



1	Modeh/Modah Ani lefanekha ruah hai v'kayam	מוֹדֶה/מוֹדָה אֲנִי לְפָנֶיךָ רוּחַ חַי וְקַיָּם	I am grateful before You living and enduring spirit (Variation on Shulḥan Arukh ch. 1)
2	Ma Tovv ohalekha Ya'akov mishkenotekha Yisrael	מַה-טֹּבוֹ אֹהֲלֶיךָ, יַעֲקֹב; מִשְׁכְּנֹתֶיךָ, יִשְׂרָאֵל:	How good are your tents Ya'akov, your dwelling places, Yisrael! (Numbers 24:5)
3	Barukh atah Adonai Eloheinu melek ha'olam asher natan la'sekhvi vina l'havhin beyn yom uveyn layla. Brukha at Yah Eloheinu ruah ha'olam pokeah ivrim. Barukh atah Adonai Eloheinu melek ha'olam she'asani b'tsalmo. Brukha at Yah Eloheinu ruah ha'olam malbish arumim. Brukha at Shekhina Eloheinu malkha ha'olam mateer asurim.	בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר נָתַן לְשִׁכְּוִי בֵּינָה לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה: בָּרוּכָה אַתָּה יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם פּוֹקֵחַ עִוְרִים: בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂנִי בְּצַלְמוֹ: בָּרוּכָה אַתָּה יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם מַלְבִּישׁ עֲרֻמִּים: בָּרוּכָה אַתָּה שְׁכִינָה אֱלֹהֵינוּ מַלְכָּה הָעוֹלָם מַתִּיר אֲסוּרִים:	Blessed are you, YHVH our g!d, cosmic majesty, who gives understanding to the rooster to distinguish between day and night. Blessed are you, Yah our g!d, spirit of the world, who gives sight to the blind. Blessed are you, YHVH our g!d, king of the world, who created me in the divine image. Blessed are you, Yah our g!d, spirit of the world, who clothes the naked. Blessed are you, Shekhina our g!ddess, queen of the world, who releases the bound. (adapted from the morning blessings)
4	Elohai Neshama shenatata bee, t'horah hee	אֱלֹהֵי, נִשְׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא	God, the Soul that you have given me is pure. (Babylonian Talmud, Berakhot 60b)
5	Hareyni Mekabel/et Alai et mitsvat asei (ha'borei) v'avavata l'reyakha kamokha	הֲרֵינִי מִקְבֵּל/מִקְבֵּלָת עָלַי אֶת מִצְוַת עֲשֵׂה (הַבּוֹרֵא): "וְאָהַבְתָּ לְרֵעֶךָ כָּמוֹךָ"	It is upon me to receive the connection (of the Creator), obligating me to "love your fellow as yourself." (Rav Yitzhak Luria, circa 16 th century, on Leviticus 19:18)
6	Barukh she'amar vehaya ha'olam barukh hu. Brukha hee, u'barukh shemah	בָּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם. בָּרוּךְ הוּא. בָּרוּכָה הִיא וּבָרוּךְ שִׁמְהָ:	Blessed is the One who spoke and the world came to be. Blessed is G?D. Blessed is G?D and blessed is G?D's Name. (R' Moshe Gaon, circa 825 C.E., adapted by R' Levi Weiman-Kelman, 20 th century)
7	Ashrei yoshvei veytekha, od yehallelukha selah	אַשְׁרֵי יוֹשְׁבֵי בֵּיתְךָ, עוֹד יִהְיֶה לְךָ סֵלָה:	Happy are those who dwell in Your house, may they always praise You. Selah! (Psalm 84:5)
8	Hallelu , Hallelu, Hallelu, Kol haneshama tehalal Yah hallelu	הַלְלוּ, הַלְלוּ, הַלְלוּ. כָּל הַנִּשְׁמָה תִּהְלֵל יְיָ הַלְלוּ.	Let the entire soul praise Yah, y'all! (Psalms 150:6)
9	Ozi , v'zimrat Yah, va'yehee lee leeshuah	עֲזִי וְזִמְרַת יְיָ וְיִהְיֶה לִּי לִישׁוּעָה	My strength and my song is Yah; Yah has become for me salvation. (Shirat haYam, Exodus 15:2)
10	Shema Yisrael Adonai Eloheinu Adonai Ehad	שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד	Listen up, Israel! Hashem (YHVH) is our G?D. YHVH is one. (Deut. 6:4)
11	[whisper] Barukh Shem Kavod Malkhuto l'Olam va'ed	[בלחש] בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:	[whisper] Blessed is the name of G?D's radiant kingdom in every age. (Cf. Mishnah Yoma 3:8)

12	<p>V'ahavta, eyt Adonai Elohekha, bekhoh levav'kha, u'vekhol naf'shekha, u'vekhol me'odekha. V'hayu ha'davarim ha'eyleh asher anokhi metsavekha hayom al levavekha. V'shinantam l'vanekha v'dibarta bam, beshivtekha beveytekha u'velekhtekha vaderekh u'veshakhekha u'vekumekha. Ukshartam l'ot al yadekha v'hayu l'totafot beyn eynekha. Ukhtavtam al mezuzot beytekha u'visharekha</p>	<p>וְאַהֲבַתְּ אֶת יְיָ אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ:</p> <p>וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֶנֶכִּי מְצַוֶּה הַיּוֹם עָלֶיךָ לְבַבְּךָ: וְשִׁנַּנְתָּם לְבָנֶיךָ וּדְבַרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבִלְכֻתְךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וְקִשַּׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ: וְכִתַּבְתָּם עַל-מְזוּזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:</p>	<p>You shall love Adonai your G?D with all your heart, with all your soul, and with all your being.</p> <p>Set these words, which I command you this day, upon your heart. Teach them faithfully to your children; speak of them in your home and on your way, when you lie down and when you rise up. Bind them as a sign upon your hand; let them, be a symbol before your eyes; inscribe them on the doorposts of your house, and on your gates. (Deuteronomy 6:5-9)</p>
13	<p>Adonai Sfatai Tiftah ufi yagid t'hilatekha</p>	<p>אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ:</p>	<p>Adonai, open up my mouth so that my mouth may speak your praise. (Psalms 51:17)</p>
14	<p>Od Yavo Shalom Aleynu, od yavo shalom aleynu, od yavo shalom aleynu v'al kulam. Salam, Aleynu v'al kol ha'olam, Salam, Salam</p>	<p>עוֹד יָבוֹא שָׁלוֹם עָלֵינוּ. עוֹד יָבוֹא שָׁלוֹם עָלֵינוּ. עוֹד יָבוֹא שָׁלוֹם עָלֵינוּ וְעַל כּוֹלָם. שָׁלָם, עָלֵינוּ וְעַל כָּל הָעוֹלָם, שָׁלָם, שָׁלָם.</p>	<p>Let there be peace on us and the world.(x3) Peace, on us and on the World. Peace, Peace. (adapted from Kaddish) [in Arabic] Sawfa Yaati a-Salam Aleyna.(x3) Wa alla al-kul Salam, Aleina Wa alla kuhl al-allam, Salam, Salam</p>
15	<p>Oseh Shalom bimromav hu ya'aseh shalom aleynu, v'al kol Yisrael v'al kol Yishmael, v'al Kol Ha'olam</p>	<p>עוֹשֵׂה שָׁלוֹם בְּמִרְמוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יִשְׁמָאֵל וְעַל כָּל הָעוֹלָם</p>	<p>Maker of Peace on high, may You make peace upon us and all Israel, and all the people of Ishmael and all the world. (an adaptation from the Full Kaddish)</p>
16	<p>B'shem Hashem Elohei Yisrael, Mimini Mikhael, mismoli Gavriel, u'milfanai Oriel, me'ahorai Refael. V'al roshi, v'al roshi shekhinat El</p>	<p>בְּשֵׁם יְיָ אֱלֹהֵי יִשְׂרָאֵל מִיְּמִינִי מִיְּכָאֵל וּמִשְׁמָאֵל גַּבְרִיאֵל וּמִלְפָּנַי אוֹרִיאֵל וּמֵאַחֲרַי רִפְאֵל וְעַל רֹאשֵׁי שְׁכִינַת אֵל</p>	<p>In the name of G?D, god of Yisra-El. On my right is Mikha-El, on my left Gavri-El, in front of me Ori-El, behind me Refa-El. Above my head and inside me, is the presence of the Source. (from the bedtime shema, Mahzor Vitry)</p>
17	<p>Yehi Shalom, b'helek shalva, b'armno'tayikh</p>	<p>יְהִי-שָׁלוֹם בְּחִילָךְ שְׁלוֹה בְּאַרְמְנוֹתֶיךָ:</p>	<p>Let there be peace with your ramparts, tranquility within Your fortresses. (Psalms 122:7)</p>
18	<p>K'ayal Ta'arog al afikai mayyim ken nafshee, ta'arog eylekha Elohim. Tsama nafshi l'Elohim l'El hai matai avoh v'era'eh pnai ha'Elohim</p>	<p>כְּאַיִל תַּעְרֹג עַל אֲפִיקֵי מַיִם כֵּן נַפְשִׁי תַעְרֹג אֵלַיִךְ אֱלֹהִים: צִמְאָה נַפְשִׁי לְאֱלֹהִים לְאֵל חַי מִתִּי אָבוֹא וְאַרְאֶה פָּנֵי אֱלֹהִים.</p>	<p>As a gazelle yearns for streaming waters, so does my soul yearn for you, God. My soul, it thirsts for G?D. When will I be seen before G?D? (Psalms 42:2-3, attributed to the chileen of Korah)</p>
19	<p>Lev Tahor b'rah li Elohim. V'ruah nakhon hadesh b'kirbi. Al tashlikhaynee meelfanekha, v'ruah kodshekha al tikah meemeni. Hashiva lee si'son yeesh'ekha v'ruah nideevah teesmi'khaynee</p>	<p>לֵב טָהוֹר, בְּרָא-לִי אֱלֹהִים; וְרוּחַ נָכוֹן, חֲדָשׁ בְּקִרְבִּי. אַל-תִּשְׁלִיכֵנִי מִלְפָּנֶיךָ; וְרוּחַ קֹדֶשְׁךָ, אַל-תִּקַּח מִמֶּנִּי. הַשִּׁיבָה לִּי, שִׁשּׁוֹן יִשְׁעֶךָ; וְרוּחַ נְדִיבָה תִּסְמְכֵנִי.</p>	<p>Create a pure in me, Great Spirit, and renew a true soul within me. Don't cast me away from before you, and don't take your holy spirit away from me! Restore to me the joy of your salvation, and uphold a generous spirit in me. (Psalms 51:12-14)</p>
20	<p>Ben Adam mah lekha nirdam? Koom kera et tahananonim. Ben adam mah lekha nirdam? Koom kera el elohekha</p>	<p>בֶּן אָדָם מַה לָּךְ נִרְדָּם קוּם קְרֹא בְּתַחֲנוּנִים בֶּן אָדָם מַה לָּךְ נִרְדָּם קוּם קְרֹא אֵל אֱלֹהֶיךָ</p>	<p>Child of humanity, why are you asleep? Awake and pour out your prayers. Child of humanity, why are you asleep? Awake and call out to your creator! (Rav Yehudah Ibn Balaam, 11th century, Seville)</p>