

My God, the soul you placed
within me is pure.
You created, formed and
breathed it into me,
You guard it within me, You
will take it from me and restore
it to me in time to come.
As long as the soul is within me,
I give thanks before you,
Hashem, My Life and Divinity
of My Ancestors, Master of all
works, Lord of all souls—
Blessed are You, Hashem, Who
restores soul to the lifeless.

ASHER YATZAR

Blessed are You, Yah, Life of
all worlds, Who formed
humanity with wisdom,
creating the openings and
vessels of the body.
It is apparent and known
before Your throne of glory
that if one of these
passageways be open when it
should be closed, or blocked
when it should be open, one
could not live or stand before
You. Blessed are You,
Sh'khinah, Who heals all and
does wonders.



Elohai n'shamah אֱלֹהֵי נִשְׁמָה
she-natata bi t'horah hi. שֶׁנָּתַתָּה בִּי טְהוֹרָה הִיא.
Atah v'ratah, atah y'tzartah אַתָּה בְּרַאתָהּ, אַתָּה יִצְרַתָּהּ
atah n'fahtah bi אַתָּה נִפְחַתָּהּ בִּי
v'atah m'shamrah b'kirbi, וְאַתָּה מְשַׁמְרָהּ בְּקִרְבִּי
v'atah atid litlah mi-meni וְאַתָּה עֲתִיד לִטְלֹחַ מִמֶּנִּי
u-l'haḥazirah bi le'atid lavo. וְלִהְיוֹזְרָהּ בִּי לָעֲתִיד לָבוֹא.
Kol z'man she-ha-neshamah כָּל זְמַן שֶׁהַנִּשְׁמָה
v'kirbi בְּקִרְבִּי
modeh (masculine) מוֹדֶה modah (feminine) מוֹדֶה
ani l'faneykha Adonai Elohai אֲנִי לִפְנֵיךָ יְהוָה אֱלֹהֵי
veilohei avotai v'imotai וְאֱלֹהֵי אֲבוֹתַי וְאִמּוֹתַי
Ribon kol ha-ma'asim רִבּוֹן כָּל הַמַּעֲשִׂים
Adon kol ha-n'shamot אֲדוֹן כָּל הַנִּשְׁמוֹת.
Barukh Atah Adonai ha-mahazir בְּרוּךְ אַתָּה יְהוָה הַמַּחְזִיר
n'shamot li-f'garim meitim. נִשְׁמוֹת לִפְגָּרִים מֵתִים.



Barukh Ata Adonai בְּרוּךְ אַתָּה יְהוָה
Eloheynu Melekh Ha-olam אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
asher yatzar et ha-adam אֲשֶׁר יָצַר אֶת הָאָדָם
b'hokhmah u-vara vo בְּחִכְמָה וּבְרָא בּוֹ
n'kavim n'kavim נִקְבִּים נִקְבִּים
halulim halulim. חֲלוּלִים חֲלוּלִים.
Galui v'yadua גָּלוּי וְיָדוּעַ
lifnei khisei kh'vodekha לִפְנֵי כִסֵּא כְבוֹדְךָ
She-im yipatei'ah ehad meihem שָׁאִם יִפְתַּח אֶחָד מֵהֶם
o yisateim ehad meihem, אוֹ יִסְתֵּם אֶחָד מֵהֶם,
iy efshar l'hitkayeim אִי אֶפְשָׁר לְהִתְקַיֵּם
v'la'amod l'fanekha. וְלַעֲמוֹד לִפְנֵיךָ.
B'rukhhah At Sh'khinah בְּרוּכָה אַתָּה שְׁכִינָה
Rof'ah khol basar רוֹפֵאָה כָּל בָּשָׂר
u-mafli'ah la'asot. וּמַפְלִיאָה לַעֲשׂוֹת:



TORAH BLESSINGS

Blessed are You, Yah, Life
of all worlds,
Who sanctifies us with
commandments and
commands us to immerse
ourselves in the
words of Torah.

Please, Hashem, sweeten
the words of Your Torah
in our mouths and the
mouths of Your people,
the House of Israel. May
we and our children and
the children of Your
people Israel- all of us-
know Your Name and
study Your Torah for its
own sake.

Blessed are You, Hashem,
Who teaches Torah to her
People Yisra-el.

Blessed are You, YHVH,
Universal Sovereign,
Who chose us among all
the peoples and gave us
Torah. Blessed are You,
Hashem, Giver of Torah.

Barukh Ata Adonai בָּרוּךְ אַתָּה יְהוָה

Eloheinu Melekh אֱלֹהֵינוּ מֶלֶךְ

ha-olam asher kid'shanu הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ

b'mitzvotav v'tzivanu בְּמִצְוֹתָיו וְצִוָּנוּ

la'asok b'divrei Torah. לְעֶסֶק בְּדִבְרֵי תוֹרָה.

V'ha'arev na Adonai Eloheinu הָעֶרֶב נָא יְהוָה אֱלֹהֵינוּ

et divrei Torat'kha b'finu אֶת דִּבְרֵי תוֹרַתְךָ בְּפִינוּ

u-v'fi amkha beit Yisra'eil וּבְפִי עַמְּךָ בֵּית יִשְׂרָאֵל

V'niyeh anahnu v'tze'etza'einu וְנִיְהִי אֲנַחְנוּ וְצֵאצְאֵינוּ

v'tze'etza'ei amkha beit Yisra'eil וְצֵאצְאֵי עַמְּךָ בֵּית יִשְׂרָאֵל

kulanu yod'ei sh'mekha כָּלָנוּ יוֹדְעֵי שְׁמֶךָ

v'lomdei Toratekha lishmah. וְלֹמְדֵי תוֹרַתְךָ לְשִׁמָּה.



B'rukha At Sh'khinah בְּרוּכָה אַתָּה שְׁכִינָה

ha-m'lamedet Torah הַמְלַמֶּדֶת תוֹרָה

l'amah Yisra'el. לְעַמָּה יִשְׂרָאֵל.

Barukh Ata Adonai Eloheinu בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ

Melekh ha'olam asher bahar מֶלֶךְ הָעוֹלָם אֲשֶׁר בָּחַר

banu im kol ha'amim בָּנוּ עִם כָּל הָעַמִּים

v'natan lanu et Torato. וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

Barukh Atah Adonai, בָּרוּךְ אַתָּה יְהוָה

Notein Hatorah. נוֹתֵן הַתּוֹרָה.

TORAH TEXTS

BIRKAT KOHANIM - PRIESTLY BLESSINGS [Numbers 6:24-26]

Y'varekh'kha Adonai, v'yishm'rekha. יְבָרְכֶךָ יְהוָה וְיִשְׁמְרֶךָ.

Ya'eir Adonai Panav Eileykha vi-huneka. יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וִיחַנֶּכָּה.

Yisa Adonai panav eileykha v'yaseim l'lka shalom. יֵשֶׁא יְהוָה פָּנָיו אֵלֶיךָ וְיֵשֶׁם לְךָ שְׁלוֹם.

May YHVH bless you and guard you. Let YHVH's face shine toward you and give you grace.

May YHVH show you favor and grant you peace.

TALMUD SHABBAT 127A

אלו דברים שאדם אוכל פירותיהם בעולם הזה והקצין קיימת לו לעולם הבא, ואלו הן: כבוד אב ואם, וגמילות חסדים, והשקמת בית המדרש שחרית וערבית, והכנסת אורחים, ובקור חולים, והכנסת כלה, ולוית המת, ועיון תפלה, והבאת שלום בין אדם לחברו, ותלמוד תורה כנגד כלם.

These are the matters whose fruit we eat in This World with the principal remaining for the World that is Coming: honoring father and mother, deeds of loving-kindness, attending the house of study morning and evening, hospitality to guests, visiting the sick, providing for a bride, escorting the dead, deepening prayer, making peace among people - and the study of Torah is parallel to them all.

MORNING BLESSINGS - BIRKHOT HA-SHAHAR

Blessed are You Divine Presence, Life of all worlds:	B'rukhhah At Sh'khinah Hei Ha'olamim...	בְּרוּכָה אַתָּה שְׁכִינָה חַי הָעוֹלָמִים...
Who gives the heart understanding to distinguish between day and night.	Asher natnah lasekhvi vina l'havhin	אֲשֶׁר נָתַתָּה לְשִׁכְוִי בִּינָה לְהַבְחִין
Who has not made me a slave.	bein yom uvein laila, Amein.	בֵּין יוֹם וּבֵין לַיְלָה, אָמֵן.
Who opens blind eyes.	She'lo astani oved, Amein.	שֶׁלֹא עָשִׂיתָנִי עֶבֶד, אָמֵן.
Who releases the bound.	Pokahat ivrim, Amein.	פּוֹקַחַת עִוְרִים, אָמֵן.
Who spreads the earth upon the waters. Who provides for all my needs. Who girds Israel with strength. Who gives strength to the weary.	Matirah asurim, Amein. Roka'at ha'aretz al hamayim, Amein. She'as'tah li kol tzorki, Amein. Ozeret Yisrael bi'g'vurah, Amein. Ha-notenet la-ya'eif ko'ah, Amein.	מַתִּירָה אֲסוּרִים, אָמֵן. רוֹקַעַת הָאָרֶץ עַל הַמַּיִם, אָמֵן. שֶׁעָשִׂיתָ לִּי כָל צָרָכִי, אָמֵן. אוֹזֶרֶת יִשְׂרָאֵל בְּגִבּוּרָה, אָמֵן. הַנוֹתֶנֶת לַיָּעִף כֹּחַ, אָמֵן.

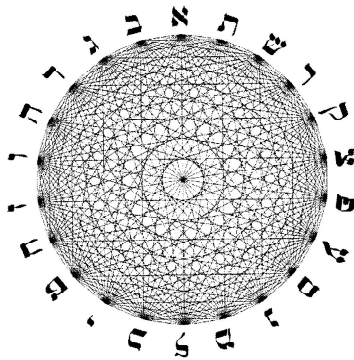
Blessed are You Hashem, Our Divinity, Majesty of the Universe:	Barukh Ata Adonai Eloheinu Melekh Ha'olam...	בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם...
Who has made me Yis ra-El.	She-asani Yisrael, Amein.	שֶׁעָשִׂיתָ יִשְׂרָאֵל, אָמֵן.
Who has made me in accordance with Your will.	She-asani kir'tzono, Amein.	שֶׁעָשִׂיתָ כִּרְצוֹנִי, אָמֵן.
Who clothes the naked.	Malbish arumim, Amein.	מַלְבִּישׁ עֲרֻמִּים, אָמֵן.
Who straightens the bent.	Zokeyif k'fufim, Amein.	זוֹקֵיף כְּפוּפִים, אָמֵן.
Who firms a person's footsteps. Who crowns Israel with splendor. Who removes sleep from my eyes and slumber from my eyelids.	Hameikhin mitzadei gaver, Amein. Oteir Yisrael b'tifarah, Amein. Ha-ma'avir sheynah mei-eynai u-t'numah mei-afapai.	הַמַּכִּין מִצְדֵּי גֶבֶר, אָמֵן. עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה, אָמֵן. הַמַּעֲבִיר שְׁנָה מֵעֵינַי וּתְנוּמָה מֵעַפְעָפִי.

May it be Your Will, Divine Reality, that we integrate Your Teaching,
and that our actions flow from You. May we not fall into the power of delusion,
and may all our motivation be for goodness and service.
Grant us today and every day the grace of knowing Your Oneness,
and bestow Your compassionate goodness upon us.

Blessed are You, Hashem, Who bestows compassionate goodness upon the people Israel. Amen.



**Barukh Atah Adonai, גוֹמֵל חֲסָדִים טוֹבִים
Gomel hasadim tovim לְעַמּוֹ יִשְׂרָאֵל.
l'amo Yisra'el. אָמֵן.**



B'RUHHAH SHE-AMRAH

Blessed is the One who spoke and the world came into being. She is Blessed. Blessed is the One the one who forms the works of creation. Blessed is the One who speaks and does, who decrees and sustains. Blessed is the One who has compassion on all the creatures. Blessed is the One who has compassion on all the earth. Blessed is the living and enduring One. Blessed is the One who redeems and rescues. Blessed is The Name. Blessed are You, Yah, Life of all worlds, the Compassionate Mother, the Father who is lauded by our praise,. You are glorified by the tongue of Your devout followers, and with the psalms of David Your servant. Unique One. Life-giver of the worlds, Spirit Whose Great Name is eternally praised and glorified. Let us bless the Source of Life, Sovereign lauded with praises.

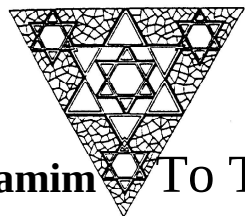
B'rukhhah she-amrah **ברוכה שְׁאִמְרָה**
v'hayah ha-olam, **וְהָיָה הָעוֹלָם,**
b'rukhhah Hi. **ברוכה היא.**
Barukh oseh v'reishit, **ברוך עֹשֶׂה בְּרֵאשִׁית,**
barukh omeir v'oseh. **ברוך אוֹמֵר וְעֹשֶׂה,**
Barukh gozier u-mekayeim, **ברוך גּוֹזֵר וּמְקַיֵּם,**
Barukh m'rahiem **ברוך מְרַחֵם**
al ha-b'riot. **עַל הַבְּרִיּוֹת.**
B'rukhhah m'rahemet **ברוכה מְרַחֶמֶת**
al ha-aretz, **עַל הָאָרֶץ,**
B'rukhhah hayah la-ad **ברוכה חַיָּה לְעַד**
v'kayamet la-netzah, **וְקִיָּמַת לְנֶצַח.**
Barukh podeh u-matzil, **ברוך פּוֹדֶה וּמַצִּיל,**
barukh sh'mo. **ברוך שְׁמוֹ.**
B'rukhhah At Yah, **ברוכה אַתָּה יְיָ,**
Hei Ha-olamim, **חַי הָעוֹלָמִים,**
Ha-Eim ha-Rahamanit. **הָאֵם הַרְחֲמָנִית.**
Ha-Av ha-m'hulal b'feh amo, **הָאָב הַמְהַלֵּל בְּפִה עַמּוֹ,**
m'shubah u-m'fo'ar **מְשֻׁבָּח וּמְפָאָר**
bil'shon hasidav va-avadav, **בְּלִשׁוֹן חֲסִידָיו וְעַבְדָּיו**
u-v'shrei David avd'kha. **וּבְשִׁירֵי דָוִד עַבְדְּךָ.**
Y'hidah, Hei ha-Olamim, **יְחִידָה, חַי הָעוֹלָמִים,**
Ruah m'shubahat u-m'foeret, **רוּחַ מְשֻׁבָּחַת וּמְפָאֶרֶת**
adei ad sh'mah ha-gadol. **עַדִּי עַד שְׁמָהּ הַגָּדוֹל.**
N'vareikh et Ein ha-Hayim, **נְבָרְךָ אֶת עֵין הַחַיִּים**
Malkah m'hulelet ba-tishbahot. **מַלְכָּה מְהַלֵּלֶת בַּתִּשְׁבָּחוֹת.**

KI L'OLAM HASDO: DIVINE LOVING-KINDNESS IS ETERNAL [Psalm 136 (adapted)]

Thank the Source Who is good,
For Divine love is everlasting!
Praise the most Divine One.
For kindness upholds the Universe!
Praise the Lord among lords,
For Divine love is everlasting!
The sole Doer of great miracles,
For kindness upholds the Universe!
The One who Made the heavens
with wisdom,
For Divine love is everlasting!
The One Who spread the earth
upon the waters,
For kindness upholds the Universe!
The Maker of the great lights–
For Divine love is everlasting!
sun to rule by day,
For kindness upholds the Universe!
moon and stars to rule by night,
For Divine love is everlasting!
Who brings us out of enslavement.
For kindness upholds the Universe!
Who remembers us when we are
downtrodden..
For Divine love is everlasting!
Provider of food to all,
For kindness upholds the Universe!
Thank the Heavenly One!
For Divine love is everlasting!

Hodu l'Adonai ki tov, הודו לַיהוה כִּי טוֹב,
KI L'OLAM HASDO! כִּי לְעוֹלָם חֲסֵדוֹ.
Hodu l'Elohei ha-elohim, הודו לֵאלֹהֵי הָאֱלֹהִים,
KI L'OLAM HASDO! כִּי לְעוֹלָם חֲסֵדוֹ.
Hodu l'Adonei ha-adonim, הודו לַאֲדֹנֵי הָאֲדֹנִים,
KI L'OLAM HASDO! כִּי לְעוֹלָם חֲסֵדוֹ.
l'Oseih nifla'ot g'dolot l'avdo, לַעֲשֵׂה נִפְלְאוֹת גְּדֹלוֹת לְבִדּוֹ,
KI L'OLAM HASDO! כִּי לְעוֹלָם חֲסֵדוֹ.
l'Oseih ha-shamayim bit'vunah, לַעֲשֵׂה הַשָּׁמַיִם בְּתַבּוּנָה,
KI L'OLAM HASDO! כִּי לְעוֹלָם חֲסֵדוֹ.
l'Roka ha-aretz al ha-mayim, לְרוֹקַע הָאָרֶץ עַל הַמַּיִם,
KI L'OLAM HASDO! כִּי לְעוֹלָם חֲסֵדוֹ.
l'Oseih orim g'dolim, לַעֲשֵׂה אוֹרִים גְּדֹלִים,
KI L'OLAM HASDO! כִּי לְעוֹלָם חֲסֵדוֹ.
et ha-shemesh אֶת הַשֶּׁמֶשׁ
l'mem'shelet ba-yom, לְמַמְשֶׁלֶת בַּיּוֹם,
KI L'OLAM HASDO! כִּי לְעוֹלָם חֲסֵדוֹ.
et ha-yarei'ah v'khokhavim אֶת הַיָּרֵחַ וְכּוֹכָבִים
l'mem'sh'lot ba-laylah, לְמַמְשֶׁלוֹת בַּלַּיְלָה,
KI L'OLAM HASDO! כִּי לְעוֹלָם חֲסֵדוֹ.
l'Yotzei Yisrael mi-Mitzrayim לְיוֹצֵא יִשְׂרָאֵל מִמִּצְרַיִם
KI L'OLAM HASDO! כִּי לְעוֹלָם חֲסֵדוֹ.
She-b'shifleinu zakhar lanu, שֶׁבִּשְׁפִּלְנוּ זָכַר לָנוּ,
KI L'OLAM HASDO! כִּי לְעוֹלָם חֲסֵדוֹ.
Notein lehem l'khol basar, נוֹתֵן לֶחֶם לְכָל בָּשָׂר,
KI L'OLAM HASDO! כִּי לְעוֹלָם חֲסֵדוֹ.
Hodu l'Eil ha-shamayim, הודו לֵאלֹהֵי הַשָּׁמַיִם,
KI L'OLAM HASDO! כִּי לְעוֹלָם חֲסֵדוֹ.





L'Hai Olamim To The Life of the Worlds!!!! לְחַי עוֹלָמִים

Adornment and Faithfulness	Ha-aderet v'ha-emuna	הָאֲדֶרֶת וְהָאֱמוּנָה
Understanding and Blessing	Ha-bina v'ha-b'rakhah	הַבִּינָה וְהַבְּרָכָה
Pride and Greatness	Ha-ga'avah v' ha-g'dulah	הַגָּאוּה וְהַגְּדֻלָּה
Knowledge and Speech	Ha-dei'ah v'ha-dibur	הַדַּעָה וְהַדְּבוּר
Glory and Majesty	Ha-hod v'he-hadar	הַהוֹד וְהַהֲדָר
Eternity and Uprightness	Ha-va'ad v'ha-vatikut	הַוָּעֵד וְהַוְּתִיקוּת
Radiance and Shining	Ha-ziv v'ha-zohar	הַזִּיז וְהַזֹּהָר
Bravery and Vigor	Ha-hayil v'ha-hosen	הַחַיִּיל וְהַחֹסֶן
Ceremony and Purity	Ha-tekhes v'ha-tohar	הַטְּכֶס וְהַטְּהָרָה
Unification and Awe	Ha-yihud v'ha-yirah	הַיִּחוּד וְהַיִּרְאָה
Crown and Honor	Ha-keter v'ha-kavod	הַכֶּתֶר וְהַכְּבוֹד
Teaching and Love	Ha-lekeh v'ha-libuv	הַלֵּקֶח וְהַלְּבוּב
Sovereignty and Governance	Ha-m'lukhah v'ha-memshalah	הַמְּלוּכָה וְהַמְּמִשְׁלָה
Loveliness and Victory	Ha-noy v'ha-neitzah	הַנוֹי וְהַנִּצָּח
Sufficiency and Exaltation	Ha-sigu'y v'ha-segev	הַסְּגוּי וְהַשֶּׁגֶב
Strength and Humility	Ha-oz v'ha-anavah	הָעֹז וְהָעֲנָוָה
Redemption and Magnificence	Ha-p'dut v'ha-p'eir	הַפְּדוּת וְהַפְּאִיר
Splendor and Righteousness	Ha-tzvi v'ha-tzedek	הַצְּבִי וְהַצֶּדֶק
Torah and Holiness	Ha-k'riyah v'ha-k'dushah	הַקְּרִיָּאָה וְהַקְּדוּשָׁה
Music and Elevation	Ha-ron v'ha-romeimut	הָרֶן וְהַרְמוּמוּת
Song and Commendation	Ha-shir v'ha-shevah	הַשִּׁיר וְהַשְּׁבַח
Praise and Splendor	Ha-t'hilah v'ha-tiferet	הַתְּהִלָּה וְהַתִּפְאָרֶת

L'Hai Olamim To The Life of the Worlds!!!! לְחַי עוֹלָמִים



Let's sing a song of Shabbat.
How good it is offer praises
to Divinity and to chant to
Your Name, O Exalted One,
telling of Your loving grace
in the morning and Your
faithfulness at night.

מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת. Mizmor shir l'yom ha-Shabbat.
טוֹב לְהוֹדוֹת לַיהוָה, Tov l'hodot La'Adonai,
וּלְזַמֵּר לְשִׁמְכָה עֲלִיוֹן. U'l'zameir l'shimkha Elyon
לְהַגִּיד בַּבֶּקֶר חֲסִדְךָ, L'hagid ba-boker hasdekha,
וְאֶמֻנַתְךָ בַּלַּיְלוֹת. Ve'emunatkha ba-leilot.

Upon an instrument of ten strings, and upon the
harp, to the melody of the lyre. For You, YHVH,
gladden me through Your work;
I will sing about the works of Your hands.

**עָלִי עֲשׂוֹר וְעָלִי נָבֵל עָלִי הַגִּיּוֹן בְּכִנּוֹר:
כִּי שִׂמְחַתְנִי יְהוָה בְּפַעֲלֶךָ
בְּמַעֲשֵׂי יְדֶיךָ אֲרִנִּי:**

O Magnificent One, how great
are Your works and how deep
are Your thoughts!

מַה גָּדֹלוֹ מַעֲשֵׂיךָ יְהוָה Ma gadlu ma'asekha Yah
מֵאֵד עֲמָקוֹ מַחְשְׁבֹתֶיךָ. m'od amku mah'sh'voteykha.

An unthinking person does not know; nor can the
naive one understand this. When the impious sprout
like grass, and when all who foment negativity
flourish; it is that they shall be destroyed forever; but
you, YHVH, are most high forevermore. For, behold,
Your enemies, O Adonai, behold, Your enemies will
perish; all who bring about evil shall be scattered.
You will raise up my horn like the horn of a wild ox;
I will be anointed with fresh oil. My eyes and ears
will witness the downfall of those who oppose me
and rise up against me.

**אִישׁ בֶּעֶר לֹא יָדַע וְכִסִּיל לֹא יָבִין אֶת
זֹאת: בִּפְרוֹחַ רָשָׁעִים כָּמוֹ עֵשֶׂב וַיִּצְיָצוּ
כָּל פְּעָלֵי אָנוֹן לְהַשְׁמָדָם עַד: וְאַתָּה
מָרוֹם לְעֵלָם יְהוָה: כִּי הִנֵּה אֹיְבֶיךָ יְהוָה
כִּי הִנֵּה אֹיְבֶיךָ יִאֲבְדוּ יִתְפָּרְדּוּ כָּל פְּעָלֵי
אָנוֹן: וְתִגְרַם כְּרָאִים קִרְנֵי בִלְתִּי בְשִׁמְן
רָעָנוֹן: וְתִבֹּט עֵינֵי בְשׂוֹרֵי קָמִים עָלַי
מִרְעִים תִּשְׁמַעְנָה אָזְנִי:**



The righteous flower like a
palm tree, like the cedars of
Lebanon. Planted in the house
of the Holy One, they blossom
in the Eternal's courtyards.
In old age they will still be
fruitful, vigorous and fresh,
continuing to to declare
Divinity's uprightness, My
Rock who has no injustice.

צַדִּיק כַּתָּמָר יִפְרַח Tzadik ka-tamar yifrah
כְּאַרְז בְּלִבְנוֹן יִשְׁגֶּה. k'erez balvanon yisgeh.
שְׁתוּלִים בְּבֵית יְהוָה Sh'tulim b'veit Adonai,
בְּחִצְרוֹת אֱלֹהֵינוּ יִפְרִיחוּ: b'hatzrot Eloheinu yafrihu
עוֹד יִגְבוּן בְּשִׁיבָה Od y'nuvun b'seiva
דְּשֵׁנִים וְרַעְנָנִים יִהְיוּ. d'sheinim v'ra'a'nanim yihyu.
לְהַגִּיד כִּי יֵשֶׁר יְהוָה, l'hagid ki yashar Adonai,
צוּרֵי וְלֹא עוֹלָתָהּ בּוֹ. tzuri v'lo avlatah bo.

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ, עוֹד יִהְלְלוּךָ סֵלָה.
אֲשֶׁרִי הָעַם שְׂפָכָה לוֹ, אֲשֶׁרִי הָעַם שִׁיְהוּהוּ אֱלֹהָיו.

Ashrei yoshvei veitekha, od y'hal'lukha selah.

Ashrei ha-am she-kakha lo, ashrei ha-am she-Adonai Elohav

Joyous are those who dwell in Your house; may they always praise You, selah!
Joyous is the people for whom this is so, joyous is the people whose Divinity is Reality.

תְּהִלָּה לְדָוִד, T'hilah l'David

(a psalm of David)

אֲרוֹמִמְךָ אֱלֹהֵי הַמֶּלֶךְ, וְאֶבְרַכָּה שְׁמֶךָ לְעוֹלָם וָעֶד.

Aromimkha Elohai Ha-melekh, va-avarkhah shimkha l'olam va-ed.

I will exalt You my Sovereign God and I will bless your name forever and ever.

בְּכָל יוֹם אֶבְרַכְּךָ, וְאֶהְלֵלָה שְׁמֶךָ לְעוֹלָם וָעֶד.

B'khol yom avarkheka, va'ahal'lah shimkha l'olam va'ed.

Every day I will bless You, and I will laud Your name forever and ever.

גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד, וְלִגְדֻלְתּוֹ אֵין חֶקֶר.

Gadol Adonai u-m'hulal m'od, v'ligdulato ein heiker.

Great is Hashem and exceedingly lauded; Its greatness is beyond investigation.

דֹּר לְדֹר יִשְׁבַּח מַעֲשֶׂיךָ, וְגִבּוֹרְתֶיךָ יִגִּידוּ.

Dor l'dor y'shabah ma'aseykha, u-g'vuroteykha yagidu.

Generation to generation will praise Your deeds, and of Your mighty deeds they will tell.

הִדַּר כְּבוֹד הוֹדֶךָ, וְדִבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.

Hadar k'vod hodekha, v'divrei nifloteykha asihah.

Splendorous glory of Your power and Your wondrous deeds I shall discuss.

וַיַּעֲזִיז נִוְרָאוֹתֶיךָ יֹאמְרוּ, וְגִדְלֹתֶךָ אֶסְפְּרָנָה.

Ve'ezuz Noroteikha yomeiru, u-g'dulat'kha asap'renah.

Of Power wondrous they will speak, and Your greatness I shall relate.

זֶכֶּר רַב טוֹבָךָ יִבְיָעוּ, וְצִדְקֹתֶךָ יִרְנְנוּ.

Zekher rav tuvka yabiyu, v'tzidkat'kha y'raneinu.

Remembrance of your goodness they will utter, and of Your righteousness they will sing exultantly.

זָנוּן וְרַחֻם יְהוָה, אַרְךָ אַפַּיִם וְגָדֹל חֶסֶד.

Hanun v'rahum Adonai, erekh apayim u-g'dal hased.

Gracious and merciful is Hashem, slow to anger and great in bestowing kindness.

טוֹב יְהוָה לְכָל, וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.

Tov Adonai la-kol, v'rahamav al kol ma'asav.

Good is Hashem to all, Compassionate to all beings.

יִדְוֶה יְהוָה כָּל מַעֲשָׂיךָ, וְחִסְדֶיךָ יִבְרַכּוּכָה.

Yodukha Adonai kol ma'aseikha, va-hasideikha y'varkhukhah.

Gratitude will be given by all Your works, Hashem, and Your devout ones will bless You.

כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ, וּגְבוּרָתְךָ יִדְבְּרוּ.

K'vod Malkhut'kha yomeiru, u-g'vurat'kha y'dabeiru.

Glory of Your domain they will speak, and of Your power they will tell.

לְהוֹדִיעַ לְבְנֵי הָאָדָם גְּבוּרָתְךָ, וּכְבוֹד הַדָּר מַלְכוּתְךָ.

L'hodia livnei ha'adam g'vurotav, u-kh'vod hadar malkhuto.

To reveal His mighty deeds and the glorious splendor of His kingdom.

מִלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים, וּמִמְשַׁלְתְּךָ בְּכָל דּוֹר וָדוֹר.

Malkhut'kha malkhut kol olamim, u-memshalt'kha b'khol dor va-dor.

Your kingdom is a kingdom spanning all worlds, and Your dominion throughout the generations.

סוּמֵךְ יְהוָה לְכָל הַנִּפְלִים, וְזוֹקֵף לְכָל הַכּוֹפְּתִים.

Someikh Adonai l'khol ha-noflim, v'zokeif l'khol ha-k'fufim.

Support is Hashem for all the fallen ones, and straightens all the bent.

עֵינֵי כָל אֱלֹהִים יִשְׁבְּרוּ, וְאַתָּה נוֹתֵן לָהֶם אֶת אֲכָלָם בְּעֵתוֹ.

Einei khol eileykha y'sabeiru, v'atah notein la-hem et okhlam b'ito.

Eyes of all look to You with hope, and You give them food in its proper time.

(Palms open and facing upward to receive the Divine Bounty)

פֹּתֵחַ אֶת יָדְךָ, וּמַשְׂבִּיעַ לְכָל חַי רָצוֹן.

Potei'ah et yadekha, u-masbia l'khol hai ratzon.

Open Your hand, and satisfy the desire of every living thing.

צַדִּיק יְהוָה בְּכָל דְּרָכָיו, וְחָסִיד בְּכָל מַעֲשָׂיו.

Tzadik Adonai b'khol d'rakhav, v'hasid b'khol ma'asav.

Righteous is Hashem in all His ways, magnanimous is all His deeds.

קָרוֹב יְהוָה לְכָל קֹרְאָיו, לְכָל אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת.

Karov Adonai l'khol korav, l'khol asher yikra'uhu ve'emet.

Intimate is Divinity with all who call; to all who call with sincerity.

רָצוֹן יִרְאֵיו יַעֲשֶׂה, וְאֵת שׁוֹעֲתָם יִשְׁמַע וְיִוֹשִׁיעֵם.

R'tzon y'reiav ya'aseh, v'et shavatam yishma v'yoshiyeim.

The will of those in awe will be done, their cry be heard, and they be saved.

שׁוֹמֵר יְהוָה אֶת כָּל אֲהָבָיו, וְאֵת כָּל הָרָשָׁעִים יִשְׁמִיד.

Shomer Adonai et kol ohavav, v'et kol ha r'shayim yashmid.

Protection is Hashem for those who love, and hatred will be dissolved.

תִּתְהַלַּל יְהוָה יְדָבָר פִּי, וַיְבָרֶךְ כָּל בֶּשָׂר שֶׁם קָדְשׁוֹ לְעוֹלָם וָעֶד.

וַאֲנַחְנוּ נְבָרֶךְ יְיָ, מֵעַתָּה וְעַד עוֹלָם, הַלְּלוּיָהּ.

T'hilat Adonai y'daber pi, vi-vareikh kol basar shem kodsho l'olam va'ed.

Va-anahnu n'vareikh Yah, mei'atah v'ad olam, **Halleluyah.**

Praise of Hashem may my mouth speak and may all life bless the Holy Name forever.

We will bless Yah from this time and forever-Halleluyah.

HAL'LI NAFSHI [Psalm 146]



Praise Hashem, O my soul! I will
praise Hashem while I live, I will
make music for the Divine while
I exist. Hashem shall reign
forever - your God, O Zion,
from generation to generation.

Hal'li nafshi et Adonai. הַלְלִי נַפְשִׁי אֶת יְהוָה.
Ahal'lah Adonai b'hayai, אֶהְלֹלָה יְהוָה בְּחַיִּי,
azamrah leilohai b'odi. אֲזַמְרָה לַאלֹהֵי בְעוֹדִי.
Yimlokh Adonai L'olam, יִמְלֹךְ יְהוָה לְעוֹלָם,
Elohayikh Tzion, l'dor va-dor. אֱלֹהֶיךָ צִיּוֹן, לְדֹר וָדֹר.

Halleluyah, Halleluyah הַלְלוּיָהּ, הַלְלוּיָהּ

NAVA T'HILAH [Psalm 147]



It is good to make music to the
Divine, for praise is pleasant and
befitting. Divine words are
spoken to Jacob, teachings and
discernments to Israel.

Ki tov zamrah Eloheynu, כִּי טוֹב זַמְרָה אֱלֹהֵינוּ,
ki na'im, navah t'hilah. כִּי נְעִים, נָאֲוָה תְהִלָּה.
Magid d'varav l'Ya'akov, מַגִּיד דְּבָרָיו לְיַעֲקֹב,
hukav u-mishpatav l'Yisra'eil. חֻקָּיו וּמִשְׁפָּטָיו לְיִשְׂרָאֵל.

Halleluyah, Halleluyah הַלְלוּיָהּ, הַלְלוּיָהּ

HALLELU ET ADONAI [Psalm 148]



Praise Hashem from the
heavens; praise Hashem in the
heights. The pride of the
radiantly holy people is exalted
Her devout ones are
praiseworthy. The Children of
Israel are intimate with Her.

Hallelu et Adonai הַלְלוּ אֶת יְהוָה
min ha-shamayim, מִן הַשָּׁמַיִם,
halleluhu ba-m'romim. הַלְלוּהוּ בַּמְרוֹמִים.
V'yarem keren l'amo, וַיָּרֶם קֶרֶן לְעַמּוֹ
t'hilah l'khol hasidav, תְּהִלָּה לְכָל חֲסִידָיו,
livnei Yisra'eil am k'rovo, לְבְנֵי יִשְׂרָאֵל עַם קְרֹבּוֹ.

Halleluyah, Halleluyah הַלְלוּיָהּ, הַלְלוּיָהּ

SHIRU L'ADONAI [Psalm 149]



Sing to Hashem a new song, let
praise be in the congregation of the
righteous. That is the splendor of
the devout ones.

Shiru Ladonai, shir hadash, שִׁירוּ לַיהוָה שִׁיר חָדָשׁ,
t'hilato bik'hal hasidim. תְּהִלָּתוֹ בְּקֹהֶל חֲסִידִים.
Hadar hu l'khol hasidav, הָדָר הוּא לְכָל חֲסִידָיו,

Halleluyah, Halleluyah. הַלְלוּיָהּ, הַלְלוּיָהּ.



Praise the Divine in Its sanctuary;
praise in the firmament of Its
Power. Praise for Its greatness,
praise for Its great closeness.
Praise with the blast of the shofar,
praise with lyre and harp.
Praise with drum and dance,
praise with organ and flute.
Praise with clanging cymbals,
praise with resonant trumpets.

Every soul will
praise Yah, Halleluyah!

Hallelu Eil b'kodsho, הַלְלוּ אֵל בְּקֹדֶשׁוֹ,
halleuhu birkiya u-zu'o. הַלְלוּהוּ בִּרְקִיעַ עֲזוֹ.
Halleuhu bi-g'vurotav, הַלְלוּהוּ בְּגִבּוּרָתוֹ,
halleuhu k'rov gudlo. הַלְלוּהוּ כְּרֹב גִּדְלוֹ.
Halleuhu b'teika shofar, הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר,
halleuhu b'neivel v'khinor. הַלְלוּהוּ בְּנֵיבֶל וְכִנּוֹר.
Halleuhu b'tof u-mahol, הַלְלוּהוּ בְּתוֹף וּמַחּוֹל,
halleuhu b'minim v'ugav. הַלְלוּהוּ בְּמִנִּים וְעָגָב.
Halleuhu b'tzitzlei shama, הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע,
halleuhu b'tzitzlei t'ru'ah. הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.
Kol ha-n'shamah כָּל הַנְּשָׁמָה
t'halleil Yah, Halelluyah! תְּהַלֵּל יְהוָה הַלְלוּיָהּ.

BARUKH ADONAI L'OLAM

Bless Hashem forever
Amein and amein.
Bless Hashem from Zion, Who
dwells in Jerusalem,
Halleluyah!
Blessed is Hashem, Elohim,
God of Israel,
Who alone does wonders.
Blessed is the glorious Name
forever, and may all the earth
be filled with Its glory,
Amein and amein.

Barukh Adonai L'olam בָּרוּךְ יְהוָה לְעוֹלָם
Amein v'amein. אָמֵן וְאָמֵן.
Barukh Adonai mi-tzion בָּרוּךְ יְהוָה מִצִּיּוֹן,
shokhein Yerushalayim שׁוֹכֵן יְרוּשָׁלַיִם,
Halleluyah! הַלְלוּיָהּ.
Barukh Adonai Elohim בָּרוּךְ יְהוָה אֱלֹהִים
Elohei Yisrael אֱלֹהֵי יִשְׂרָאֵל,
osei nifla'ot l'vado. עֹשֶׂה נִפְלְאוֹת לְבָדּוֹ.
U-varukh sheim k'vodo וּבָרוּךְ שֵׁם כְּבוֹדוֹ
l'olom, v'yimalei לְעוֹלָם, וַיִּמְלֵא
kh'vodo et kol ha-aretz, כְּבוֹדוֹ אֶת כָּל הָאָרֶץ,
Amein v'amein. אָמֵן וְאָמֵן.

OZI V'ZIMRAT YAH - FROM SHIRAT HA-YAM - THE SONG OF THE SEA [Exodus 15:2]

Ozi v'zimrat Yah va-y'hi li liyshu'ah עֲזִי וְזִמְרַת יְהוָה וַיְהִי־לִי לִישׁוּעָה
Yah is my strength and song - and will be my rescue!

NISHMAT KOL HAI

The soul-breath of all living
beings will bless your name,
YHVH, our manifest Divinity.

In each living soul Divine splendor shines, The breath
of all life is glory forever!

There is a constant source of space and time, a single
power that truly rules us.

If our mouths were filled with oceans of song, and our
tongues with joy like the crashing waves, if our lips
spoke praise as the widespread heavens and sunlight
and moonlight shone from our eyes.

If our hand stretched out like eagles in the skies and
our feet ran lightly like deer
we could still not express our
gratitude for the kindness that
sustains all generations.

Therefore, with what we do
have, with the limbs we are
graced with, the spirit and soul
breathed into us the tongue
set in our mouths with all of
these we thank and bless and
praise and appreciate and
sanctify Your Name.

Nishmat kol Hai:
If prayer is pure and
untainted, surely that
holy breath that rises
from your lips will join
with the breath of
heaven that is always
flowing into you
from above.-
-Liqqutim Yeqarim,
translated by
A.Green & B Holtz

BARKHI NAFSHI

As David sang in his psalms [103:1]:

Let my soul bless YHVH,
and all my insides bless
the Holy Name.

HA-EL B'TA'AZUMOT

The One of powerful strength,
the greatly honored Name,
the Eternal Hero,
Awesome in Your wonders.



נְשִׁמַת כָּל חַי, תְּבָרַךְ Nishmat kol hai t'vareikh
אֶת שְׁמֶךָ יְיָ אֱלֹהֵינוּ. et Shim'kha Adonai Eloheynu

וְרוּחַ כָּל בָּשָׂר, תְּפָאֵר וּתְרוֹמֶם זְכָרְךָ
מִלְכֵנוּ תָמִיד, מִן הָעוֹלָם וְעַד הָעוֹלָם
אֲתָה אֵל. אֱלֹהֵינוּ מִלֵּא שִׁירָה בָּיָם,
וּלְשׁוֹנֵנוּ רִנָּה בְּהִמּוֹן גִּלְיוֹ, וּשְׁפִתוֹתֵינוּ
שִׁבַּח בְּמִרְחָבֵי רִקְיעַ, וְעֵינֵינוּ מְאִירוֹת
בְּשֶׁמֶשׁ וּבִיָּרַח, וְיָדֵינוּ פְּרוֹשׁוֹת בְּנִשְׁרֵי
שָׁמַיִם, וְרַגְלֵינוּ קְלוֹת כְּאַיִלוֹת, אֵין אֲנַחְנוּ
מִסְפִּיקִים, לְהוֹדוֹת לָךְ יְהוָה אֱלֹהֵינוּ
וְאַלֵּהֵי הוֹרֵינוּ, וּלְבָרַךְ אֶת שְׁמֶךָ עַל
אֲחַת מֵאַלְפֵי אֲלָף אֲלָפֵי אֲלָפִים וְרַבִּי
רַבּוֹת פְּעָמִים, הַטּוֹבוֹת שְׁעֲשִׂיתָ עִם
אֲבוֹתֵינוּ וְעַמָּנוּ. עַל כֵּן אֲבָרִים שְׁפִלְגָת
בָּנוּ, וְרוּחַ וּנְשָׁמָה שֶׁנִּפְחַת בְּאַפֵּינוּ, וְלִשׁוֹן
אֲשֶׁר שְׁמֵת בְּפִינוּ. הֵן הֵם יוֹדוּ וַיְבָרְכוּ
וַיִּשְׁבְּחוּ וַיִּפְאֲרוּ וַיְרוֹמְמוּ וַיַּעֲרִיצוּ וַיִּקְדִּישׁוּ
וַיִּמְלִיכוּ אֶת שְׁמֶךָ מִלְכֵנוּ.

בָּרְכִי נַפְשִׁי אֶת יְהוָה, barkhi nafshi et Adonai
וְכָל קִרְבִּי v'khol k'ravai
אֶת שֵׁם קִדְשׁוֹ. et shem kodsho.

הָאֵל בְּתַעֲצוּמוֹת עֲזָךְ, Ha-Eil b'ta'zumot uzekha
הַגָּדוֹל בְּכְבוֹד שְׁמֶךָ. ha-gadol bi-khvod sh'mekha
הַגִּבּוֹר לְנִצָּח ha-gibor la-netzah
וְהַנּוֹרָא בְּנוֹרָאוֹתֶיךָ. v'norah bi-noroteykha.