

## Sacred Hebrew Chanting

### Shakharit (morning service)

#### Opening in Gratitude

מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ לְפָנֶיךָ

*Modeh (masc.) / Modah (fem.) ani l'fanya'ich/ l'fanecha.*

(I am grateful before You (fem/masc Divine energy).)

#### Entering into the Larger Goodness

מַה טּוֹבוֹ אֱהָלֶיךָ יַעֲקֹב, מִשְׁכְּנֶתֶיךָ יִשְׂרָאֵל.

וְאֲנִי בְרוֹב חֲסִדֶיךָ אָבוֹא בֵיתֶךָ.

*Ma tovu ohalecha Ya'akov; mish'k'notekha Yisrael. (2x)*

*Va'ani b'rov khas'decha avo veitecha (2x)*

(How good are your tents Ya'akov; your dwelling places, Yisrael. By your grace I will enter your house.)

#### Openings & Closings

*N'kavim n'kavim,*

נְקַבִּים נְקַבִּים,

*khalulim khalulim...*

חָלוּלִים חָלוּלִים...

*sh'im ifate'akh ekhad me'hem,*

שָׂאֵם יִפְתַּח אֶחָד מֵהֶם,

*o yisatem ekhad me'hem*

אוּ יִסְתֵּם אֶחָד מֵהֶם,

*i efshar l'hit'kayem*

אִי אֶפְשֵׁר לְהִתְקַיֵּם

*v'la'amod l'fanekha (m)/l'fanayikh (f)*

וְלַעֲמוֹד לְפָנֶיךָ / לְפָנֶיךָ.

(Openings- if one of them should be stopped up instead of open, or

opened instead of closed, it would be impossible to exist and stand before You  
(masc/fem)- Source of All.) (Music- R. Daria Jacobs-Velde)

Opening to the Source of Flow/ Creation

וְנָהַר יוֹצֵא מֵעֵדֶן לְהַשְׁקוֹת אֶת הַגֶּן

*V'nahar yotzei me'Eden l'hashkot et ha'gan.*

(A river comes forth from Eden to water the garden. Gen 2:10)

Singing Out with our Whole Self

הַלְלִי נַפְשִׁי אֶת יי. אֶהְלֵלָה יי בְּחַיִּי, אֲזַמְרָה לֵאלֹהֵי בְעוֹדֵי.

*Halleli naf'shi et Yah/Adonai, ahal'la Havaya/Adonai b'kha'yai,*

*Azamra l'Elohai b'odi (2x). Halleluya!*

(My soul sings out hallel for Adonai.

I sing out to Elohim with all my might. Halleluya! Ps 148)

Source of Blessing Exists Eternally

בְּרַכּוּ אֶת יי הַמְּבָרֵךְ.

בְּרוּךְ יי הַמְּבָרֵךְ לְעוֹלָם וָעֶד.

*Baruch Adonai/Yah/Havayah ham'vorach/ham'vorechet l'olam va'ed*

Unifying the Heart

וַיִּחַד לְבַבֵּנוּ לְאַהֲבָה וּלְיִרְאָה אֶת שְׁמֶךָ \ שְׁמֶךָ

*V'yakhed l'vaveynu (2x) l'ahava, u'lirah et sh'mekhah/shmekh.*

(Unify our hearts to love and to be in awe of Your Name/Essence)

Oneness

שְׁמַע יִשְׂרָאֵל, יי אֱלֹהֵינוּ, יי אֶחָד.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

*Shema Yisrael Adonai/ Havaya/ Yah Eloheynu.*

*Adonai/ Havaya/ Yah ekhad/akhat.*

## Personal Prayers

### *Silent Amidah / עמידה*

#### Healing

אָנָּא אֵל נָּא רְפָּא נָּא לָּהּ (אָנָּא)

*Ana el na (3x) r'fa na la*

(Please God, heal [her]; Ex. 12:13)

#### Torah

כָּלֵם אַהוּבִים, כָּלֵם בְּרוּרִים, כָּלֵם גְּבוּרִים

All love, all clarity, all power!

*Kulam ahuvim, kulam b'ru'rim, kulam giborim.*

(All love, all clarity, all power! May Torah help us act in the world in this way.)

#### Comfort/ Kaddish

#### Closing

Balancing Will and Surrender

עֲזִי וְזִמְרַת יְהוָה וַיְהִי-לִי לִישׁוּעָה:

*Ozi v'Zimrat Yah va'yhi li lishu'a.*

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

With gratitude to Rabbis Shefa Gold, Jarah Greenfield, and Miriam Margles for these powerful melodies! For links to Rabbi Shefa Gold's chants, go to rabbishefagold.com.