

סדור אישי עֲחָרִית

SIDDUR ISHI SHACHARIT

Personal Siddur - Morning Connection



Kabbalah4All.com
Journey With Us From Wherever You Are On The Globe.™

Kabbalah4All Transliteration Guidelines

Please note that transliteration guidelines are different according to each culture and also within each movement of Judaism. We have developed these guidelines for use with our transliterated documents. They may or may not apply to transliterations put out by other movements including the various organizations teaching Kabbalah.

a as in father

ai as in aisle

e as in red

ei as in eight

i as in pizza

o as in no

oy as in toy

u as in tune

ch as in Bach in German (strong sound from the throat)

g as in give

tz as in lots

' typically adds an "EH" sound after a consonant, this is known as a Shva Na or pronounced Shva as in the word "Sh'ma".

- a dash is simply used to aid in pronunciation, usually if two like vowels follow each other, as in the word "da-at."

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. In our transliteration, when the syllable falls somewhere else other than the last syllable, that stressed syllable will be underlined. Example: Melech.

Hebrew Rules

The following are some of the Hebrew rules you may notice in our siddurim (connection books).

מֶלֶךְ

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. Whenever a syllable other than the last is accented, a "meteg" (the vertical line under the first letter) will appear.

כֹּל

The "masoret" above the letter Chaf indicates that this is a Kamatz Katan, which is pronounced as "o"; in this example the word is "kol."

יִשְׁמְחוּ

The "rafe" above a letter indicates it is a Shva Na. This example is pronounced yism'chu.

Note that the rafe does not appear above the first letter of a word that has a Shva as that is ALWAYS a Shva Na.

Please do not publish or distribute without permission.

All prefaces to prayers written and adapted by David Aharon for Kabbalah4All.
Translated by David Aharon.
Edited by David Aharon.

Copyright © Kabbalah4All.com. Revised 3 Elul 5773 (August 8, 2013).

ברכות לשהרית

BIRCHOT L'SHACHARIT BLESSINGS FOR THE MORNING

As we awake in the morning, we should become aware of so many blessings in our lives. Prayer instills appreciation within us and appreciation attracts miracles. We should say each prayer with the consciousness of gratitude.

מודה אני

MODEH ANI

Each morning is a new beginning, our soul is returned to us so that we may fulfill its purpose. We thank the Creator for the restoration of our soul, the One Whose faithfulness in us is abundant.

Men say Modeh /Women say Modah.

Modeh/Modah ani l'fanecha,

I offer thanks to You,

melech chai v'kayam,

ever-living Sovereign,

shehechezarta bi nishmati b'chemlah,

that You have restored my soul to me in mercy,

rabah emunatecha.

abundant is Your faithfulness.

מודה/מודה אני לפניך,

מֶלֶךְ חַי וְקַיִם,

שֶׁהַחַיָּתָה בִּי נִשְׁמָתִי בְּחֶמְלָה,

רַבָּה אֱמוּנָתְךָ.

נטילת ידים

WASHING OF THE HANDS

Our hands attract all sorts of energies, including negative energy. Water has the qualities of Chesed and purification. The word "natal" literally means "to lift." By washing our hands before we engage in any connection or meditation, we are cleansing them and raising them from their mundane tasks to sacred service.

We recite the blessing and then we wash the hands by picking up the pitcher with the left hand and pouring the water over the right hand, then with the right hand pour the water over the left. This procedure is done three times.

Baruch atah Adonai

Blessed are You Hashem,

Eloheinu melech ha-olam,

Elohim, Sovereign of the universe.

asher kid'shanu b'mitzvotav,

You hallow us with Your commandments

v'tzivanu al n'tilat yadayim.

and bid us to wash our hands.

בָּרוּךְ אַתָּה יְהוָה

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,

וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

אֲשֶׁר יָצַר ASHER YATZAR

Through this blessing we thank the Creator for the rejuvenation of our physical faculties.

Baruch atah Adonai,

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Elohim, Sovereign of the universe,

asher yatzar et ha-adam b'chochmah,

Who formed the human being with wisdom,

uvara vo n'kavim n'kavim

making for us all the vessels and

chalulim chalulim.

openings of the body.

Galui v'yadua lifnei chisei ch'vodecha

It is revealed and known before the Throne of Your Glory

she-im yipate-ach echad mehem,

that if just one of these be opened

o yisatem echad mehem,

or one of these be closed,

i efshar l'hit-kayem

it would be impossible to exist

v'la-amod l'fanecha

and stand before You

afilu sha-ah echat.

for even one hour.

Baruch atah Adonai,

Blessed are You Hashem,

rofei chol basar,

Healer of all flesh,

umafli la-asot.

working wondrously.

בָּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה,

וּבָרָא בּוֹ נְקָבִים נְקָבִים

חֲלוּלִים חֲלוּלִים.

גָּלוּי וְיָדוּעַ לְפָנֶי כִסֵּא כְבוֹדְךָ

שֶׁאִם יִפָּתַח אֶחָד מֵהֶם,

אוֹ יִסָּתֵם אֶחָד מֵהֶם,

אִי אֶפְשָׁר לְהִתְקַיֵּם

וְלַעֲמֹד לְפָנֶיךָ

אֲפִילוּ שָׂעָה אֶחָת.

בָּרוּךְ אַתָּה יְהוָה,

רוֹפֵא כָּל בָּשָׂר,

וּמַפְלִיא לַעֲשׂוֹת.

אלהי נשמה

ELOHAI N'SHAMA

Through this blessing we express our gratitude for the restoration of a pure soul and for keeping us in life and in health. When we recognize that the soul is pure, it can often assist us in the task of loving our neighbor.

Men say modeh/Women say modah.

Elohai,
My Elohim,
n'shamah shenatata bi t'horah hi.
the soul You have given me is pure.

Atah v'ratah, atah y'tzartah,
For You created it, You formed it,
atah n'fachta bi,
You breathed it into me,
v'atah m'sham'ra b'kirbi,
and You protect it within me,
v'atah atid lit'lah mimeni,
and You will eventually take it from me,
ulhachazirah bi le-atid lavo.
and restore it to me in the Time to Come.

Kol z'man shehan'shamah b'kirbi,
For as long as my soul is within me,
modeh\modah ani l'fanecha,
I offer thanks before You,
Adonai Elohai
Hashem, my Elohim
v'Eilohei avotai,
and the Elohim of my ancestors,
ribon kol hama-asim,
Guide of all deeds,
adon kol han'shamot.
Ruler of all souls.

Baruch atah Adonai,
Blessed are You Hashem,
asher b'yado nefesh kol chai
in Whose hands are the souls of all the living
v'ru-ach kol b'sar ish.
and the spirits of all flesh.

אֱלֹהֵי,
נִשְׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא.

אַתָּה בָּרַאתָהּ, אַתָּה יִצְרָתָהּ,
אַתָּה נִפְחַתָּהּ בִּי,
וְאַתָּה מְשַׁמְרָהּ בְּקִרְבִּי,
וְאַתָּה עֹתִיד לְטָלָהּ מִמֶּנִּי,
וּלְהַחְזִירָהּ בִּי לְעֹתִיד לְבוֹא.

כָּל זְמַן שֶׁהַנִּשְׁמָה בְּקִרְבִּי,
מוֹדֶה\מוֹדָה אֲנִי לְפָנֶיךָ,
יְהוָה אֱלֹהֵי
וְאֱלֹהֵי אֲבוֹתַי,
רִבּוֹן כָּל הַמַּעֲשִׂים,
אֲדוֹן כָּל הַנְּשָׁמוֹת.

בָּרוּךְ אַתָּה יְהוָה,
אֲשֶׁר בְּיָדוֹ נֶפֶשׁ כָּל חַי
וְרוּחַ כָּל בֶּשָׂר אִישׁ.

ברכות השחר

BIRCHOT HASHACHAR - THE MORNING BLESSINGS

The word "sechvi" of the first blessing has two meanings, heart and rooster. "The rooster crows, but a person's heart reacts and understands how to deal with new situations" (Rosh). Through the Morning Blessings, we instill within ourselves appreciation for all of the blessings in our life.

Men say the word before the / Women say the word after.

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
asher natan lasechvi vinah
Who has given the rooster understanding
l'havchin bein yom uvein lailah.
to distinguish day from night.

ברוך אתה יהוה,
אלהינו מלך העולם,
אשר נתן לשכוי בינה
להבחין בין יום ובין לילה.

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
poke-ach ivrim.
Who opens the eyes of the blind.

ברוך אתה יהוה,
אלהינו מלך העולם,
פוקח עורים.

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
matir asurim.
Who releases those who are bound.

ברוך אתה יהוה,
אלהינו מלך העולם,
מתיר אסורים.

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
zokef k'fufim.
Who straightens those who are bent over.

ברוך אתה יהוה,
אלהינו מלך העולם,
זוקף כפופים.

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
malbish arumim.
Who clothes the naked.

ברוך אתה יהוה,
אלהינו מלך העולם,
מלביש ערומים.

Baruch atah Adonai,
 Blessed are You Hashem,
 Eloheinu melech ha-olam,
 our Elohim, Sovereign of the universe,
 hanoten laya-ef ko-ach.
 Who gives strength to the weary.

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 הַנוֹתֵן לַיָּעֹף כֹּחַ.

Baruch atah Adonai,
 Blessed are You Hashem,
 Eloheinu melech ha-olam,
 our Elohim, Sovereign of the universe,
 roka ha-aretz al hamayim.
 Who spreads out the earth upon the waters.

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם.

Baruch atah Adonai,
 Blessed are You Hashem,
 Eloheinu melech ha-olam,
 our Elohim, Sovereign of the universe,
 hamechin mitz-adei gaver.
 Who supports our footsteps.

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 הַמְּכִין מִצְעָדֵי גֹבֵר.

Baruch atah Adonai,
 Blessed are You Hashem,
 Eloheinu melech ha-olam,
 our Elohim, Sovereign of the universe,
 she-asah li kol tzorki.
 Who provides for all my needs.

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 שֶׁעָשָׂה לִי כָל צָרָכִי.

Baruch atah Adonai,
 Blessed are You Hashem,
 Eloheinu melech ha-olam,
 our Elohim, Sovereign of the universe,
 ozer Yisra-el bigvurah.
 Who strengthens Israel with might.

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 עוֹזֵר יִשְׂרָאֵל בְּגִבּוּרָה.

Baruch atah Adonai,
 Blessed are You Hashem,
 Eloheinu melech ha-olam,
 our Elohim, Sovereign of the universe,
 oteir Yisra-el b'tifarah.
 Who crowns Israel with splendor.

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה.

Baruch atah Adonai,
 Blessed are You Hashem,
 Eloheinu melech ha-olam,
 our Elohim, Sovereign of the universe,
 sheasani Yisra-el.
 Who has made me Israel.

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 שֶׁעָשָׂנִי יִשְׂרָאֵל.

Baruch atah Adonai,
Blessed are You Hashem,
 Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
 shelo asani aved/shifchah.
Who has not made me a slave.

ברוך אתה יהוה,
 אלהינו מלך העולם,
 שלא עשני עבד\שפחה.

Baruch atah Adonai,
Blessed are You Hashem,
 Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
 she-asani b'tzelem Elohim.
Who has made me in Your image.

ברוך אתה יהוה
 אלהינו מלך העולם,
 שעשני בצלם אלהים.

Baruch atah Adonai,
Blessed are You Hashem,
 Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
 hama-avir shenah me-einai,
Who removes sleep from the eyes,
 utnumah me-afapai.
slumber from the eyelids.

ברוך אתה יהוה
 אלהינו מלך העולם,
 המעביר שנה מעיני,
 ותנומה מעפעפי.

Vihi ratzon mil'fanecha Adonai,
May it be the will before You, Hashem,
 Eloheinu v'Elohei avoteinu,
our Elohim and the Elohim of our ancestors,
 shetargilenu b'Toratecha
that Your Torah be woven into our daily lives
 v'dab'kenu b'mitzvatecha.
and that we cling to Your commandments.
 V'al t'vi-enu lo lidei cheit,
Lead us not into wrongdoing,
 v'lo lidei aveirah v'avon,
and not into transgression nor iniquity,
 v'lo lidei nisayon,
and not into temptation,
 v'lo lidei vizayon.
and not into disgrace.
 V'al tashlet banu yeitzer hara.
Let not the evil inclination hold sway over us.
 V'harchikeinu me-adam ra,
Keep us far from the evil person,
 umechaveir ra.
and the evil companion.
 V'dab'keinu b'yeitzer hatov
Make us cling to the good inclination
 uvma-asim tovim.
and to good deeds.

ויהי רצון מלפניך יהוה,
 אלהינו ואלהי אבותינו,
 שתרגילנו בתורתך
 ודבקנו במצותיך.
 ואל תביאנו לא לידי חטא,
 ולא לידי עבירה ועון,
 ולא לידי נסיון,
 ולא לידי בזיון.
 ואל תשלט בנו יצר הרע.
 והרחיקנו מאדם רע,
 ומחבר רע.
 ודבקנו ביצר הטוב
 ובמעשים טובים.

V'chof et yitzreinu l'hishtabed lach.

Subdue our inclination so that it may serve You.

Ut-neinu hayom uvchol yom

And help us obtain, each and every day

l'chein ulchesed ulrachamim,

grace, kindness, and mercy,

b'einecha uveinei chol roeinu.

in Your eyes and in the eyes of all who behold us.

V'tigm'leinu chasadim tovim.

Bestow lovingkindness upon us.

Baruch atah Adonai,

Blessed are You Hashem,

gomel chasadim tovim

Who bestows kindnesses that are beneficent

l'amo Yisra-el.

to His people Israel.

Y'hi ratzon mil'fanecha,

May it be Your will,

Adonai Elohai v'Elohei avotai,

Hashem my Elohim and Elohim of my ancestors,

shetatzileni hayom uvchol yom

that You rescue me today and every day

me-azei fanim ume-azut panim,

from the arrogant and from arrogance,

me-adam ra, miyetzer ra,

from an evil person, from the evil inclination,

umechaver ra, umishachen ra,

and from an evil friend, and from an evil neighbor,

umipega ra, me-ayin hara,

and from an evil mishap, from an evil eye,

milashon hara, mimalshinut,

from an evil tongue, from slander,

me-edut sheker,

from false witness,

misinat hab'riyot,

from hatred of people,

me-alilah, mimitah m'shunah,

from libel, from unnatural death,

mecholayim ra-im, mimikrim ra-im,

from severe illnesses, from evil occurrences,

umisatan hamashchit, midin kasheh,

from the damaging Opponent, from troublesome litigation,

umiba-al din kasheh,

and from a harsh antagonist,

bein shehu ven b'rit,

whether they are a member of the Covenant,

uvein she-eino ven b'rit,

or whether they are not a member of the Covenant,

וכף את יצרנו להשתעבד לך.

ותננו היום ובכל יום

לחן ולחסד ולרחמים,

בעיניך ובעיני כל רואינו.

ותגמלנו חסדים טובים.

ברוך אתה יהוה,

גומל חסדים טובים

לעמו ישראל.

יהי רצון מלפניך,

יהוה אלהי ואלהי אבותי,

שתצילני היום ובכל יום

מעיי פנים ומעזות פנים,

מאדם רע, מיצר רע,

ומחבר רע, ומשכן רע,

ומפגע רע, מעין הרע,

מלשון הרע, ממלשינות,

מעדות שקר,

משנאת הבירות,

מעלילה, ממיתה משנה,

מחליים רעים, ממקרים רעים,

ומשטן המשחית, מדין קשה,

ומבעל דין קשה,

בין שהוא בן ברית,

ובין שאינו בן ברית,

umidinah shel geihinom.
and from the judgement of Gehinnom.

ומדינה של גיהנום.

ברכות התורה

BLESSINGS OF THE TORAH

Hillel said that all of Torah is summed up as "Love your neighbor as yourself, all the rest is mere commentary, now go and learn." We are called to care about others and to share. These blessings assists us in connecting to the energy of the Torah so that we share the Light of the Creator with others. We must perform a mitzvah after a blessing is said, therefore the verses that follow are from both the Written and Oral Torah.

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
asher kid'shanu b'mitzvotav,
Who has sanctified us with His commandments,
v'tzivanu la-asok b'divrei Torah.
and bid us to engage in words of Torah.

ברוך אתה יהוה
אלהינו מלך העולם,
אשר קדשנו במצותיו,
וצונו לעסוק בדברי תורה.

V'ha-arev na Adonai Eloheinu,
Hashem, our Elohim, may
et divrei Toratecha b'finu,
the words of Torah flow into our mouths,
uvfi am'cha beit Yisra-el,
and into the mouths of Your people Israel,
v'nih-yeh anachnu v'tze-etza-einu,
so that we and our descendants,
v'tze-etza-ei am'cha beit Yisra-el,
and those who flow from Your people Israel,
kulanu yod'ei sh'mecha,
shall all know Your Name,
v'lom'dei Toratecha lishmah.
and study Your Torah for its own sake.
Baruch atah Adonai,
Blessed are You Hashem,
ham'lamed Torah l'amo Yisra-el.
Who teaches Torah to Your people Israel.

והערב נא יהוה אלהינו,
את דברי תורתך בפינו,
ובפי עמך בית ישראל,
ונהיה אנחנו וצאצאינו,
וצאצאי עמך בית ישראל,
כלנו יודעי שמך,
ולומדי תורתך לשמה.
ברוך אתה יהוה,
המלמד תורה לעמו ישראל.

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
asher bachar banu mikol ha-amim
Who has chosen us from all the peoples

ברוך אתה יהוה
אלהינו מלך העולם,
אשר בחר בנו מכל העמים

v'natan lanu et Torato.

and gave us His Torah.

Baruch atah Adonai,

Blessed are You Hashem,

noten ha-Torah.

Who gives the Torah.

Vaydaber Adonai el Mosheh

Hashem spoke to Moses,

lemor: Dabeir el Aharon v'el

saying: Speak to Aharon and to

banav lemor koh t'var'chu et

his children saying, so shall you bless the

b'nei Yisra-el amor lahem:

children of Israel, saying to them:

Y'varech'cha Adonai v'yishm'recha.

May Hashem bless you and protect you.

Ya-er Adonai panav elecha vichuneka.

May Hashem shine His countenance upon you and give you grace.

Yisa Adonai panav elecha v'yasem

May Hashem lift His countenance towards you and give

l'cha shalom.

peace to you.

V'samu et sh'mi al b'nei

And they shall place My Name upon the children

Yisra-el va-ani avar'chem.

of Israel and I shall bless them.

Elu d'varim

These are the precepts

she-ein lahem shi-ur:

that have no prescribed measure:

hape-ah v'habikurim

the corner of a field (for the poor) and the first-fruit offering

v'harayon ugmilut chasadim

and the pilgrimage and the bestowal of kindness

v'talmud Torah.

and study of Torah.

Elu d'varim she-adam ochel

These are the precepts of which a person enjoys

peroteihem ba-olam hazeh

their fruits in This World,

v'hakeren kayemet lo

but whose principal remains intact for them

ונתן לנו את תורתו.

ברוך אתה יהוה,

נותן התורה.

וידבר יהוה אל משה

לאמר: דבר אל אהרן ואֶל

בניו לאמר: כה תברכו את

בני ישראל אמור להם:

יברכך יהוה וישמרך.

יאר יהוה פניו אליך ויחנך.

ישא יהוה פניו אליך וישם

לך שלום.

ושמו את שמי על בני

ישראל ואני אברכם.

אלו דברים

שאין להם שעור:

הפאה והבכורים

והראיון וגמילות חסדים

ותלמוד תורה.

אלו דברים שאדם אוכל

פרותיהם בעולם הזה

והקרן קיימת לו

la-olam haba.

in the World to Come.

V'elu hein:

These are they:

Kibud av va-em,

Honor father and mother,

ugmilut chasadim,

the bestowal of kindness,

v'hashkamat beit hamidrash

and early attendance at the house of study

shacharit v'arvit,

morning and evening,

v'hachnasat or'chim,

and hospitality to guests,

uvikur cholim,

and visiting the sick,

v'hachnasat kalah,

and providing for a bride,

ulvayat hamet,

and escorting the dead,

v'iyun t'filah,

and meditation in prayer,

vahava-at shalom bein adam

and bringing peace between a person

lachavero uvein ish l'ishto,

and their friend and between a person and their partner,

v'talmud Torah k'neged kulam.

and the study of Torah is equal to them all.

לְעוֹלָם הַבָּא,

וְאֵלֵינוּ הֵן:

כְּבוֹד אָב וָאֵם,

וּגְמִילוּת חֲסָדִים,

וְהִשְׁכַּמַּת בֵּית הַמִּדְרָשׁ

שַׁחֲרִית וְעֶרְבִית,

וְהַכְנַסַּת אוֹרְחִים,

וּבִקּוּר חוֹלִים,

וְהַכְנַסַּת כַּלָּה,

וּלְוִיַּת הַמֵּת,

וְעִיּוֹן תְּפִלָּה,

וְהַבָּאת שָׁלוֹם בֵּין אָדָם

לְחֵבְרוֹ וּבֵין אִישׁ לְאִשְׁתּוֹ,

וְתַלְמוּד תּוֹרָה כְּנֶגֶד כָּלֶם.

עֲנִיפַת טָלִית

DONNING THE TALLIT

The tallit helps us to focus during our prayers and it also reminds us of the Creator's love and protection over us.

Hold the folded tallit in your hand and inspect the tzitzits and recite:

Bar'chi nafshi et Adonai,

Bless Hashem, O my soul,

Adonai Elohai gadalta m'od,

Hashem, my Elohim, how great You are,

hod v'hadar lavashta.

You are robed in glory and majesty.

Oteh or kasalmah,

You wrap Yourself in light as in a garment,

noteh shamayim kayriah.

You spread forth the heavens like a curtain.

בְּרַכֵּי נַפְשִׁי אֶת יְהוָה,

יְהוָה אֱלֹהֵי גְדַלְתָּ מְאֹד,

הוֹד וְהָדָר לָבַשְׁתָּ.

עֹטָה אוֹר כְּשִׁלְמָה,

נוֹטָה שָׁמַיִם כִּיָּרִיעָה.

L'shem yichud kudsha

For the sake of the unification of the Holy One,

b'rich hu uShchinteh,

Blessed is He and His Sh'chinah,

bidchilu urchimu l'yached

in awe and love to unify

shem Yud Hei b'Vav Hei b'yichuda

the Name Yud Hei with Vav Hei in unity

sh'lim b'shem kol Yisra-el.

that is complete, in the name of all Israel.

Unfold the tallit and hold it in readiness to wrap around yourself and recite:

Baruch atah Adonai,

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Elohim, Sovereign of the universe,

asher kid'shanu b'mitzvotav,

You have sanctified us through Your commandments,

v'tziyanu l'hitatef batzitzit.

and bid us to be wrapped in the fringes.

Wrap the tallit around your head and body and recite:

Mah yakar chasd'cha,

How precious is Your kindness,

Elohim, uvnei adam

Elohim, humankind

b'tzel k'nafecha yechesayun.

takes refuge in the shelter of Your wings.

Yirv'yun mideshen beitecha,

They will be filled from the abundance of Your House,

v'nachal adanecha tashkem.

and You give them drink from the stream of Your delights.

Ki im'cha m'kor chayim,

For with You is the source of life,

b'or'cha nireh or.

by Your Light may we see light.

M'shoch chasd'cha l'yod'echa,

Extend Your kindness to those who know You,

v'tzidkat'cha l'yishrei lev.

and Your charity to the upright of heart.

לְשֵׁם יִחוּד קִדְשָׁא

בְּרִיךְ הוּא וּשְׁכִינָתָהּ,

בְּדַחֲלֵהוּ וּבְרַחֲמֵהוּ לְיַחַד

שֵׁם י"ה בּו"ה בְּיַחוּדָא

שְׁלִים בְּשֵׁם כָּל יִשְׂרָאֵל.

בָּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,

וְצִוָּנוּ לְהִתְעַטֵּף בַּצִּיצִית.

מַה יָּקָר חֶסֶדְךָ,

אֱלֹהִים, וּבְנֵי אָדָם

בְּצֵל כְּנָפֶיךָ יִחְסִיוֹן.

יִרְוֶיָן מִדֶּשֶׁן בֵּיתְךָ,

וְנִחַל עֲדֻנֶיךָ תִּשְׁקֵם.

כִּי עֲמֶךָ מְקוֹר חַיִּים,

בְּאוֹרְךָ נִרְאָה אוֹר.

מִשׁוֹךְ חֶסֶדְךָ לִידְעֶיךָ,

וְצִדְקַתְךָ לְיִשְׁרֵי לֵב.

Take a few moments to meditate and feel the Creator's love and Light surround, you just as the tallit does.

*If you do not have Tefillin or do not wish to wear them, continue on page 17.
Please note that we use the Sephardic custom of putting on Tefillin.*

סדר הנחת תפילין PUTTING ON TEFILLIN

Much like a radio that has a transmitter and a receiver that can pick up radio waves and play them for us to hear, the Tefillin give us the ability to tune into spiritual radio waves and connect to the Light. The Tefillin also suggest a relationship of affection and intimacy with the Creator. Wrapping the words of Torah contained in the Tefillin fulfill the command, "secure these words as a sign upon your hand, and as an emblem in the center of your head."

Sit while putting on Tefillin. Place the arm Tefillin upon the bicep of your weaker arm with the loop closest to your body, hold it in place ready for tightening, then recite the blessing:

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
asher kid'shanu b'mitzvotav,
You have sanctified us through Your commandments,
v'tzivanu l'hani-ach t'filin.
and bid us to put on Tefillin.

ברוך אתה יהוה,
אלהינו מלך העולם,
אשר קדשנו במצותיו,
וצונו להניח תפילין.

Tighten the arm Tefillin and wrap the strap seven times counter-clockwise around the arm. After the seventh wrap, bring the strap to the outside of your hand and wrap it around to hold it there.

Without any interruption whatsoever, put the head Tefillin in place, above the hairline and opposite the space between the eyes. Before tightening the head Tefillin recite the following blessing:

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
asher kid'shanu b'mitzvotav,
You have sanctified us through Your commandments,
v'tzivanu al mitzvot t'filin.
and bid us regarding the commandment of Tefillin.

ברוך אתה יהוה,
אלהינו מלך העולם,
אשר קדשנו במצותיו,
וצונו על מצות תפילין.

Tighten the head Tefillin and recite:

Baruch shem k'vod
Blessed is Your glorious Name,
malchuto l'olam va-ed.
Your Realm is for ever and ever!

ברוך שם כבוד
מלכותו לעולם ועד.

After the head Tefillin is securely in place, recite:

Umechachmat'cha, El Elyon,
From Your wisdom, Eternal One the Most High,
ta-atzil alai,
may You imbue me,

ומחכמתך, אל עליון,
תאציל עלי,

umibinat'cha t'vineni,
and from Your understanding grant me understanding,
 uvchasd'cha tagdil alai,
and with Your kindness deal greatly with me,
 uvigvurat'cha tatzmit
and with Your power cut down
 oy'vai v'kamai.
my foes and those who rise against me.
 V'shemen hatov tarik al
And the fine oil pour out upon
 shivah k'nei ham'norah,
the seven branches of the Menorah,
 l'hashpi-a tuv'cha livriyotecha.
to cause to emanate Your goodness to Your creations.
 Pote-ach et yadecha,
You open Your hand,
 umasbi-a l'chol chai ratzon.
and satisfy every living thing with its desire.

וּמִבִּינַתְךָ תְּבִינֵנִי,
 וּבְחֶסֶדְךָ תַּגְדִּיל עָלַי,
 וּבְגִבּוֹרַתְךָ תַּצְמִית
 אוֹיְבֵי וְקָמֵי.
 וְשֶׁמֶן הַטּוֹב תַּרִּיק עַל
 שִׁבְעָה קְנֵי הַמֶּנֹּרָה,
 לְהַשְׁפִּיעַ טוֹבְךָ לְבְרִיּוֹתֶיךָ.
 פּוֹתֵחַ אֶת יָדְךָ,
 וּמַשְׂבִּיעַ לְכָל חַי רָצוֹן.

Wrap the strap of the hand Tefillin around your palm, then down the middle finger, around the upper half of the middle finger, twice around the lower part of the middle finger (this forms the letter Dalet, the 2nd letter of "Shadai"), then loop it around the 4th finger and bring it over to the top, bring it around the middle of the palm until the rest of the strap (about 2 inches) is able to be tied to the other straps under the palm.

Then recite:

V'erastich li l'olam,
And I will betroth you to Me forever,
 v'erastich li b'tzedek,
and I will betroth you to Me in righteousness,
 uvmishpat uvchesed uvrachamim.
and with justice and with kindness and with mercy.
 V'erastich li be-emunah,
And I will betroth you to Me in faithfulness,
 v'yada-at et Adonai.
and you will know Hashem.

וְאֶרְשָׁתִּיךָ לִי לְעוֹלָם,
 וְאֶרְשָׁתִּיךָ לִי בְצֶדֶק,
 וּבִמִּשְׁפָּט וּבְחֶסֶד וּבְרַחֲמִים.
 וְאֶרְשָׁתִּיךָ לִי בְאֱמוּנָה,
 וַיָּדַעַתְּ אֶת יְהוָה.

אֲדוֹן עוֹלָם

ADON OLAM

This song of praise gives us a sense of security as we begin the day.

Adon olam asher malach,

Ruler of the universe Who reigned,

b'terem kol y'tzir nivra.

before anything was created.

L'et na-asah v'cheftso kol,

At the time when His will created all things,

azai melech sh'mo nikra.

then as Sovereign His Name was proclaimed.

V'acharei kichlot hakol,

And after everything ceases to be,

I'vado yimloch nora.

He alone will reign, the Awesome One.

V'hu hayah v'hu hoveh,

It is He Who was, and He Who is,

v'hu yih-yeh b'tifarah.

and He Who shall remain in splendor.

V'hu echad v'ein sheni,

And He is One and there is no second,

I'hamshil lo I'hachbirah.

to compare to Him or to be His equal.

B'li reshit b'li tachlit,

Without beginning without end

v'lo ha-oz v'hamisrah.

and to Him belong the power and the dominion.

V'hu Eli v'chai go-ali,

He is my Almighty One and my living Redeemer,

v'tzur chevli b'eit tzarah.

and my Fortress from pain in a time of distress.

V'hu nisi umanos li,

And He is my banner and a refuge for me,

m'nat kosi b'yom ekra.

the portion of my cup on the day I call.

B'yado afkid ruchi,

Into His hand I entrust my spirit,

b'eit ishan v'a-irah.

when I go to sleep and when I wake.

V'im ruchi g'viyati,

And with my spirit as well as my body,

Adonai li v'lo ira.

Hashem is with me and I shall not fear.

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,

בְּטֶרֶם כָּל יִצִּיר נִבְרָא.

לְעֵת נַעֲשֶׂה בְּחִפְצוֹ כָּל,

אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

וְאַחֲרֵי כָכֻלֹּת הַכֹּל,

לְבַדּוֹ יִמְלֹךְ נוֹרָא.

וְהוּא הָיָה, וְהוּא הוֹה,

וְהוּא יִהְיֶה, בְּתִפְאָרָה.

וְהוּא אֶחָד וְאֵין שֵׁנִי,

לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.

בְּלִי רֵאשִׁית בְּלִי תַּכְלִית,

וְלוֹ הָעֶז וְהַמְשָׁרָה.

וְהוּא אֵלִי וְחִי גָאֲלִי,

וְצוּר חֲבִלִי בְּעֵת צָרָה.

וְהוּא נָסִי וּמִנוֹס לִי,

מִנַּת כּוֹסִי בְּיוֹם אֶקְרָא.

בְּיָדוֹ אֶפְקִיד רוּחִי,

בְּעֵת אִישָׁן וְאַעִּירָה.

וְעִם רוּחִי גּוֹיָתִי,

יְהוָה לִי וְלֹא אִירָא.



ANA B'CHOACH

Considered by the Kabbalists to be the most powerful and mystical prayer of all; the sequence of Hebrew letters is known as the 42-Letter Name of the Creator. The importance of this prayer is not in the words themselves but in the first letter of each word. The words only help us to make the sounds of each first letter. This prayer can connect us to the energy of healing and before we say it, we should think of others that need healing in order that we too may receive healing in our own lives.

Following the Ana B'Choach, we have a meditation known as Tikun HaNefesh, literally "Correction of the Ego Self." You may wish to use your right hand and place it over the parts of your body as you look at the Divine Name (Tetragrammaton) in each box. The numbers will guide through this meditation which is also used to realign the energy points in our bodies. Some have referred to the Tikun HaNefesh as the Kabbalistic Chakra System.

Kabbalah teaches that an angel presides over each day of the week. After the Tikun HaNefesh, take a moment to think about the day ahead of you and what you need to accomplish. This is a good time of introspection and intention. You can ask yourself questions like:

- How can I be a channel of Creator's Light and love today?
- If faced with adversity or negativity, how will I respond?
- When I confront people that are opposed to me how will I behave?
- Remember, no one can make you feel any way. You are in control of your emotions and your life, you choose if someone's negativity will affect you or not.

Now, look at the letters that make up the name of the angel of the day. By doing this, we are invoking that angel's protection over us and assistance with all that we may face.

אָנָא בְּכֹאֵחַ ANA B'CHOACH

אָנָא בְּכֹאֵחַ גְּדוּלַת יְמִינְךָ תַּתִּיר צְרוּרָה.

CHESED
חסד

Ana b'choach g'dulat y'min'cha tatir tz'urah.

Release all those in captivity, we beseech You, Almighty One whose power sets us free.

קַבֵּל רִנַּת עַמְּךָ שִׁגְבָּנוּ טְהַרְנוּ נוֹרָא.

GEVURAH
גבורה

Kabel rinat am'cha sag'venu taharenu nora.

Accept the singing of all Your people Who praise and glorify You alone.

נָא גִבּוֹר דּוֹרְשֵׁי יְחִידְךָ כְּבַבְתָּ שְׁמֶרֶם.

TIFERET
תפארת

Na gibor dor'shei yichud'cha k'vavat shomrem.

Preserve those Who seek Your unity, guard them like the pupil of the eye.

בְּרַכְּם טְהַרֶם רַחֲמֵי צִדְקַתְךָ תָּמִיד גְּמִלֶם.

NETZACH
נצח

Bar'chem taharem rachamei tzidkat'cha tamid gomlem.

Bless and purify them and always grant them Your compassionate righteousness.

חֲסִין קָדוֹשׁ בְּרוּב טוּבְךָ נֹהֵל עֲדָתְךָ.

HOD
הוד

Chasin kadosh b'rov tuv'cha nahel adatecha.

Invincible and Mighty One, with the abundance of Your goodness, watch over Your people.

יְחִיד גֵּאָה לְעַמְּךָ פְּנֵה זֹכְרֵי קְדוּשַׁתְךָ.

YESOD
יסוד

Yachid ge-eh l'am'cha p'neh zoch'rei k'dushatecha.

O Exalted One, turn to Your people Who remember Your holiness.

שׁוּעָתֵנוּ קַבֵּל וּשְׁמַע צַעֲקָתֵנוּ יוֹדֵעַ תַּעֲלֹמוֹת.

MALCHUT
מלכות

Shavatenu kabel ushma tza-akatenu yode-a ta-alumot.

Turn to us and hear our prayers, You Who know all hidden things.

This verse is said in a whisper.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Baruch shem k'vod malchuto l'olam va-ed!

Blessed is the Name of His glorious realm for ever and ever.

TIKUN HANEFESH תיקון הנפש

<p>בינה 3 Binah (Left Brain)</p> <p>יהוה</p>	<p>כתר 1 Keter (Skull)</p> <p>יהוה</p>	<p>חכמה 2 Chochmah (Right Brain)</p> <p>יהוה</p>
<p>5 (Left Eye)</p> <p>יהוה יהוה יהוה יהוה יהוה</p>	<p>9 (Nose) 8</p> <p>ף פ א א ז ז א א</p>	<p>4 (Right Eye)</p> <p>יהוה יהוה יהוה יהוה יהוה</p>
<p>7 (Left Ear)</p> <p>יוד הי ואו ה</p>		<p>6 (Right Ear)</p> <p>יוד הי ואו ה</p>
<p>10 (Mouth)</p> <p>יוד הי ואו הי</p> <p>אווה"ע גיכ"ק דטלנ"ת זסער"ץ בוב"ף</p>		
<p>גבורה 12 Gevurah (Left Arm)</p> <p>יהוה</p>	<p>תפארת 13 Tiferet (Body)</p> <p>יהוה</p>	<p>חסד 11 Chesed (Right Arm)</p> <p>יהוה</p>
<p>הוד 15 Hod (Left Thigh)</p> <p>יהוה</p>	<p>יסוד 16 Y'sod (Reproductive Organs)</p> <p>יהוהוהו</p>	<p>נצח 14 Netzach (Right Thigh)</p> <p>יהוה</p>
	<p>מלכות 17 Malchut (Feet)</p> <p>יהוה</p>	

ANGEL OF THE DAY

SUNDAY

יוֹד הֵי וַיּוֹד הֵי יוֹד הֵי וַאֲוֹ הֵי
 אֵל שְׁדֵי יֵאֻלְדָּהּ הֵי יֵאֻוֹדָהּ הֵי
 אֲנֵא בַּכַּח גְּדוּלַת יְמִינָךְ תִּתִּיר צְרוּרָה
 אֲבִגְיָתֶךָ יְהוָה יְהוָה
 סִמְטוֹרִיָּה גִזְרִיָּאֵל וְעֲנָאֵל לְמוֹאֵל

ר"ת סגול

MONDAY

יוֹד הֵי וַאֲוֹ הֵי יוֹד הֵי וַאֲוֹ הֵי יוֹד הֵי וַאֲוֹ הֵי
 אֵל יְהוָה יֵאֻלְדָּהּ הֵי יֵאֻוֹדָהּ הֵי
 קִבַּל רֶנֶת עֵמֶךְ שִׁגְבָנוּ טְהֵרָנוּ נוֹרָא
 קִרְעֵשׁטָן יְהוָה יְהוָה
 שְׁמַעֲיָאֵל בְּרַכִּיָּאֵל אֱהִיָּאֵל

ר"ת שוא

TUESDAY

יוֹד הָא וְאוֹ הֵי יוֹד הֵה וָן הֵה
 אַל אַדְנִי יֵאֻלְדֶּהֶההוּיֻוֹדֶהֶהה
 נֶא גְבוּר דּוֹרֵשִׁי יַחֲדוֹךְ כַּבֵּת שְׁמֵרֵם
 נִגְדִיכֶשׁ יְהוֹה יְהוֹה
 חֲנִיָּאל לְהַדִּיֵּאל מִחֲנִיָּאל

ר"ת חלם

WEDNESDAY

יוֹדוּ הוּאוּ וְאוּ הוּאוּ יוֹדוּ הֵה וָן הֵה
 אַל אַדְנִי יֵאֻלְדֶּהֶההוּיֻוֹדֶהֶהה
 בְּרַכְּם טַהֲרֵם רַחֲמֵי צְדָקָתְךָ תָּמִיד גְּמִלֵם
 קִרְעֵשֶׁטֶן יְהוֹה יְהוֹה
 חֲזַקִּיָּאל רַהֲטִיָּאל קְדִשִׁיָּאל

ר"ת חרק

THURSDAY

יְיָ וְיֵי וְיֵי יוֹד הֵי וְאֵי הֵי יוֹדוֹ הוּא וְאֵו הוּא
 אֵל יְהוּה יֵאֻלְדֶּה־הָאֵלֵינוּ וְהָאֵלֵינוּ
 חֲסִין קְדִישׁ בְּרֹב טוֹבךָ נֶהַל עֲדַתְךָ
 חֲקִיבִטְנֵעַ יְהוּהַ יְהוּהַ
 שְׁמוֹעַל רַעְמִיָּאל קִנְיָאֵל

ר"ת שרק
 (הקבוץ מלאכיו בר"ת שורק)

FRIDAY

יְיָ וְיֵי וְיֵי יוֹד הֵי וְאֵי הֵי
 אֵל שְׁדֵי יֵאֻלְדֶּה־הֵי וְהֵי וְהֵי
 יַחִיד גֵּאָה לַעֲמֹךְ פֶּנֶה זֹכְרֵי קְדוּשַׁתְךָ
 יְגַלְפֶּזֶק יְהוּהַ יְהוּהַ
 שְׁמוֹ שְׁוִיָּאֵלֵנוּ רַפְּוִאֵלֵנוּ קוֹדֵשׁ וְשְׁוִיָּאֵלֵנוּ

ר"ת שרק

למנצח

LAM'NATZEIACH

Rav David Aburraham said that anyone who recites this Psalm and concentrates on it in the form of the menorah (on the following page) is considered to have lit the menorah in the Temple.

לְמַנְצֵחַ בְּנִגִּינוֹת מִזְמוֹר שִׁיר.

Lam'natze-ach bingiot mizmor shir.

For the Chief Musician, a Psalm, a song.

אֱלֹהִים יַחַנְנוּ וַיְבָרְכֵנוּ, יָאֵר פָּנָיו אֶתָּנוּ סֵלָה.

Elohim y'chanenu vivar'chenu, ya-er panav itanu selah.

May Elohim be gracious unto us and bless us, may His face shine upon us selah.

CHESED
חסד

לְדַעַת בָּאָרֶץ דְּרַכְךָ, בְּכָל גּוֹיִם יְשׁוּעָתְךָ.

Lada-at ba-aretz darkecha, b'chol goyim y'shuatecha.

That Your way may be known upon earth, and Your salvation among all nations.

GEVURAH
גבורה

יודוך עַמִּים, אֱלֹהִים, יודוך עַמִּים כָּלֵם.

Yoducha amim, Elohim, yoducha amim kulam.

Let Your peoples give thanks to You, O Elohim, let all the peoples give thanks to You.

TIFERET
תפארת

יְשַׁמְחוּ וַיִּרְנְנוּ לְאֻמִּים, כִּי תִשְׁפּוֹט עַמִּים מִיָּשׁוֹר,

וּלְאֻמִּים בָּאָרֶץ תַּנְחִים סֵלָה.

Yism'chu viran'nu l'umim, ki tishpot amim mishor,

ulumim ba-aretz tancheim selah.

Let the nations rejoice and exult, for You will judge the peoples with equity, and lead the nations upon the earth selah.

NETZACH
נצח

יודוך עַמִּים, אֱלֹהִים, יודוך עַמִּים כָּלֵם.

Yoducha amim, Elohim, yoducha amim kulam.

Let Your peoples give thanks to You, O Elohim, let all the peoples give thanks to You.

HOD
הוד

אֶרֶץ נָתְנָה יְבוּלָהּ, יְבָרְכֵנוּ אֱלֹהִים אֱלֹהֵינוּ.

Eretz nat'nah y'vulah, y'var'cheinu Elohim Eloheinu.

The earth has yielded her increase, Elohim bless us, our Elohim.

YESOD
יסוד

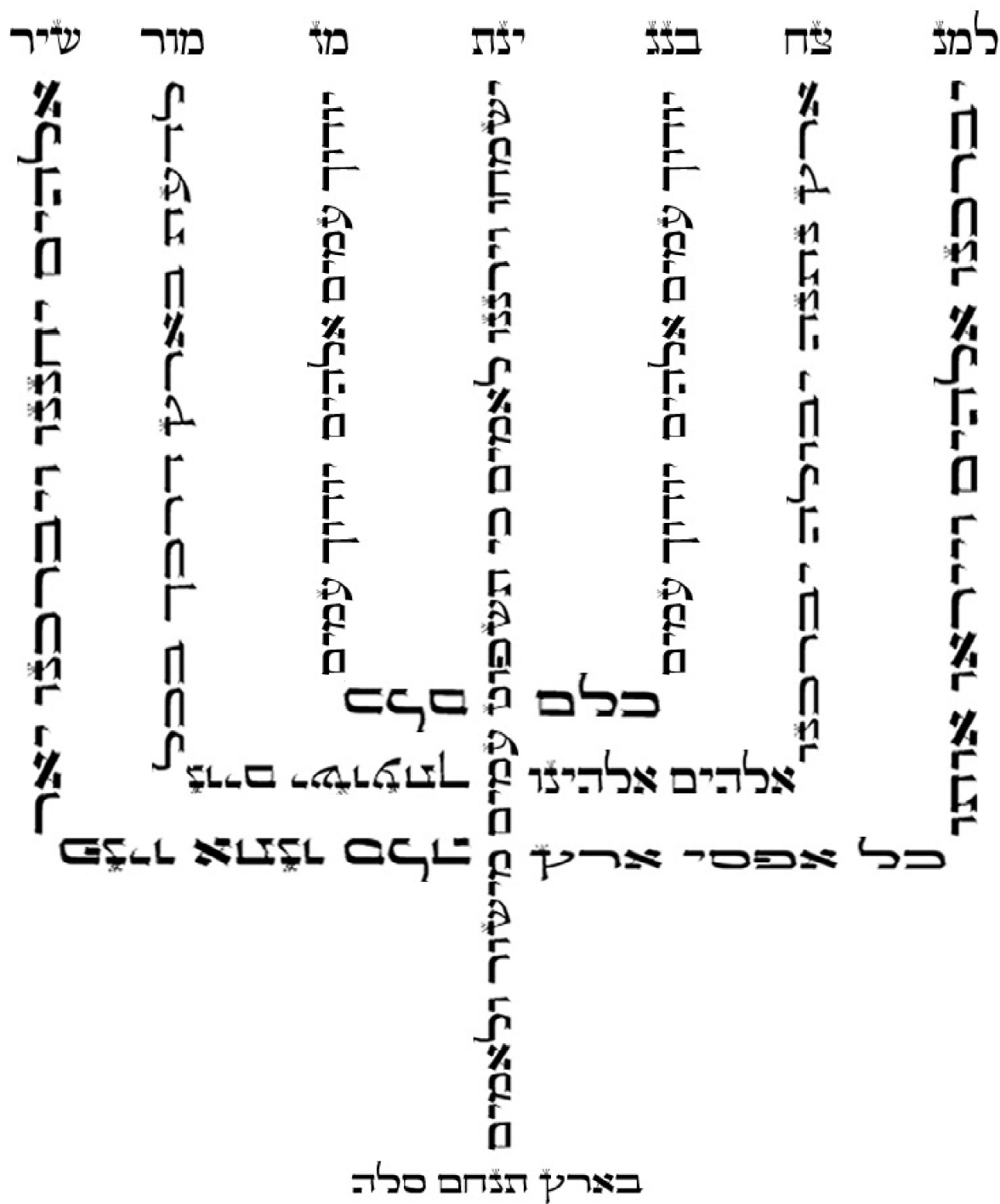
יְבָרְכֵנוּ אֱלֹהִים, וַיִּירָאוּ אוֹתוֹ כָּל אַפְסֵי אֶרֶץ.

Y'var'cheinu Elohim, v'yir'u oto kol afsei aretz.

Elohim shall bless us, and all the ends of the earth will fear Him.

MALCHUT
מלכות

שׁוֹיִתִּי אֲדֹנָי לְנֶגְדִי תָמִיד



The Lamnatzeiach is in the form of the Menorah. The flames are the very first verse, and the branches are the rest of the Psalm, which begins on the furthestmost leftside. The words above the Menorah are "Shiviti Adonai L'negdi Tamid," which translates as "I place Hashem before me always."

ברוך שֵׁאֵמַר BARUCH SHE-AMAR

This prayer contains 87 words which equal the numerical value of the word "paz" which means "finest gold." According to ancient tradition, this prayer was transcribed by the Men of the Great Assembly about 2400 years ago from a script that fell from the heavens.

Before we continue with the Baruch She-amar, we recite the following Kabbalistic declaration of intent:

Hareini m'zamer et pi l'hodot

I now prepare my mouth to thank

ulhalel ulshabe-ach et bor'i.

and to laud and to praise my Creator.

L'shem yichud kudsha

For the sake of the unification of the Holy One,

b'rich hu uShchinteh,

blessed be He and His Sh'chinah,

al y'dei hahu tamir v'nelam,

through the One Who is hidden and Who is inscrutable,

b'shem kol Yisra-el.

in the name of all Israel.

הֲרִינִי מְזַמֵּן אֶת פִּי לְהוֹדוֹת
וּלְהַלֵּל וּלְשַׁבֵּחַ אֶת בּוֹרְאִי.
לְשֵׁם יְחִיד קֹדֶשׁ
בְּרִיךְ הוּא וּשְׁכִינָתוֹ,
עַל יְדֵי הַהוּא טָמִיר וְנֶעְלָם,
בְּשֵׁם כָּל יִשְׂרָאֵל.

*While saying this blessing, the front two tzitzit of the talit are held in the hand,
and upon completion they are kissed.*

Baruch she-amar v'hayah ha-olam.

Blessed is He Who spoke and the world came to be,

Baruch hu.

Blessed is He!

Baruch omer v'oseh.

Blessed is He Who creates by speaking.

Baruch gozeir umkayem.

Blessed is He Who sustains by decreeing.

Baruch oseh v'reshit.

Blessed is He Who continues creating.

Baruch m'rachem al ha-aretz.

Blessed is He Who has mercy on the earth.

Baruch m'rachem al hab'riot.

Blessed is He Who has mercy on all beings.

Baruch m'shalem

Blessed is He Who gives

sachar tov lirei-av.

a good reward to those in awe.

Baruch chai la-ad v'kayam lanetzach.

Blessed is He Who lives forever, always being.

Baruch podeh umatzil.

Blessed is He Who saves by redeeming.

בָּרוּךְ שֵׁאֵמַר וְהָיָה הָעוֹלָם,
בָּרוּךְ הוּא.
בָּרוּךְ אוֹמֵר וְעוֹשֶׂה.
בָּרוּךְ גּוֹזֵר וּמְקַיֵּם.
בָּרוּךְ עוֹשֶׂה בְּרֵאשִׁית.
בָּרוּךְ מְרַחֵם עַל הָאָרֶץ.
בָּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת.
בָּרוּךְ מְשַׁלֵּם
שָׂכָר טוֹב לִירְאָיו.
בָּרוּךְ חַי לְעַד וְקַיָּם לְנֶצַח.
בָּרוּךְ פּוֹדֶה וּמַצִּיל.

Baruch sh'mo.

Blessed is His Name.

Baruch atah Adonai,

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Elohim Sovereign of the universe,

ha-El Av harachamav,

Almighty and merciful Creator,

ham'hulal b'feh amo,

Who is praised by the mouth of Your people,

m'shuvach umfo-ar bilshon

praised and glorified by the tongue

chasidav va-avadav,

of Your pious ones and servants,

uvshirei David avdecha.

and by the songs of David Your servant.

N'halelcha Adonai Eloheinu,

We will praise You Hashem our Elohim,

bishvachot uvizmirot.

with praises and chants.

N'gadelcha unshabechacha unfa-ercha

We will exalt, praise and glorify You

v'namlich'cha v'nazkir shimcha,

and affirm Your sovereignty and announce Your Name,

malkenu Eloheinu.

our Sovereign and our Elohim.

Yachid, chei ha-olamim,

The Unique One, the life of the worlds,

melech m'shubach umfo-ar,

the praised and glorified Sovereign,

adei ad sh'mo hagadol.

Whose great Name is never-ending.

Baruch atah Adonai,

Blessed are You Hashem,

melech m'hulal batishbachot. Amen.

Sovereign praised in songs of glory. Amen.

ברוך שְׁמוֹ.

ברוך אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

הָאֵל אֲבִי הַרְחָמָן,

הַמְהַלֵּל בְּפִה עַמּוֹ,

מְשַׁבַּח וּמְפָאֵר בְּלִשׁוֹן

חֲסִידָיו וְעַבְדָּיו,

וּבְשִׁירֵי דָוִד עַבְדְּךָ.

נְהַלֵּלְךָ יְהוָה אֱלֹהֵינוּ,

בְּשִׁבְחוֹת וּבְזִמְרוֹת,

נְגַדְלְךָ וְנִשְׁבַּחְךָ וְנִפְאֶרְךָ

וְנַמְלִיכְךָ וְנִזְכִּיר שִׁמְךָ,

מִלְכֵנוּ אֱלֹהֵינוּ.

יְחִיד, חֵי הָעוֹלָמִים,

מֶלֶךְ מְשַׁבַּח וּמְפָאֵר,

עַדִּי עַד שְׁמוֹ הַגָּדוֹל.

ברוך אַתָּה יְהוָה,

מֶלֶךְ מְהַלֵּל בַּתְּשִׁבְחוֹת. אָמֵן.

תהלים ק

PSALM 100

There are 42 words in this Psalm which form a connection to the 42-letter Name of the Creator.

Mizmor l'todah

A song of thanksgiving,

hariu l'Adonai kol ha-aretz.

Shout in triumph to Hashem, all the earth.

Ivdu et Adonai b'simchah,

Serve Hashem with joy,

bo-u l'fanav birnanah.

come before His Presence with singing.

D'u ki Adonai hu Elohim,

Know that Hashem is Elohim,

hu asanu, v'lo anachnu,

it is He Who made us, and to Whom we belong,

amo v'tzon mar-ito.

we are His people, the flock of His pasture.

Bo-u sh'arav b'todah,

Enter into His gates with thanksgiving,

chatzeirotav bit-hilah.

and into His courts with praise.

Hodu lo, bar'chu sh'mo.

give thanks to Him, bless His Name.

Ki tov Adonai, l'olam chasdo,

For Hashem is good, His loving kindness is everlasting,

v'ad dor vador emunato.

and His faithfulness endures through all generations.

מִזְמוֹר לְתוֹדָה,
הִרְיֵעוּ לַיהוָה כָּל הָאָרֶץ.
עֲבֹדוּ אֶת יְהוָה בְּשִׂמְחָה,
בָּאוּ לִפְנֵיו בְּרִנָּה.
יְדַעוּ כִּי יְהוָה הוּא אֱלֹהִים,
הוּא עָשָׂנוּ, וְלֹא אֲנַחְנוּ,
עַמּוֹ וְצֹאֵן מִרְעִיתוֹ.
בָּאוּ שַׁעְרָיו בְּתוֹדָה,
חֲצֵרֹתָיו בְּתִהְלָה.
הוֹדוּ לוֹ, בָּרְכוּ שְׁמוֹ.
כִּי טוֹב יְהוָה, לְעוֹלָם חַסְדּוֹ,
וְעַד דֹּר וָדֹר אֱמוּנָתוֹ.

שמע

THE SH'MA

The Sh'ma is an affirmation of faith. It both expresses our love for the Creator, and also serves as an ode to the divinity of the soul. Kabbalah teaches that the Sh'ma is the acknowledgement of unity and connects us to B'riyah, the World of Creation. It brings the Creator's Oneness into our consciousness and reminds us that we must extend unconditional love to all.

The enlarged letters ע and ד form the word עד, which means witness. By saying the Sh'ma, we bear witness to the Creator's unity as we declare it to the world. The second verse we say in a whisper because it is the prayer of the angels and we are not ordinarily in a state to say it as they do.

The blessings that follow the Sh'ma express our love for the Creator. Each section corresponds to one of the letters of the Divine Name.

*It is important to say each word clearly and not to run words together.
We recite the first verse aloud while covering the eyes with the right hand.*

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד!

Sh'ma Yisra-el, Adonai Eloheinu, Adonai Echad!

Hear O Israel, Hashem is our Elohim, Hashem is the One and Only!

This verse is said in a whisper.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch shem k'vod malchuto l'olam va-ed.

Blessed is the Name of His glorious realm for ever and ever.



V'ahavta eit Adonai Elohecha

And you shall love Hashem Your Elohim,

b'chol l'vav'cha uvchol nafsh'cha

with all your heart and with all your soul,

uvchol m'odecha.

and with all your being.

V'hayu had'varim ha-eileh asher

And these words which

anochi m'tzav'cha hayom al l'vavecha.

I command you on this day shall be upon your heart.

V'shinantam l'vanecha v'dibarta bam

And you shall teach them to your children and speak of them,

b'shivt'cha b'veitecha uvlecht'cha

and while sitting in your house and while walking along

vaderech uvshochb'cha, uvkumecha.

the way and upon lying down and upon rising.

Ukshartam l'ot al yadecha

And you shall bind them as a sign upon your hand

v'hayu l'totafot bein einecha.

and they shall be as frontlets between your eyes.

Uchtavtam al m'zuzot

And you shall write them upon the doorposts

beitecha uvisharecha.

of your house and your gates.

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ
בְּכָל-לִבְּךָ וּבְכָל-נַפְשְׁךָ
וּבְכָל-מְאֹדְךָ:

וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר
אֲנִי מְצַוְּךָ הַיּוֹם עַל-לִבְּךָ:
וְשִׁנַּנְתָּם לְבָנֶיךָ וְדִבַּרְתָּ בָּם
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ
בְּדֶרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:
וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ
וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ:
וְכָתַבְתָּם עַל-מְזוֹזוֹת
בֵּיתְךָ וּבִשְׁעָרֶיךָ:



V'hayah im shamo-a tishm'u

And it shall happen if you listen attentively

el mitzvotai asher anochi

to My commandments, which I am

m'tzaveh etchem hayom

commanding you this day,

l'ahavah et Adonai

to love Hashem

Eloheichem ulovdo

to serve your Elohim

b'chol l'vavchem uvchol nafsh'chem.

with all of your heart and with all of your soul.

V'natati m'tar artz'chem b'ito

And I shall provide rain for your land in its proper time,

וְהָיָה אִם שָׁמַעַתְּ שְׁמִיעוּ
אֶל-מִצְוֹתַי אֲשֶׁר אֲנִי
מְצַוֶּה אֶתְכֶם הַיּוֹם
לְאַהֲבָה אֶת-יְהוָה
אֱלֹהֵיכֶם וּלְעֹבְדוֹ
בְּכָל-לִבְבְּכֶם וּבְכָל-נַפְשְׁכֶם:
וְנָתַתִּי מְטָר-אֶרְצְכֶם בְּעֵתוֹ:

yoreh umalkosh v'asafta d'ganecha
first rain and last rain and so you may gather your grain

v'tirosh'cha v'yitzharecha.

and your wine and your oil.

V'natati eisev b'sad'cha livhemtecha

And I shall provide also grass in your fields for your cattle

v'achalta v'savata.

and you shall eat and be satisfied.

Hisham'ru lachem pen yifteh

Be careful for yourselves lest seduced

l'avchem v'sartem va-avad'tem

be your heart and you turn away and serve

elohim acheirim v'hishtachavitem

other deities and bow down

lahem.

to them.

V'charah af Adonai bachem v'atzar

Then the anger of Hashem shall be upon you and He shall seal

et hashamayim v'lo yih-yeh matar

the heavens and there shall be no more rain

v'ha-adamah lo titein et y'vulah

and the earth will no longer yield its produce

va-avad'tem m'heirah me-al ha-aretz

and you shall be banished quickly from the good land

hatovah asher Adonai notein lachem.

that Hashem has given you.

יורה ומלקוש ואספת דגנך

ותירשך ויצהרך:

ונתתי עשב בשדך לבהמתך

ואכלת ושבעת:

השמרו לכם פן יפתה

לבבכם וסרתם ועבדתם

אלהים אחרים והשתחוויתם

להם:

וחרה אף יהוה בכם ועצר

את השמים ולא יהיה מטר

והאדמה לא תתן את יבולה

ואבדתם מהרה מעל הארץ

הטובה אשר יהוה נתן לכם:

ך

V'samtem et d'varai eileh

Set these words of Mine

al l'avchem v'al nafsh'chem

upon your heart and upon your soul

ukshartem otam l'ot

and secure them as a sign

al yedchem v'hayu l'totafot

upon your hand and as reminders

bein eineichem.

before your eyes.

V'limad'tem otam et b'neichem

And you shall teach them to your children

l'dabeir bam b'shivt'cha b'veitecha

to discuss and as you sit in your home

uvlecht'cha vaderech uvshochb'cha

and as you walk along the way and as you lie down

uvkumecha.

and as you rise up.

ושמתם את דברי אלה

על לבבכם ועל נפשכם

וקשרתם אתם לאות

על ידכם והיו לטוטפת

בין עיניכם:

ולמדתם אתם את בניכם

לדבר בם בשבתך בביתך

ובלכתך בדרך ובשכבך

ובקומך:

Uchtavtam al m'zuzot

And write them upon the doorposts

beitecha uvisharecha.

of your house and upon your gates.

L'ma-an yirbu y'mechem vime

Then you will prolong your days and the days

v'neichem al ha-adamah asher

of your children upon the land that

nishba Adonai la-avoteichem lateit

Hashem swore to your ancestors to give

lahem kimei hashamayim

to them like the days of heaven

al ha-aretz.

on earth.

וְכָתַבְתֶּם עַל-מְזוּזוֹת

בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן יִרְבוּ יְמֵיכֶם וְיְמֵי

בְּנֵיכֶם עַל הָאֲדָמָה אֲשֶׁר

נִשְׁבַּע יְהוָה לְאַבְתֵּיכֶם לֵאמֹר

לָהֶם כִּימֵי הַשָּׁמַיִם

עַל-הָאָרֶץ:

ה

Vayomer Adonai el Mosheh leimor:

Hashem talked to Moses, saying:

Dabeir el b'nei Yisra-el v'amarta

Speak to the children of Israel and say

aleihem v'asu lahem tzitzit

to them that they are to make for themselves tassels

al kanfei vigdeihem l'dorotam

on the corners of their clothes in every generation

v'nat'nu al tzitzit hakanaf p'til

and they shall put a blue thread on the corner

t'cheilet.

fringe.

V'hayah lachem l'tzitzit ur-item

And it shall constitute for you tassels and that you may see

oto uzchartem et kol mitzvot

them and remember all the commandments

Adonai va-asitem otam

of Hashem and do them

v'lo taturu acharei l'avchem

and not follow after your heart

v'acharei eineichem, asher atem

and after your eyes which draw you astray

zonim achareihem.

leading to lust.

L'ma-an tizk'ru va-asitem

In order that you may remember

et kol mitzvotai vih-yitem

all of My commandments and be

k'doshim l'Eiloheichem.

holy to your Elohim.

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה לֵאמֹר:

דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ

אֲלֵהֶם וַעֲשׂוּ לָהֶם צִיצִית

עַל-כַּנְפֵי בְגָדֵיהֶם לְדֹרֹתָם

וְנָתַנוּ עַל-צִיצִית הַכֹּנֶף פִּתְּלִל

תְּכֵלֶת:

וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם

אֹתוֹ וְזָכַרְתֶּם אֶת-כָּל-מִצְוֹת

יְהוָה וַעֲשִׂיתֶם אֹתָם

וְלֹא תִתּוּרֻּ אַחֲרַי לְבַבְכֶּם

וְאַחֲרַי עֵינֵיכֶם אֲשֶׁר-אַתֶּם

זֹנִים אַחֲרֵיהֶם:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם

אֶת-כָּל-מִצְוֹתַי וְהִיִּיתֶם

קְדוֹשִׁים לֵאלֹהֵיכֶם:

Focus on the mitzvah to remember the Exodus from Egypt.

Ani Adonai Eloheichem asher

I am Hashem your Elohim Who

hotzeiti etchem me-eretz mitzrayim

brought you out of the land of Egypt

lih-yot lachem l'Eilohim

to be your own Elohim

ani Adonai Eloheichem.

I am Hashem your Elohim.

אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר
הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם
לִהְיוֹת לָכֶם לֵאלֹהִים
אֲנִי יְהוָה אֱלֹהֵיכֶם.