

## Alternative Pesukei D'Zimra

### 1. Mah Tovu

מה־טבו אה־ליך יַעֲקֹב מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל

*Mah tovu ohalecha ya'akov mishkenotecha yisrael*

How good are your tents, Jacob: your dwelling places, Israel.

### 2. A Morning Reading:

Teach me, God,  
to bless and to pray  
For the secret within the  
enfolded leaf,  
The glow of a ripening fruit,  
And this freedom:  
To see,  
to sense,  
to breathe,  
to know,  
to celebrate,  
to fail.

Teach mu lips how  
to bless and sing Your praises  
as Your time is renewed  
With the arrival of morning  
And evening,  
That my day today  
Be not like my yesterdays  
That my day not simply  
be habit. - Leah Goldberg

### 3. Gratitude for Body

ברוך אתה יה אלהינו מלך העולם אשר יצר  
את האדם בחכמה וברא בו נקבים ונקבים חלולים  
חלולים גלוי וידוע לפני כסא כבודך שאם יפתח  
אחד מהם או יסתם אחד מהם אי אפשר להתקיים  
ולעמד לפניך אפילו שעה אחת. ברוך אתה יהוה  
רופא כל־בשר ומפליא לעשות

Blessed are You, Adonai, our God, King of the Universe, Who formed man with wisdom and created within him openings and hollows. It is obvious and known in the presence of Your glorious throne<sup>4</sup> that if one of them were ruptured, or if one of them were blocked, it would be impossible to exist and stand in Your Presence even for a short while. Blessed are You, Adonai, Who heals all flesh and performs wonders.

### 4. Blessing for the Soul

אלהי נשמה שנתת בי טהורה היא אתה  
בראתה אתה יצרתה אתה נפחתה בי ואתה  
משמרה בקרבי ואתה עתיד לטלה ממני  
ולהחזירה בי לעתיד לבא, כל זמן שהנשמה  
בקרבי מודה אני לפניך יהוה אלהי ואלהי  
אבותי רבון כל המעשים אדון כל הנשמות:  
ברוך אתה יהוה המחזיר נשמות לפגרים  
מתים:

My God! the soul which You bestowed in me is pure; You created it, You formed it, You breathed it into me and You preserve it within me. You will eventually take it from me, and restore it in me in the time to come.<sup>5</sup> So long as the soul is within me I give thanks to You, Adonoy my God,<sup>6</sup> and God of my fathers, Lord of all creatures, Master of all souls. Blessed are You, Adonai, Who restores souls to dead bodies.

### 5. Interpretive Morning Blessings

*Baruch ata Adonai*, our God Sovereign of time and space,  
Who endows each and every living thing  
with unique capabilities and purpose,  
And creates me in the divine image;  
Who grants me free will  
And the ability to exercise it,  
And blesses me with the  
Gift and responsibility of being a Jew;  
Who opens my eyes to the word around and within me,  
blessing me with insight, awareness, and understanding  
And protects me  
when I feel vulnerable,  
Exposed, or ashamed;

Who frees me from all that limits or confines me.  
 And restores my dignity when I feel bent or broken;  
 Who leads me back to solid  
 ground when the world  
 Shifts beneath my feet.  
 And guides me along my path when I am lost or confused.  
 Who creates me with needs, and the wherewithal to meet them,  
 And strengthens the people Israel with the courage to embody our beliefs.  
 Who crowns the people Israel with a sense of mission and purpose,  
 And renews me each night when I am weary  
 that I may awake to each new day with strength - Rabbi Jan Uhrbach

## 6. From Psalm 30

אֵלֶיךָ ה' אֶקְרָא וְאֶל־אֲדֹנָי אֶתְחַנֵּן  
 שְׁמַע יְהוָה וְחַנּוּנִי ה' הִיְהִי־עֲזֹר לִי

Elei-cha Adonai Ekra v'el Adonai etchanan/  
 Shema Adonai, v'choneini, Adonai Heye Ozer li

To God I call out, and to God I pray,  
 Hear me God and have mercy upon me, be my help.

## 7. Baruch She'amar

Baruch she'amar v'hayah ha'olam  
 Baruch hu.  
 Baruch omer v'oseh  
 Baruch gozer umka-yeim  
 Baruch oseh b'reishit  
 baruch m'racheim al ha-aretz  
 baruch m'racheim al ha-b'riot  
 baruch m'shaleim sachar tov lirei-av,  
 Baruch chai la'ad v'ka-yam la-netzach,  
 baruch podeh umatzil,  
 baruch sh'mo.

בְּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם  
 בְּרוּךְ הוּא. בְּרוּךְ עוֹשֶׂה בְּרֵאשִׁית  
 בְּרוּךְ אוֹמֵר וְעוֹשֶׂה  
 בְּרוּךְ גּוֹזֵר וּמְקַיֵּם  
 בְּרוּךְ מְרַחֵם עַל־הָאָרֶץ.  
 בְּרוּךְ מְרַחֵם עַל־הַבְּרִיּוֹת  
 בְּרוּךְ מְשַׁלֵּם שְׂכָר טוֹב לִירְאָיו  
 בְּרוּךְ חַי לְעַד וְקַיִם לְנֶצַח בְּרוּךְ פּוֹדֶה  
 וּמַצִּיל. בְּרוּךְ שְׁמוֹ  
 בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הָאֵל  
 הָאֵב הַרְחֵמֵנוּ הַמְהַלְלֵנוּ בְּפִי עַמּוֹ מְשַׁבַּח  
 וּמְפָאֵר בְּלִשׁוֹן חֲסִידָיו וְעַבְדָּיו וּבְשִׁירֵי דָוִד  
 עַבְדְּךָ. נְהַלְלֵךְ יְהוָה אֱלֹהֵינוּ בְּשִׁבְחוֹת וּבְזִמְרֹת נִגְדָלְךָ וּנְשַׁבְּחֵךָ וּנְזַכִּיר שְׁמֵךָ  
 וּנְמַלִּיכֵךָ מְלַכְנוּ אֱלֹהֵינוּ. יְחִיד חַי הָעוֹלָמִים. מֶלֶךְ מְשַׁבַּח וּמְפָאֵר עַד־עַד שְׁמוֹ הַגָּדוֹל. בְּרוּךְ  
 אַתָּה ה' מֶלֶךְ מְהַלְלֵנוּ בְּתִשְׁבּוּחוֹת

אֵלֶיךָ ה' אֶקְרָא וְאֶל־אֲדֹנָי אֶתְחַנֵּן  
 שְׁמַע יְהוָה וְחַנּוּנִי ה' הִיְהִי־עֲזֹר לִי

Blessed is He Who spoke, and the world came into being, blessed is He; blessed is He Who maintains the creation; blessed is He Who says and does;1 blessed is He Who decrees and fulfills;2 blessed is He Who has compassion on the earth; blessed is He Who has compassion on the creatures;3 blessed is He Who rewards well those who fear Him, blessed is He Who lives forever and exists eternally; blessed is He Who redeems and saves4 blessed is His Name. Blessed are You, Adonoy, our God, King of the Universe, the Almighty, the merciful Father, Who is verbally extolled by His people, praised and glorified by the tongue of His pious ones, and His servants, and through the songs of David Your servant. We will extoll You, Adonoy our God, with praises and psalms; we will exalt, praise, and glorify You; we will mention Your Name, and proclaim You –our King, our God. Unique One, Life of the worlds, King, praised and glorified forever is His great Name. Blessed are You, Adonoy, King, Who is extolled with praises.

## 8. Psalm 136

הודו לה כִּי־טוֹב כִּי לְעוֹלָם חֶסֶדְךָ:

Praise the LORD; for He is good, His steadfast love is eternal.

הודו לְאֱלֹהֵי הָאֱלֹהִים כִּי לְעוֹלָם חֶסֶדְךָ:

Praise the God of gods, His steadfast love is eternal.

הודו לַאֲדֹנָי הָאֲדֹנָיִם כִּי לְעוֹלָם חֶסֶדְךָ:

Praise the Lord of lords, His steadfast love is eternal;

לַעֲשֵׂה נִפְלְאוֹת גְּדֻלּוֹת לְבַדּוֹ כִּי לְעוֹלָם חֶסֶדְךָ:

Who alone works great marvels, His steadfast love is eternal;

לַעֲשֵׂה הַשָּׁמַיִם בְּתַבּוּנָה כִּי לְעוֹלָם חֶסֶדְךָ:

Who made the heavens with wisdom, His steadfast love is eternal;

לְרַקַּע הָאָרֶץ עַל־הַמַּיִם כִּי לְעוֹלָם חֶסֶדְךָ:

Who spread the earth over the water, His steadfast love is eternal;

לַעֲשֵׂה אוֹרִים גְּדֻלִּים כִּי לְעוֹלָם חֶסֶדְךָ:

Who made the great lights, His steadfast love is eternal;

אֶת־הַשֶּׁמֶשׁ לְמַמְשֶׁלֶת בַּיּוֹם כִּי לְעוֹלָם חֶסֶדְךָ:

the sun to dominate the day, His steadfast love is eternal;

אֶת־הַיָּרֵחַ וְכּוֹכְבֵי־לַיְלָה כִּי לְעוֹלָם חֶסֶדְךָ:

the moon and the stars to dominate the night, His steadfast love is eternal;

למכה מצרים בבכוריהם כי לעולם חסדו:  
Who struck Egypt through their first-born, His steadfast love is eternal;

ויוצא ישראל מתוכם כי לעולם חסדו:  
and brought Israel out of their midst, His steadfast love is eternal;

ביד חזקה ובזרוע נטויה כי לעולם חסדו:  
with a strong hand and outstretched arm, His steadfast love is eternal;

לגזר ים־סוף לגזרים כי לעולם חסדו:  
Who split apart the Sea of Reeds, His steadfast love is eternal;

והעביר ישראל בתוכו כי לעולם חסדו:  
and made Israel pass through it, His steadfast love is eternal;

ונער פרעה וחילו בים־סוף כי לעולם חסדו:  
Who hurled Pharaoh and his army into the Sea of Reeds, His steadfast love is  
eternal;

למוליך עמו במדבר כי לעולם חסדו:  
Who led His people through the wilderness, His steadfast love is eternal;

למכה מלכים גדלים כי לעולם חסדו:  
Who struck down great kings, His steadfast love is eternal;

ויהרג מלכים אדירים כי לעולם חסדו:  
and slew mighty kings— His steadfast love is eternal;

לסיחון מלך האמורי כי לעולם חסדו:  
Sihon, king of the Amorites, His steadfast love is eternal;

ולעוג מלך הבשן כי לעולם חסדו:  
Og, king of Bashan— His steadfast love is eternal;

ונתן ארצם לנחלה כי לעולם חסדו:  
and gave their land as a heritage, His steadfast love is eternal;

נחלה לישראל עבדו כי לעולם חסדו:  
a heritage to His servant Israel, His steadfast love is eternal;

שְׁבִשְׁפִּלְנוּ זְכַר לָנוּ כִּי לְעוֹלָם חֶסֶדְךָ:

Who took note of us in our degradation, His steadfast love is eternal;

וַיִּפְרְקֵנוּ מִצָּרֵינוּ כִּי לְעוֹלָם חֶסֶדְךָ:

and rescued us from our enemies, His steadfast love is eternal;

נָתַן לָחֶם לְכָל־בֶּשֶׂר כִּי לְעוֹלָם חֶסֶדְךָ:

Who gives food to all flesh, His steadfast love is eternal.

הוֹדוּ לְאֵל הַשָּׁמַיִם כִּי לְעוֹלָם חֶסֶדְךָ:

Praise the God of heaven, His steadfast love is eternal.

## 9. Ashrei

*Ashrei Yoshvei Vaytecha, od yehallelucha  
sela*

Happy are those who dwell in Your  
house, they continually sing your praise.

*Tehillat Adonai yedaber pi, vivarech kol  
basar shem kadsho l'olam vaed,  
v'anachnu nevarech Yah me'atah v'ad  
olam Halleluya,*

May my mouth utter praise of Adonai,  
May all that is mortal praise God's name  
forever and ever.

אֲשֶׁרֵי יוֹשְׁבֵי בֵיתְךָ. עוֹד יִהְלֹךְ סֵלָה

תְּהִלַּת ה' יִדְבֵר פִּי

וַיְבָרֶךְ כָּל בֶּשֶׂר שֵׁם קָדְשׁוֹ לְעוֹלָם וָעֶד:  
וְאֲנַחְנוּ נִבְרַךְ יְהוָה מֵעַתָּה וְעַד עוֹלָם.

הַלְלוּיָהּ

## 10. Psalm 148

הַלְלוּיָהּ. הַלְלוּ אֶת ה' מִן הַשָּׁמַיִם. הַלְלוּהוּ בַמְרוֹמִים: הַלְלוּהוּ כָּל מַלְאָכָיו. הַלְלוּהוּ כָּל  
צְבָאָיו: הַלְלוּהוּ שִׁמְשׁ וַיְרַח. הַלְלוּהוּ כָּל כּוֹכְבֵי אוֹר: הַלְלוּהוּ שְׁמֵי הַשָּׁמַיִם. וְהַיָּמִים אֲשֶׁר  
מַעַל הַשָּׁמַיִם יִהְלְלוּ אֶת שֵׁם ה'. כִּי הוּא צָוָה וּנְבָרָא: וַיַּעֲמִידֵם לְעֵד לְעוֹלָם. חֶק נָתַן וְלֹא  
יַעֲבוֹר: הַלְלוּ אֶת ה' מִן הָאָרֶץ. תְּנִינִים וְכָל תְּהוֹמוֹת: אֲשׁ וּבְרָד שֶׁלֵּג וְקִיטוֹר. רוּחַ סֶעֱרָה  
עֲשֵׂה דְבָרוֹ: הַיְהוֹרִים וְכָל גְּבֻעוֹת. עֵץ פְּרִי וְכָל אֲרָזִים: הַתִּיָּה וְכָל בְּהֵמָה. רִמָּשׁ וְצִפּוֹר כָּנָף:  
מַלְכֵי אָרֶץ וְכָל לְאֻמִּים. שָׂרִים וְכָל שִׁפְטֵי אָרֶץ: בַּחֲוֹרִים וְגַם בַּתּוֹלוֹת. זְקֵנִים עִם נְעָרִים:  
יִהְלְלוּ אֶת שֵׁם ה'. כִּי נִשְׁגָּב שְׁמוֹ לְבַדּוֹ. הוֹדוּ עַל אֶרֶץ וּשְׁמַיִם: וַיְרֵם קָרוֹן לְעַמּוֹ. תְּהִלָּה לְכָל  
חֲסִידָיו. לְבְנֵי יִשְׂרָאֵל עִם קִרְבוֹ. הַלְלוּיָהּ

Hallelujah. Praise ye the Lord from the heavens; praise Him in the heights.  
Praise ye Him, all His angels; praise ye Him, all His hosts.  
Praise Him, ye heavens of heavens, and ye waters that are above the heavens.  
Let them praise the name of the Lord; for He commanded, and they were created.  
He hath also established them for ever and ever; He hath made a decree which shall not be transgressed.  
Praise the Lord from the earth, ye sea-monsters, and all deeps;  
Fire and hail, snow and vapour, stormy wind, fulfilling His word;  
Mountains and all hills, fruitful trees and all cedars;  
Beasts and all cattle, creeping things and winged fowl;  
Kings of the earth and all peoples, princes and all judges of the earth;  
Both young men and maidens, old men and children;  
Let them praise the name of the Lord, for His name alone is exalted; His glory is above the earth and heaven.  
And He hath lifted up a horn for His people, a praise for all His saints, even for the children of Israel, a people near unto Him. Hallelujah.

## 11. Psalm 150

הַלְלוּ־יָהּ. הַלְלוּ אֱלֹהִים בְּקֹדֶשׁוֹ. הַלְלוּ־יָהּ בְּרִקְיעַ עֲזָזוֹ: הַלְלוּ־יָהּ בְּגִבּוֹרֹתָיו. הַלְלוּ־יָהּ כָּרֵב גְּדִלוֹ: הַלְלוּ־יָהּ בְּתִקְעַ שׁוֹפָר. הַלְלוּ־יָהּ בְּנִבְלֵ וְכִנּוֹר: הַלְלוּ־יָהּ בְּתֵף וּמְחֹל. הַלְלוּ־יָהּ כָּל הַנְּשָׁמָה תְהַלֵּל יָהּ. הַלְלוּ־יָהּ: כָּל הַנְּשָׁמָה תְהַלֵּל יָהּ. הַלְלוּ־יָהּ

Kol Ha'neshama tehallel Ya, Halleluya.  
Every breath/soul praises God, Halleluya.

## 12. Song of the Sea

עֲזִי וְזִמְרַת יָהּ. וַיְהִי לִי לִישׁוּעָה

*Ozi v'Zimrat Yah Vayahi li lishuah*

My Strength (balanced) with the Song of God will be my salvation (Psalm 118:14, Exodus 15:2)

## 13. Nishmat Kol Chai

נְשִׁמַת כָּל חַי תְּבָרַךְ אֶת שִׁמְךָ ה' אֱלֹהֵינוּ. וְרוּחַ כָּל בֶּשֶׂר תִּפְאָר וּתְרוֹמָם זְכָרְךָ מְלַכְנוּ  
*Nishmat kol chai tivarech et shimcha Adonai eloheinu*  
The soul of all that lives praises Your name Adonai our God.