Grateful I am before You,
Living One, One who Is,
for returning my life to me — such a mercy.
How vast your constancy.

אָנִי לְפָנֶיךָ
רְוָחַ חַי וְקַיָּם
שֶׁהָיָה בְּיָהֲנָה
בְּחֶמְלָה רַבָּה אֱמֻנָתֶיךָ.

Grateful I am before You,
Living One, One who Is,
for returning my life to me — such a mercy.
How vast your constancy.
Take space to pay attention to breath gently moving in and out.

How good is the tent of the body.

Take time to be fully present to what is unfolding here and now.

How good is the sanctuary of the moment.

Make space within yourself to let love arise within.

Take a breath.

Release the breath.

Make room for a divine spark, a holy emptiness.
Take space to pay attention to breath gently moving in and out.
How good is the tent of the body.
Take time to be fully present to what is unfolding here and now.
How good is the sanctuary of the moment.
Make space within yourself to let love arise within.
Take a breath.
Release the breath.
Make room for a divine spark, a holy emptiness.
You are your prayer: this body, this moment.
This is the right time and place.
Take a breath.
Fill yourself with love,
with the world,
with all that is real.

How good are your tents, you ancestors; how beautiful your shrines, you God-wrestlers. As for me, it is in Your abundant love that I come to Your house. and bow in your holy sanctuary enveloped in Your reverence. How I have loved Your house, Indwelling One, and the place where your Presence dwells. Now I bow, I surrender, and I offer blessing before the Eternal, my source. I am my prayer and my prayer is Yours at this longed-for moment. Cosmic Power, in your vast love answer me with your rescuing faithfulness.
The soul you place in me is pure, the soul is pure.
My God! You create, form, and breathe in me.  

You created it, shaped it, breathed it into me. You watch over it within me, and you will take it from me one day to return it to the flow of life in time to come. As long as this soul-breath is in me, grateful I am before You, my divine and my ancestors’ Divine — Ground of all being and doing, keeper of all spirit and all breath.

Blessed be You, always returning life to dying things.
Here and now, I receive upon myself the charge of my Creator:

Love your neighbor as yourself.

Blessed be You, Holy Wisdom, Guide of the World,
who makes us holy with mitzvot,
and invites us to delve deeply into the study of Torah.

Here and now, I receive upon myself the charge of my Creator:

Love your neighbor as yourself.
Morning Blessings

You make us conscious beings.

You make me in Your image.

You make me free.

You make me Yisrael.

You open our eyes.

You clothe the naked.

You free the captive.

You straighten the bent-over.
You spread earth over water.

ברוחך אתה יהוה אלהינו מלך העולמים רוחך navigationController לע mundo.

You give me all I need.

ברוחך אתה יהוה אלהינו מלך העולמים אתה לי כל צרכי.

You make firm my steps.

ברוחך אתה יהוה אלהינו מלך העולמים למען משמשך גבע.

You give Yisrael strength.

ברוחך אתה יהוה אלהינו מלך העולמים אוחר ישראל בגבורה.

You crown us with glory.

ברוחך אתה יהוה אלהינו מלך העולמים אשר ישראל сочетаורה.

You give endurance to the weary.

ברוחך אתה יהוה אלהינו מלך העולמים בוןוה לחיים אתה.

You remove sleep from my eyes and slumber from my eyelids.

הנחמה מע voitureילי.
Magnified and sanctified may His great name be, in the world He created by His will. May He establish His kingdom in your lifetime and in your days, and in the lifetime of all the house of Israel, swiftly and soon — and say: Amen.

All: May His great name be blessed for ever and all time.

Mourner: Blessed and praised, glorified and exalted, raised and honored, uplifted and lauded be the name of the Holy One, blessed be He, beyond any blessing, song, praise and consolation uttered in the world — and say: Amen.

To Israel, to the teachers, their disciples and their disciples’ disciples, and to all who engage in the study of Torah, in this (in Israel add: holy) place or elsewhere, may there come to them and you great peace, grace, kindness and compassion, long life, ample sustenance and deliverance from their Father in Heaven — and say: Amen.

May there be great peace from heaven, and (good) life for us and all Israel — and say: Amen.

Bow, take three steps back, as if taking leave of the Divine Presence, then bow, first left, then right, then center, while saying:

May He who makes peace in His high places, in His compassion make peace for us and all Israel — and say: Amen.
Yet to You will I call, from my Teacher I will seek grace for there is no good to be had from apathy or from the fall into corruption. Will the earth praise you and tell your truth?

Listen, my Source, and bestow grace. Be my help, Breath of Life. You have turned my mourning into dancing, taken off my sackcloth, and dressed me in joy — so that I may sing the Presence and never stop. Rock that is my origin, here I am, thanking You always.
Ba-ruch she-am
ve-ha-yah ha-o-lam.

Blessed is the One
whose language is Creation.

Ba-ruch hu!

Blessed is that Name.

Ba-ruch o-sah ve-rei-sheet
Ba-ruch o-mer ve-o-sah
Ba-ruch gozer um-kai-yem

Blessed is the Unfolding of the Cosmos.
Blessed is the One who speaks and the One who acts.
Blessed is the Matrix of Life and the Sustainer of All.

Ba-ruch me-ra-chem al ha-a-rez
Ba-ruch me-ra-chem al hab-ri-yot
Ba-ruch me-sha-lem sa-char tov li-rei-av
Ba-ruch chai la-ad ve-kai-yam la-ne-tza'h
Ba-ruch po-deh u-ma-tzil

Blessed is the One who loves each and every inch of earth.
Blessed is the One who loves each and every creature.
Blessed is the Generosity that rewards reverence.
Blessed is the Ever-Lives, the Always-Is.
Blessed is the Redeemer of the oppressed.

Ba-ruch she-mo!
Baruch atah Adonai
el-hay me-lech ha-olam
ha-el av ha-ra-cha-man
ha-me-hu-lal be-si amo
me-shu-bach u-me-for-
bil-shon chasidav va-ava-dav
u-ve-shrei da-vid av-de-cha
ne-ha-lel-cha a-do-nai el-hei-nu
bish-va-choth u-vizmirot
ne-gad-cha un-asha-be-cha-cha
u-ne-fa-er-cha ve-nam-li-cha-cha
ve-naz-kir shimi-cha mal-ke-nu el-hei-nu

Blessed are You, Source of Life,
Guide of the World,
divinity,
compassionate
Source,
You whom the righteous are always praising
and to whom David wrote the Psalms,
we praise You
with hymns and songs,
we magnify and glorify and extol You and
remember your Name and
proclaim your majesty over All.

Ya-chid chai ha-o-la-mim
me-lech me-shu-bach u-me-for-
adei ad she-go ha-ga-dol

Unifier, Life of the Worlds,
Our Guide, worthy of glory
to the end of time and space is your great Name.

Baruch atah Adonai
me-lech me-hu-lal ba-tish-choth.

Blessed are You, Fountain of Being,
to whom all turn in praise.
Ash·rei yosh·vei vei·te·čha
od ye·ha·lei·lu·čha se·laḥ
Ash·rei ha·am she·ka·čha lo
ash·rei ha·am she·a·do·nai e·lo·hav.
Te·hi·lah le·da·vid
a·ro·mim·čha e·lo·hai ha·me·leč
va·a·va·ra·čha shi·m·čha le·o·lam va·ed.
Be·čhol yom a·va·ra·čeka
va·a·ha·le·lah shin·čha le·o·lam va·ed.
Ga·dol a·do·nai u·me·hu·lal me·od
va·a·ha·le·lah shim·čha le·o·lam va·ed.
Dor le·dor ye·sha·baḥ ma·a·se·čha
u·ge·vu·ro·te·čha ya·gi·du.
Ha·dar ke·vod ho·de·čha
ve·div·re·ni·f·le·o·te·čha a·si·čḥah.

הַדּוֹר עַמְלֵי היָהָאִל וְאֶלֹהָיו
אָשָׁרֵי הָעָם שֶׁיָּהוָה אֱלֹהָיו
לְעוֹלָם וָעֶד.
וַאֲהַלְלָה שִׁמְּהָו
אַשְׁרֵי הָעָם שֶׁיָּהוָה אֱלֹהָיו.
אֲסַפְּרֶנָּה זֵכֶר רַב טוּבְּיו
וַחֲסִידֶי יְבָרֲכֶךָּ.
וַחֲסִידֶי יְבָרֲכֶךָּ
וַאֲבָרֲכֶךָּ.
וְדִבְרֵי נִפְלְאוֹתֶי
וְלִגְדֻּלָּתוֹ אֵין חֵקֶר.
לְהוֹדִיעַ לִבְנֵי הָאָדָם גְּבוּרֹתָיו
וּגְדוּלָּתְ
חַנּוּן וְרַחוּם יְהוָה
הֲדַר כְּבוֹד הוֹדוֹ
בְּכָל יוֹם אֲבָרֲכֶךָ
אֲסַפְּרֶנָּה.
וּגְדוּלָּתְ
וַאֲבָרֲכֶךָ.
טַוְב יְהוָה לַכֹּל
וְצִדְקָתְיָו
יְרַנֵּנוּ.
וְצִדְקָת
eyzer
I meditate on sacred wonders.

Ash·rei yosh·vei vei·te·čha
od ye·ha·lei·lu·čha se·laḥ
Ash·rei ha·am she·ka·čha lo
ash·rei ha·am she·a·do·nai e·lo·hav.
Te·hi·lah le·da·vid
a·ro·mim·čha e·lo·hai ha·me·leč
va·a·va·ra·čha shi·m·čha le·o·lam va·ed.
Be·čhol yom a·va·ra·čeka
va·a·ha·le·lah shi·m·čha le·o·lam va·ed.
Ga·dol a·do·nai u·me·hu·lal me·od
va·a·ha·le·lah shi·m·čha le·o·lam va·ed.
Dor le·dor ye·sha·baḥ ma·a·se·čha
u·ge·vu·ro·te·čha ya·gi·du.
Ha·dar ke·vod ho·de·čha
ve·div·re·ni·f·le·o·te·čha a·si·čḥah.

הַדּוֹר עַמְלֵי היָהָאִל וְאֶלֹהָיו
אָשָׁרֵי הָעָם שֶׁיָּהוָה אֱלֹהָיו
לְעוֹלָם וָעֶד.
וַאֲהַלְלָה שִׁמְּהָו
אַשְׁרֵי הָעָם שֶׁיָּהוָה אֱלֹהָיו.
אֲסַפְּרֶנָּה זֵכֶר רַב טוּבְּיו
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וּגְדוּלָּתְ
חַנּוּן וְרַחוּם יְהוָה
הֲדַר כְּבוֹד הוֹדוֹ
בְּכָל יוֹם אֲבָרֲכֶךָ
אֲסַפְּרֶנָּה.
וּגְדוּלָּתְ
וַאֲבָרֲכֶךָ.
טַוְב יְהוָה לַכֹּל
וְצִדְקָת
eyzer
I meditate on sacred wonders.
Everyone Remarks on the Intensity of Awe as We Explicate the Stories of Abundance.

We Exclaim over the Memory of That Goodness, and Sing Joyfully of the Righteousness.

Full of Grace, Full of Love is the Infinite Patiently Watching and Waiting, Generous and Tender,

Good to All Things, and Loving to All Beings.

How Grateful are All Creatures Are Grateful, and Devotees Go Around Blessing You.

Invoking and Embodying the Presence, Speaking of Divine Strength —

Just So That Mortals May Know of the Eternal, of the Radiant Beauty of the Becoming —
for that Being encompasses all worlds, for that Being encompasses all worlds, and that Wisdom is a gift from one generation to another, and that Wisdom is a gift from one generation to another, lifting up all who have fallen, lifting up all who have fallen, and raising up all who have crumpled. and raising up all who have crumpled.

All eyes turn to the Source of Life, All eyes turn to the Source of Life, to receive their nourishment in proper season. to receive their nourishment in proper season.

The great Hand opens The great Hand opens and satisfies the desire of all the living. and satisfies the desire of all the living.

The One whose path is righteousness The One whose path is righteousness and whose acts are loving — and whose acts are loving — that One is close to every cry, that One is close to every cry, to every urgent call to every urgent call and acts through the will of the reverent, and acts through the will of the reverent, listening and saving. listening and saving.

The Lover guards the beloved — The Lover guards the beloved — let wickedness be diminished. let wickedness be diminished.

Let us then speak sacred prayer, Let us then speak sacred prayer, and let all beings praise Essence and let all beings praise Essence forever.

As for us, we are blessing Yah As for us, we are blessing Yah right now, and always. right now, and always.

Hallel yah.
Halleluyah! Praise the Weaver from the skies!
Praise from the heights!
Halleluyah! Sing the praise of God!

Praise from the highest skies and from the cosmic waters beyond the skies. Let them all praise the Tapestry of Being which wove and created them and made them matter forever — and gave a law that will not alter.

Let them all praise the Tapestry of Being higher far than we can reach or know — yet we thank from earth and sky the Becoming that raised us up: praise to the loving ones, the wrestlers with the world, the people intimate with the Infinite.

Praise from the heavenly messengers! Praise from the heavenly hosts! Praise the Wrestling with the world! Praise the People close to the Infinite!
Halleluyah!

Praise the One in the holy place.

In the mighty skies.

Praise Her for Her heroic acts for the breadth of Her greatness.

Praise Him with the shofar blast with the harp and lyre.

Praise Her with drum and dance with strings and flute.

Praise Him — make the bells chime.

Praise Him — ring the bells!

Every breath is praising Yah. Halleluyah.
Let all beings extol your essence, Our God, Guide, Greatness, Holiness throughout heaven and earth.
these are Your practices,
great divinity of our ancestors:
praise and extolling,
exaltation and song,
strength and right order,
persistence, abundance, and discipline,
ululation and glory,
holiness and groundedness.

Blessings and thanks,
now and throughout all worlds,
to the One who Is,
abundant in praises,
mighty in thanksgiving,
extraordinary in wonders,
delight in songs and poems:
The Indwelling,
Life of all the Worlds.
Abundant and holy is that Name in this world born out of God’s desire. 
May that Reality be manifest in our lives, in the lives of the people now living, in the right time, and soon. And say: amen.

May that great name be blessed in this world and all the worlds, in this time and in all times. 
Blessed and praised glorified and exalted and lifted high, beautified and exalted and praised is that holy name — blessed be the One — though that One is greater than all of the blessing, singing, praising and consoling that we can utter in this world. And let us say: amen.

Yit·ga·dal ve·yit·ka·dash she·mei ra·ba (a·men) be·al·ma div·ra chir·u·teh ve·yam·lich mal·chu·teh be·chai·yei·chon uv·yo·mei·chon uv·cha·yei de·chol beit·yis·ra·el ba·a·ga·la u·viz·man ka·riv ve·im·ru a·men.

Ye·hei she·mei ra·ba me·vo·rač le·a·lam u·le·al·mei al·mai·ya.

Yit·ba·rač ve·yish·ta·bach ve·yit·pa·ar ve·yit·ro·mam ve·yit·na·sei ve·yit·ha·dar ve·yit·a·leh ve·yit·ha·lal she·mei de·kud·sha be·rich hu.

Le·ei·la (u·le·ei·la) mi·kol bir·cha·ta ve·shi·ra·ta tush·be·cha·ta ve·ne·cha·ma·ta da·a·mi·ran be·al·ma ve·im·ru a·men.
LEADER

בָּרְכוּ אֶת יהוה הַמְבֹרָ

Bar·chu

et a·do·nai ham·vo·rach

Bless towards the ONE who is Blessed

COMMUNITY

בָּרוּ הַמְבֹרָ לְעֹלָם וָעֶד

Ba·ruχ a·do·nai ham·vo·rach

gle·o·lam va·ed

Bless the ONE who is Blessed forever and ever
Blessed be You,
Artist of the Cosmos,
Forming Light,
Creating Darkness,
Making Peace,
Creating All.

All thanks You,
Praised by All
All proclaims You,
Holy above All
All exalts You,
Maker of All.

Divine doorkeeper
opening the gates of the east each day,
flinging open the windows of the sky,
you lead the sun out from her dwelling,
and welcome the moon from her house,
lighting up the world and all its creatures
that You fashioned with such loving care.

You illuminate the earth
and those who live on it,
with compassion
and goodness,
renewing tirelessly each day
the work of creation.
Mah ra-bu ma-a-se-cha
a-do-nai ku-lam be-choch-mah a-si-ta
ma-le-ah ha-a-retz kin-ya-ne-cha.

Ha-me-lech ham-ro-mam le-va-do mei-az
ham-shu-bach ve-ha-me-fo-ar ve-ha-mit-na-sei
mi-mot o-lam.
E-lo-hei o-lam
be-ra-cha-me-cha ha-ra-bim
ra-cheim a-lei-nu
a-don u-zei-nu
tzur mis-ga-bei-nu
ma-gen yish-ei-nu
mis-gav ba-a-dei-nu.

El Ba-ruch
Ge-dol De-ah
He-chin U-fa-al
Zo-ho-rei Cha-mah
Tov Ya-tzar
Ka-vod Lish-mo
Me-o-rot Na-tan
Se-vi-vot Uz-o
Pi-not Tze-va-av Ke-do-shim
Ro-ma-mei Shad-ai Ta-mid me-sap-e-rim
ke-vod el u-ke-du-sha-to.

Tit-ba-raCH a-do-nai e-lo-hei-nu
al she-va-CH ma-a-sei ya-de-cha
ve-al me-o-rei or
she-a-si-ta ye-fa-a-ru-cha
se-lah.

How multivariate are your works,
O Maker, in wisdom have you made them,
filling the earth with your beloved beings.

You whose majesty is unique since the first burst of light
praised, exalted and extolled
since the world's birth —
Soul of the World,
in your tender compassion,
show compassion to us:
Fortress from which we learn strength,
Rock within which we shelter,
Shield that teaches us liberation,
Peak of Experience that works within us for the good.

Ark of Blessing,
Cornucopia of Cognition,
Devising, Engendering and Forging
the Great Halo of the sun,
you made Integrity as a Journey to Your Kingly essence
and created Lights,
Your Magnificence and Nobility to Orbit.
The Poles of the globe are holy to You,
Queenly and Radiant
Shaddai, Telling Urgently of your sacred
Vibrancy and Venerable Ways.

May You be blessed, Fountain of Being,
through the many voices of Your creations
and through the lights You fashioned
which reflect Your beauty.
The Rock, the Guide on life’s journey, the One who makes us whole, that one is blessed, so let your name be praised throughout you who create messengers of goodness.

At the world’s pinnacle, your ministers stand carefully listening for the voice of the living God.

Beloved they are, bright they are, brave they are, each doing in awe the divine will.

Each sings in holiness and purity, in song and psalm, blessing and praising and glorifying and adoring and sanctifying and crowning the Name the abundant divine mysterious Isness that we call Holy.

The messengers receive the divine word from one another and give permission to one another to sanctify the Creator with their own breath in their own clear and beautiful language and then they all speak in awe as one.
Holy, Holy, Holy!
God of Multitudes
The whole world is filled with Your Glory!
The wings of your bearers
make a great sound
as they rise up among the angels,
praising:
Blessed is the Glory of Your Shekhinah in all places.

To the Source of Blessing they offer sweet song
to the one who is Alive and Enduring —
so many songs,
a multitude of melodies.
For the One is:
Doer of Deeds
Worker of Change
Ally of Struggles
Sower of Righteousness
Gardener of Deliverance
Creator of Healing
Revered in Praise
Keeper of Wonders

in goodness renewing each day, every moment,
the work of creation, as the psalms say:
Give thanks to the Maker of great lights,
for divine love is always present.

May a renewed light shine upon Zion,
and may we all witness that radiance.
We bless you, Illuminating One
Creator of multitudes of light.
A·ha·vah ra·ba a·hav·ta·nu

What a great love you have given us our Divine Beloved.

A vast and profound tenderness have You shown us. Sage and Source, for the sake of our ancestors who trusted you — you taught them the ways of life — be kind to us and teach us.

Kind father, gentle mother, loving guide, have compassion on us.

Place in our hearts knowledge, understanding, hearing, learning and teaching. Place in us guarding of the sacred practice and upholding of the words of your Teaching in love.

May Torah be a light to our eyes. May our hearts cling to Your mitzvot. May our hearts unite in love and awe to revere Your Name and may our love be without shame.

In Your holy name — o great and wondrous — we have trusted.

Let us be glad and rejoice in Your deliverance.

GATHER THE FOUR FRINGES OF THE TALLIT

Gather us in peace from the four corners of the world and bring us sustainably to our land. You are the Instigator of Liberation and have planted us among all peoples and among all languages and have brought us close to Your abundant Essence, that we may be thankful, and one with you in love.

Blessed be You to whom our people is beloved.
Hear, my people
the Breath of Life our Source
that Breath of Life is One.

Blessed is the name of that being throughout all space and time.
Love the Breath of Life, your God, with all your heart, with all your soul, with all your gifts: Meditate on these words that I teach you today: And repeat them to your children, speak of them when you sit at home, when you go on your journeys, when you lie down at night and when you rise up in the morning: Bind them as a sign on your hand and let them dangle between your eyes: Write them on the doorposts of your houses, and on your gates:

Ve·a·hav·ta et a·do·nai e·lo·he·ḫa be·chen·ol le·vav·cha u·ve·chen·ol naf·she·cha u·ve·chen·ol me·o·de·cha. Ve·ha·yu had·va·rim ha·e·leh a·sher a·no·chi me·tzav·cha ha·yom al le·vav·cha. Ve·shi·nan·tam le·va·ne·cha ve·di·bar·ta bam be·shiv·te·cha be·vei·te·cha u·ve·lech·te·cha va·de·rech u·ve·sho·ch·be·cha u·ve·ku·me·cha. U·ke·shar·tam le·ot al ya·de·cha ve·ha·yu le·to·ta·fot bein ei·ne·cha. U·ke·shar·tam le·ot al ya·de·cha ve·ha·yu le·to·ta·fot bein ei·ne·cha.
Praises to that mystery, which is the well of blessing, and to whom Moses and Miriam and all the Israelites sang with great joy:

Who is like You among all that we worship?

Who is like you, cloaked in holiness, bewildering in praises, maker of mystery?

A new, renewing song the liberated ones sang — are still singing — to your Name at the shore of the Sea.

Together they thank and contemplate You, saying:

The Divine is here through all space and time.

Rock of Israel, arise and be our help.

Redeem the people as you promised those who spring from Judah and Israel.

Our Liberator, you who bless the many, holy among the godwrestlers.

Blessed be You, who has redeemed this Godwrestling people.
Blessed are You, Breath of Life, our God, God of our ancestors, Abraham's God Isaac's God Jacob's God Sarah's God Rebecca's God Rachel's God Leah's God Deity — abundant mighty wondrous — O mystery. Doing good to those who love. All-creator taking note of our ancestors' love. Bringing healing to their descendants in love, for the sake of the holy essence dwelling in this world.

Guide Helper Rescuer Defender.

Blessed are You, Breath of Life, defender of Abraham, helper of Sarah.
You are our guardian always, in all the worlds, Holy One, You turn death to life — so immense is your power to save!

You whirl the wind and bring down the rain
You bring down the dew
You sustain all life in loving generosity.
You bring life out of death in your womb of compassion.
You lift up the falling
and heal the sick
and free the captive.
You are faithful to what sleeps in dust.
What other being could be like you, owner of the great powers?
Who could be like you, keeper of life and death, gardener of salvation?

Who is like you, our loving Origin, who remembers all beings for life and peace?
You are faithful to enliven what dies.
Blessed are You, Breath of Life, who circles death back to life.
Let us all
make your name holy in the world
just as celestial beings make it holy on high.
As your prophets wrote:

Holy, holy, holy is the Deity of Multitudes!
The whole earth is full of divine presence.

harmonize in blessing:

Blessed is the Divine Presence from every place.

Others respond with praise:

May Becoming go on forever, unfolding generations.
Halleluyah.

May we be telling of your abundance for all generations;
through many ages we may be part of your holiness;
may your praise never leave our mouths,
for you are the ancient El — the Is of our present
and the holy abundance of our future.
Blessed are you,
o God becoming holy.
Healer of the broken-hearted. Binder of our wounds
Counter of uncountable stars. You know who we are. sy
Halleluyah, Halleluyah.
A·na el na re·fa na lah.
It is upon us to praise the Source of all, to offer up abundance to creation's driving force, who made us a part of the divine among all the peoples on the earth, and made us holy beings among all the beings on the globe, who gave us a divine purpose along with all peoples, and intertwined our fate with all the multitudes.

We bend and bow in gratitude before the Ground of All, who guides all guides and teaches all teachers, the Holy One of Blessing, who spreads out the sky and roots the earth, who makes a home in the starry heights and manifests divine presence in the depths of the cosmos — that one is God, and there is nothing but That.

True is that Reality, and all is included in Its Being, It is written in our sacred writings — know this day, meditate in your heart the Breath of Life is divinity.

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Therefore we hope, Indwelling One, to perceive the glory of Your strength, that cycles of violence be removed from earth and tyrants be cut off from their sources of power, that embodying Your nurturing presence we act to heal the world — so all beings will feel Your essence within and all the lost ones will return to You, all dwellers on earth will know You in their being, all separate existence will surrender to You, and all language will articulate Your name.

Before You, God, all barriers fall away, all walls fall, as all discover Your essence at the core of things. Let all accept the work of becoming Your Presence, that Your Reality manifest in us now and always, for the All and all of its parts are Yours, And so it has been and always will be, glory without end. Your Torah proclaims the Infinite is greater than time. The Breath of Life encompasses the whole earth.

This and every day, the Divine is One and its Presence in us One.
Magnified and sanctified is the Great Name in this world created by divine desire. May that Reality be known in our lives, in our days, and in the lives of the people Israel, in this moment and in all the coming moments and let us say amen.

May the Great Name be blessed throughout all space and time.

Blessed and praised extolled and exalted borne up and beautified elevated and acclaimed is the blessed Great Name of Holiness. Beyond all blessing, song, praise, or consolation uttered in this world and let us say amen.

May a great peace come to us from the cosmos bearing life for us and for all Israel and for all the world and let us say amen.

May the one who makes peace in the vast reaches of the universe make peace for us, for all Israel, for all the world, and let us say amen.
Blessed is the Indwelling Life of the Worlds, who makes us holy with mitzvot and invites us to recite the hymns of praise.

Halleluyah.

Praise, you who are workers for the One.

Praise the Name that embodies eternity; may the Name be blessed in every moment.

From sunrise to sunset, the Name fans out its glory.

The One who Manifests Many hovers above all peoples and lingers in the skies.

Who could be like that One, riding high above the stars, yet sweeping low to witness all creatures in sky and earth?

You raise poor ones up from the soil, and the destitute from the trashheap to seat them with royalty, with the privileged of the people.

Returns the one longing for home to the jubilant Source of all beings.

Halleluyah!
When the Israelites burst forth from the narrow country and the house of Jacob fled from an alien land, the thankful ones became holy to the Holy and the freed ones became God’s home on earth. The sea saw this and was moved. The river Jordan ran backward, the mountains danced like rams, and the hills like little goats. Tell us, sea, why were you so moved? River Jordan, why did you run backward? Why did the mountains dance like rams and the hills like little goats? “it was because of the Presence moving on earth, the Flowing One of Jacob, who melts stone into water, and flint into flowing wells.”
Lo la-nu a·do-nai lo la-nu
ki le-shim·cha ten ka-vod
al ča·s-de·čha al a·mit·e·cha.

La·mah yo·me·ru hag-o·yim
a·yeh na e·lo·hei·hem.
Ve·lo·hei·nu va·sha·ma·yim
kol a·sher ča·fet·a·zah.

A·tza·bei·hem ke·sef ve·za·hav
ma·a·seh ye·dei a·dam.
Peh la·hem ve·lo ye·da·be·ru
ei·na·yim la·hem ve·lo yir·u.

O·ze·na·yim la·hem ve·lo yish·ma·u
af la·hem ve·lo ye·ri·čun.
Ye·dei·hem ve·lo ye·mi·shun
rag·lei·hem ve·lo ye·ha·le·ču
lo yeh·gu big·ro·nam.
Ke·mo·hem yih·yu o·sei·hem
kol a·sher bo·te·ačh ba·hem.

Yis·ra·el be·tačh ba·do·nai
ez·ram u·ma·gi·nam hu.
Beit a·ha·ron bit·ču va·do·nai
ez·ram u·ma·gi·nam hu.
Yir·ei a·do·nai bit·ču va·do·nai
ez·ram u·ma·gi·nam hu.

Lo ḳelō ḳihōh ḳelō
rē ṣeḇeṭā ṣeḇeṭā
ɡul ḳovdā ṣeḇeṭā
li ṣeḇeṭā ṣeḇeṭā.

La·mah āmōr ṣeḇeṭā
Ṯa·ḏī na āl·ḥi·ḥaṭ.
Avālāhe·ni āmōr ṣeḇeṭā
mā āsā ṣeḇeṭā.

La·mah ṣeḇeṭā
mā āḥis āl ḥarēḵ.
zczeḇeṭā āl ḥarēḵ
mā ḫaṣā ṣeḇeṭā.

La·mah ṣeḇeṭā
mā āḥis āl ḥarēḵ.
zczeḇeṭā āl ḥarēḵ
mā ḫaṣā ṣeḇeṭā.

La·mah ṣeḇeṭā
mā āḥis āl ḥarēḵ.
zczeḇeṭā āl ḥarēḵ
mā ḫaṣā ṣeḇeṭā.

La·mah ṣeḇeṭā
mā āḥis āl ḥarēḵ.
zczeḇeṭā āl ḥarēḵ
mā ḫaṣā ṣeḇeṭā.

La·mah ṣeḇeṭā
mā āḥis āl ḥarēḵ.
zczeḇeṭā āl ḥarēḵ
mā ḫaṣā ṣeḇeṭā.

La·mah ṣeḇeṭā
mā āḥis āl ḥarēḵ.
zczeḇeṭā āl ḥarēḵ
mā ḫaṣā ṣeḇeṭā.

La·mah ṣeḇeṭā
mā āḥis āl ḥarēḵ.
zczeḇeṭā āl ḥarēḵ
mā ḫaṣā ṣeḇeṭā.

La·mah ṣeḇeṭā
mā āḥis āl ḥarēḵ.
zczeḇeṭā āl ḥarēḵ
mā ḫaṣā ṣeḇeṭā.

Not us, O Breath of Life, not us alone
but Your own Self does
love and truth reveal.

Why should we say:
“Where is God in our world?”
From the place of transcendence,
we are moved toward divine purpose.

Those who worship amassed wealth,
human-crafted things —
those things cannot speak of the ultimate,
or know what matters.

They cannot hear the cries of the world,
or smell the fragrances of life,
or use their hands to feel,
or let their feet take a journey,
and they cannot sing.

Those who make such things their gods
and trust in them will be as senseless as they are.

God-wrestlers, trust in the Breath of Life,
your help and your protection.
You who serve the holy, trust in the Breath of Life.
your help and your protection.
You who are reverent, trust in the Breath of Life,
your help and your protection.
O Rememberer, bless us with Your remembering:
Bless the House of Israel.
Bless the priestly house.
Bless the reverent ones, little ones and great!

“May the Divine increase you and those who come after you.
Blessed may you be by Being, by the Maker of Sky and Earth!”

The Creator who owns the sky gave this earth to us, the children of the earth.
The dead don’t have breath to praise Source, those who have succumbed to silence do not praise,
but we singers are praising the Song of Life right now, and that is forever.

Halleluyah!
I love knowing that I am heard by the cosmos, that the Ultimate inclines Its ear to me and listens at the moments that I call.

When the thought of death overwhelms me, when I am troubled by the idea of my passing, and anxiety and sorrow find me

I call out to the Eternal: “Please offer refuge to this soul-body!”

How kind and righteous the One is at those moments: the Creator has a parent’s compassion.

The Vast One watches over these simple beings and offers redemption to us who have nothing.

My little soul-body, go back to resting in faith; the divine has been generous with you and drawn you out of nothingness and wiped your eyes and directed your feet.

I will walk before the Pilgrim in these living lands; I will have trust even while I say to myself: “How afflicted I am,” even while I think, in my rush to judgment: all people are liars.
What shall I say to you,
when you have been so kind to me?
I will lift up the cup brimming with deliverances,
and call out the sacred name.
I will fulfill the promises I made
in the presence of this community.
How precious in the Wise One’s sight
is the life and death of each one seeking righteousness.
Please, since I am your servant
and born of your servant,
release me from all that constrains me
for I want to offer you a full thanksgiving
and call upon Your name.
I will fulfill the promises I made
in the presence of this community,
in the courtyards of the divine House,
in the neighborhoods of holiness.
Halleluyah.
Acclaim the Beginning, all nations, and praise the Ultimate, all peoples, for a great love flows through us, a sacred truth flows through the world. Halleluyah.

Gratitude to the Source of Abundance: O how good!

For that lovingkindness is for always.

Let the people say:
lovellingkindness is forever.

Let the holy ones say:
lovellingkindness is forever.

Let the reverent ones say:
lovellingkindness is forever.

From the narrow place I called to Yah and Yah answered me with expansiveness.

If the Source of Love is with me, I will not be afraid, what can anyone do to me?

Yah will be my help and I will learn to see into my enemies’ hearts.

It is best to trust in the Source of Life — people are ever-changing, and the powerful have no real power.

Even in a hostile crowd, Spirit helps me overcome.

Even amid a host of troubles, Spirit helps me overcome.

When they swarm around me like bees, I smoke them out:

Spirit helps me overcome.

Even when I nearly fall over, Spirit helps me.

Yah is my strength and song, and will be my liberation.
I hear a song of deliverance in the tents of the righteous:

Yah's hand is making wonders!
Yah's hand is rising up!
Yah's hand is making wonders!

I will not be moribund.
I will be alive, and tell what Yah has done,
for even when I was in deep pain,
Yah did not let me die inside.

Open for me the gates of righteousness —
entering there, I will be grateful to Yah
for these are divine gates,
and the righteous enter here.

Thank you for answering me,
for delivering me.

This stone that no one wanted,
you have used to build with.

This day is God-made —
let us rejoice, and be happy with it.

Please! Save us.
Please! Free us.
Please! Prosper us.
Please! Help us grow.
Blessed is the one who comes accompanied by divine essence.
May blessing come to you from where holiness dwells.
The Mighty One has given us light — process with the sacred things to the corners of the altar!

You are my Source, and I thank you.
Wellspring of my life, I exalt you.
Gratitude to the Source of Abundance: o how good!
For that lovingkindness is for always.

Let all beings praise You, all your works, all your beloveds, all the righteous who are your agents in this world, all Your Godwrestling people, with joyful song let them thank, bless, praise, make beautiful, high, exalted, holy, present Your Name, o One who is, for it is nourishing for us to thank your essence and sweet for us to sing to you, for in all the places and moments of the world, You are.

Blessed be You, Fountain of Life, to whom we raise our voices in praise.

The following four verses are chanted twice.