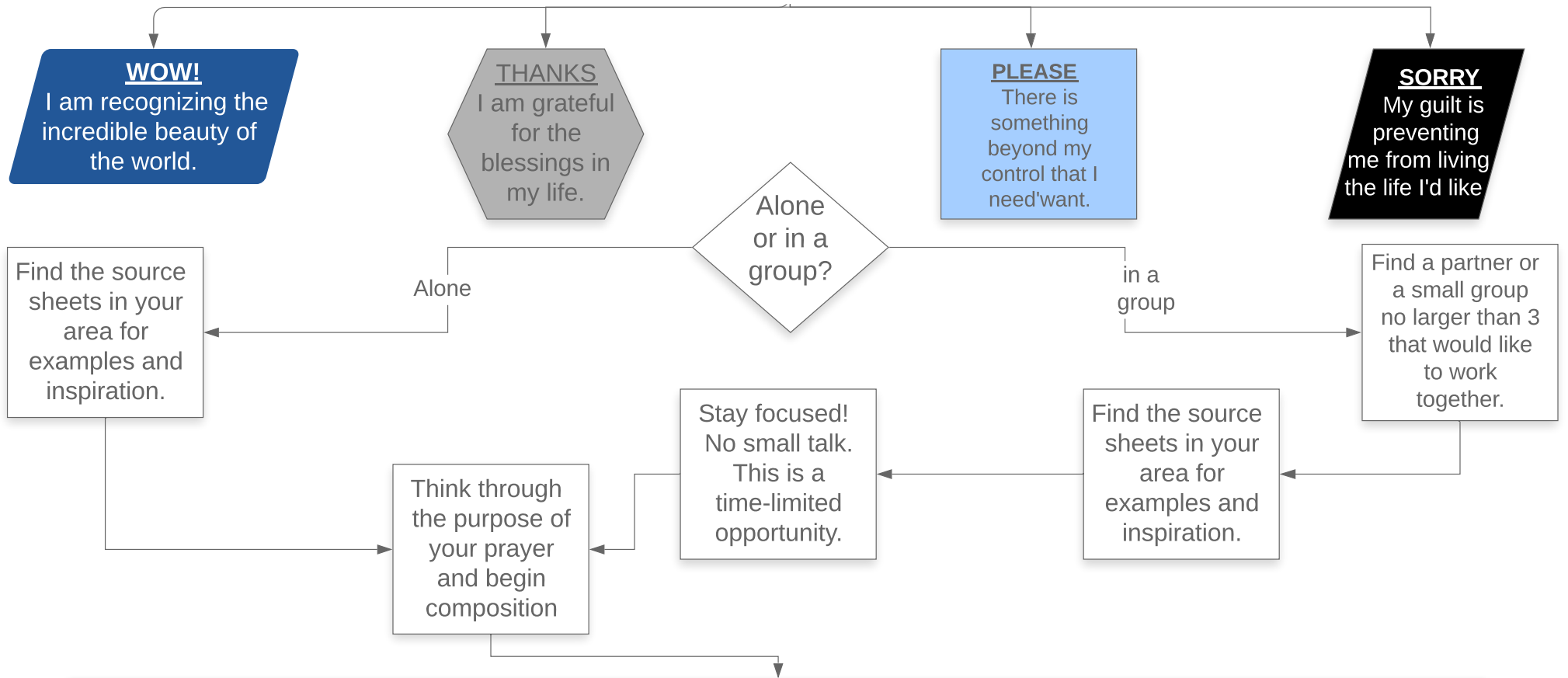


What Kind of Prayer Am I Creating?

Go to the designated area of the room



Know Before Whom You Stand: Choose a name of the Divine to address (Don't worry about getting it "right" - find the one that feels real in this moment, the list is just a tool)

- | | | |
|--|--|---|
| 1. Adonai – My Lord | 19. Av HaRachamim – Merciful Father | 34. Melech Malchei HaMelachim: King of Kings |
| 2. Eloheinu – Our God | 20. Ein Sof – The Infinite | 35. HaMakor – The Source |
| 3. Kadosh Baruch Hu – Holy Blessed One | 21. Refa'einu – Our Healer | 36. Tzur Yisrael – Rock of Israel |
| 4. Avinu – Our Father | 22. Dayan HaOlam – Eternal Judge | 37. Rachmana – Compassionate One |
| 5. HaGadol – Great One | 23. Ma'ayan Chayenu – Wellspring of Life | 38. Oseh HaShalom – Maker of Peace |
| 6. El Nora – Awesome One | 24. Ish Milchama – The Man of War | 39. Shekhina – The Presence |
| 7. El Elyon – Highest God | 25. Ehyeh – Becoming | 40. Avinu Malkeynu – Our Father and Ruler |
| 8. Eli – My God | 26. Mi She'amar V'haya HaOlam – | 41. El Nistar – The Hidden God |
| 9. Yedid Nefesh – Soulmate | The One Who Spoke the | 42. Elohaj Avoteinu – God of Our Ancestors |
| 10. Melech – King | World into Being | 43. Echad – Oneness |
| 11. Tzuri – My Rock | 27. Ro'einu – Our Shepherd | 44. Moreinu – Our Teacher |
| 12. YHVH – Was/Is/Will Be | 28. El Emunah – Reliable One | 45. Nishmat Kol Chai – The Breath of All Life |
| 13. Atik Yomi – The Ancient One | 29. Ahuv – Beloved | 46. Shalom – Peace |
| 14. Mekor HaChayim – Source of Life | 30. Adonai Tzeva'ot – Lord of Forces | 47. Ayin – Nothingness |
| 15. HaBorei – The Creator | 31. Ruach Ha'Olam – Spirit of the World | 48. Ribono Shel Olam – Master of the Universe |
| 16. HaShem – The Name | 32. Avinu Shebashamayim: Our Parent in | 49. Ehyeh Asher Ehyeh - I Will Be What I Will |
| 17. HaGoel – The Savior | Heaven | 50. A Name Special to Your Relationship |
| 18. HaMakom – The Omnipresent | 33. Anochi – I Am | |

If you'd like a traditional formula, you may also begin with one of these



The heart of the prayer goes here. Words that come from the heart, enter the heart. Prepare the middle and conclusion of your prayer. Don't worry about composition or beauty. One suggestion for the middle is to focus on the "why" of your prayer. The conclusion may be one sentence like "Blessed are you (Name you're using) who (does the action that you desire, or are grateful for)
Try to open your heart, let any embarrassment go, and unify your heart in love and awe of God's name.

