּיקָה וּבְרָכָה וְרַחֲמִים וְחַיִּים וְשְׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ
אֶת כָּל עַמְּךָ יִשְׂרָאֵל בְּכָל יְעַת וּבְכָל שְׁעָה בְּשְׁלוֹמְךָ: בְּרוּךְ
אַתָּה ה', הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם:

יְהִיו לְרַצוֹן אֲמָרֵי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ. ה' צוּרֵי וְגוֹאֲלֵי:

Tachanun/Supplication Time

Spend some time in quiet meditation, or speak the prayers of your heart that have not yet been expressed. It is traditional during this time to put your head down on your arm, though you may also try a fuller prostration, like a yoga child's pose, if you are in a place where you feel comfortable doing so.

וַיֹּאמֶר דָּוִד אֶל גָּד, צַר לִי מְאֹד, נִפְלְאָה נָא בְיַד ה', כִּי רַבִּים רַחֲמָיו, וּבְיַד אָדָם אֵל אֶפְלָה: רַחוּם וְחַנוּן חַטָּאתַי לִפְנֵיהֶ. ה' מִלֵּא רַחֲמִים. רַחֵם עָלַי וְקַבֵּל תְּחִנוּנַי: ה' אֵל בְּאַפָּךָ תּוֹכִיחַנִי. וְאֵל בְּחַמְתְּךָ תִּיְסְרֵנִי: חַנּוּנִי ה'. כִּי אֲמַלֵּל אָנִי. רַפְּאֵנִי ה'. כִּי נִבְהָלוּ עַצְמִי: וְנִפְשִׁי נִבְהָלָה מְאֹד. וְאַתָּה ה' עַד מָתַי: שׁוּבָה ה'. חַלְצָה נַפְשִׁי. הוֹשִׁיעֵנִי לְמַעַן חֲסֹדֶךָ: כִּי אֵין בַּמּוֹת זְכָרְךָ. בִּשְׂאוֹל מִי יוֹדֵה לָךְ: יִגְעַתִּי בְּאַנְחָתִי. אֲשַׁחֶה בְּכָל לַיְלָה מִטְּתִי. בְּדַמְעָתִי עָרְשִׁי אֲמַסָּה: עֲשֵׂשָׁה מִכַּעַס עֵינַי. עֲתַקָּה בְּכָל צוּרְרֵי: סוּרוּ מִמֶּנִּי כָּל פְּעֻלֵי אָוֶן. כִּי שָׁמַע ה' קוֹל בְּכִי: שָׁמַע ה' תְּחִנָּתִי. ה' תִּפְלֹתַי יִקַּח: יִבְשׁוּ וַיִּבְהָלוּ מְאֹד כָּל אֲיָבִי. יֵשְׁבוּ יִבְשׁוּ רִגְע:

Aleinu

It is upon me to respond to the miracle of my own life.

It is my responsibility to grow in love and compassion.

It is my honor to seek out my own truest expression,

For no one else has ever been or will ever be the manifestation of life-force that I am.

I bow in humility before God, in recognition of this sacred task.

I rise and straighten as a sign of my willingness to keep working at it.

Loved ones depend on me, and I depend on them.

I am part of a bigger project, and no matter what shame or pain I feel.

I affirm my resolve to show up to life, for the sake of all who love me.

There is only One, and I am part of that One.

I am inherently worthy of love, of care, of health and wellbeing

Just by virtue of being alive.

I do my best to help others recognize their own worthiness

And to fix the broken systems that get in the way

of all of us seeking our wholehearted lives.

I hold my vision of a more compassionate world

and affirm that I am in service to this vision.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל. לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית.
שָׁלֹא עָשָׂנו כְּגוֹיֵי הָאָרְצוֹת. וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת
הָאֲדָמָה. שָׁלֹא שֵׁם חִלְקֵנוּ כִּהֵם וְגוֹרְלָנוּ כְּכֹל הַמוֹנִים:
שָׁהֵם מִשְׁתַּחֲוִים לְהֶבֶל וְרִיק וּמִתְפַּלְלִים אֶל אֵל לֹא
יוֹשִׁיעַ: וְאֵנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים לְפָנֵי מֶלֶךְ
מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא: שֶׁהוּא נוֹטֵה שָׁמַיִם
וְיוֹסֵד אָרֶץ. וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל. וּשְׂכִינֵת עִזּוֹ
בְּגִבְהֵי מְרוֹמִים: הוּא אֱלֹהֵינוּ אֵין עוֹד. אָמֵת מְלַכְנוּ. אָפֶס
זוֹלָתוֹ. כְּפָתוּב בְּתוֹרָתוֹ. וַיִּדְעַת הַיּוֹם וְהִשְׁבַּת אֶל לְבָבָךְ. כִּי
ה' הוּא הָאֱלֹהִים בְּשָׁמַיִם מִמַּעַל וְעַל הָאָרֶץ מִתַּחַת. אֵין
עוֹד:

עַל בֶּן נִקְוָה לֶךְ ה' אֱלֹהֵינוּ לְרֵאוֹת מְהֵרָה בְּתַפְאֶרֶת עֲזָךְ.
לְהַעֲבִיר גְּלוּלִים מִן הָאָרֶץ. וְהִאֲלִילִים כָּרוֹת יִכְרַתוֹן.
לְתַקֵּן עוֹלָם בְּמַלְכוּת שְׁדֵי. וְכֹל בְּנֵי בָשָׂר יִקְרְאוּ בְּשִׁמְךָ
לְהַפְנוֹת אֵלֶיךָ כָּל רְשָׁעֵי אָרֶץ. יִכִּירוּ וַיִּדְעוּ כָּל יוֹשְׁבֵי
תֵּבֵל. כִּי לֶךְ תִּכְרַע כָּל בָּרָךְ. תִּשָּׁבַע כָּל לְשׁוֹן. לְפָנֶיךָ ה'
אֱלֹהֵינוּ יִכְרְעוּ וַיִּפְלוּ. וְלִכְבוֹד שִׁמְךָ יִקָּר יִתְנוּ. וַיִּקְבְּלוּ
כָּלֶם אֶת עַל מַלְכוּתֶךָ. וְתִמְלֹךְ עָלֵיהֶם מְהֵרָה לְעוֹלָם וָעֶד.
כִּי הַמַּלְכוּת שְׁלֶךָ הִיא וְלְעוֹלָמִי עַד תִּמְלֹךְ בְּכָבוֹד. כְּפָתוּב
בְּתוֹרָתֶךָ. ה' יִמְלֹךְ לְעוֹלָם וָעֶד: וְנִאֶמַר. וְהָיָה ה' לְמֶלֶךְ
עַל כָּל הָאָרֶץ. בַּיּוֹם הַהוּא יִהְיֶה ה' אֶחָד וְשִׁמוֹ אֶחָד:

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