

Sacred Hebrew Chanting
Shakharit (morning service)

Opening in Gratitude

מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ וְלְפָנֶיךָ

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 טֹבֹו אֱהַלֶיךָ יַעֲקֹב, מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.

וְאֲנִי בְרֹב חֶסֶדְךָ אָבוֹא בֵיתְךָ.

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

Va'ani b'rov khas'dekha 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,

נְקָבִים נְקָבִים,

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)

Creation

וַיִּקַּח יי אֱלֹהִים אֶת־הָאָדָם וַיִּנְחֵהוּ בְּגַן־עֵדֶן לְעִבְדָּהּ וּלְשֹׁמְרָהּ:

בְּרֵאשִׁית בָּרָא אֱלֹהִים אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ!

Va'yikakh Adonai Elohim et ha'adam, et ha'adam

va'yanikhehu v'Gan Eden l'ovda u'l'shomra!

Breishit bara Elohim et ha'shamayim v'et ha'aretz!

(YHVH, God of creation, took the earthling and placed him in the Garden to serve it and to guard it;

With wisdom/ In the beginning, God of creation created the heavens and the earth!

Gen 2:15, 1:1)

Singing Out with our Whole Self

הַלְּלִי נַפְשִׁי אֶת יי. אֶהְלֵלָה יי בְּחַיִּי, אֲזַמְרָה לֵאלֹהֵי בְּעוֹדִי.

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

בָּרַכּוּ אֶת יי הַמְּבָרֵךְ.

בְּרוּךְ יי הַמְּבָרֵךְ לְעוֹלָם וָעֶד.

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

Unifying the Heart

וְיִיחַד לְבַבֵּנוּ לְאַהֲבָה וְלִירְאָה אֶת שְׁמִךָ \ שְׁמִךָ

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 מְלֻכּוּתוֹ לְעוֹלָם וָעֶד.

Shema Yisrael Adonai/ Havaya/ Yah Eloheyenu.

Adonai/ Havaya/ Yah ekhad/akhat.

Personal Prayers

Silent Amidah / עֲמִידָה

Healing

(אָנָּה) אֵל נָא רְפֵא נָא לָהּ

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

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

Torah

כָּלֵם אַהוּבִים, כָּלֵם בְּרוּרִים, כָּלֵם גִּבּוֹרִים

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 וְיִהְיֶה לִּי 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.