

Sacred Hebrew Chanting

Shakharit (morning service)

Opening in Gratitude

מִוֹדָה / מִוֹדָה 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 טֹבֹו אֱהָלֶיךָ יַעֲקֹב, מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.

וְאֲנִי בְרוֹב חַסְדֶּיךָ 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.)

Opening to the Source of Flow/ Creation

וְנָהָר 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. אֱהַלְלָה יי בְּחַיִּי, אֲזַמְרָה לֵאלֹהֵי בְעוֹדִי.

Halleli naf'shi et Adonai, ahal'la 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 יְיָ הַמְּבָרָךְ.

בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Baruch Adonai ham'vorach l'olam va'ed

A New Light

אֹר חֲדָשׁ עַל צִיּוֹן תִּאִיר, וְנִזְכֶּה כְּלָנוּ מִהֶרָה לְאוֹרוֹ.

Or khadash al tzion ta'ir (3x) v'nizkeh chulanu m'hera l'oro.

(Shine a New Light on Tzion, and may we all soon be worthy of enlightenment).

Great Love

אַהֲבָה רַבָּה אַהֲבַתְנוּ

Ahava rabbah ahav'tanu

(With a great love You love us).

Oneness

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

בְּרוּךְ שֵׁם כְּבוֹד מְלִכּוּתוֹ לְעוֹלָם וָעֶד.

Shema Yisrael Adonai Eloheyenu.

Adonai ekhad.

Personal Prayers

Silent Amidah / עֲמִידָה

Healing

(אָנָּה) אֵל נָא רַפֵּא נָא לָהּ

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

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

Torah

כָּלֶם אֱהוּבִים, כָּלֶם בְּרוּרִים, כָּלֶם 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

Arising

מִי זֹאת עוֹלָה מִיַּן הַמִּדְבָּר?!?

Mi zot olah min ha'midbar?!?

(Who is that arising from the wilderness?!)

OR

The Power of Not Knowing

לֹא-יָדַע מַה-נִּעְבֹּד אֶת-יְיָ עַד-בֹּאוֹנוֹ שָׁמָּה:

Lo nedah mah na'avod et Yah ad bo-enu shama.

(We won't know how we will serve YHVH until we get there. Ex. 10:26)

OR

Balancing Will and Surrender

עֹזִי וְזִמְרַת יְהוָה וְיֵהִי-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.