

Siddur for Grounding through Jewish Nature Connection

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All page numbers correspond to the pages in Kol HaNeshama

בְּרָכוֹת הַשַּׁחַר

Morning Blessings

*Notice the space around you. What kind of a tent/ *ohel are you in? Or are you in a **mishkan/ sacred dwelling place for the Divine? How does who you are in that space (the trickster, Jacob, or the open-hearted & transformed Israel) impact whether you are in a tent or mishkan?*

141 מַה טָּבוֹ *אֵהְלִיךָ יַעֲקֹב, **מִשְׁכַּנְתִּיךָ יִשְׂרָאֵל. וְאֲנִי בְּרֵב חֲסִדֶיךָ
אָבוֹא בֵיתְךָ,

Listen to the birds and other animal life around you. What other species are awakening this morning?

153 בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן לְשָׂכֵוֵי בֵינָה לְהַבְחִין
בֵּין יוֹם וּבֵין לַיְלָה.

What can you see with new eyes?

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, פּוֹקֵחַ עֲוֹנוֹת.

What do you notice is bent over? What gets bent over with time? What can eventually straighten again? what will never be straight?

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, זֹקֵף כְּפוּפִים.

Notice the land/ ha'aretz under your feet. Look around in all directions. Where is the nearest water? What happens where land meets water?

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מְלֶכֶד הָעוֹלָם, רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם.

What abundance lies all around us when we open our eyes! How are your deeper needs met when you get outside of yourself and your smaller ways of seeing and being?

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מְלֶכֶד הָעוֹלָם, שְׁעָשָׂה לִי כָל צָרָכִי.

You are in a unique place right now, at all levels of your being. What are the steps, tza'adim, that got you here?

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מְלֶכֶד הָעוֹלָם, הַמְכִּין מְצַעְדֵי גִבּוֹר.

What signs of power and strength do you see and feel around you? How might they support you throughout your day?

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מְלֶכֶד הָעוֹלָם, אוֹזֵר יִשְׂרָאֵל בְּגִבוּרָה.

Isn't the world a glorious place?! Can you feel into the glory that pervades the world and surrounds you, letting yourself be crowned in this glory?!

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מְלֶכֶד הָעוֹלָם, עוֹטֵר יִשְׂרָאֵל בְּתַפְאָרָה.

How does the koach/ power flowing through the world around you strengthen you, especially when you're tired?

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מְלֶכֶד הָעוֹלָם, הַנוֹתֵן לִיעָר כֶּחַ.

My God, the soul you placed within me is pure... It is as pure as my breath. You created it, and breathed it into me. As I feel the breath of life swirling around me, and as I exchange my breath with the breath of the trees, I know that I am both so very finite, and yet eternal.

165 אֱלֹהֵי, נְשַׁמָּה שְׁנִתְּתָ בִי טְהוֹרָה הִיא. אַתָּה בְּרָאתָהּ, אַתָּה יִצְרַתָּהּ,

אַתָּה נִפְחַתָּהּ בִּי, וְאַתָּה מְשַׁמְרָהּ בְּקִרְבִּי, וְאַתָּה עֹתִיד לְטָלָהּ מִמֶּנִּי,

לְחַיֵּי עוֹלָם.

As long as my soul is within me, I acknowledge and offer gratitude to you, Great Mystery, and orienting Source of All that exists, from me back through all my ancestors.

כָּל זְמַן שֶׁהִנְשַׁמָּה בְּקִרְבִּי, מוֹדָה אֲנִי לְפָנֶיךָ, יְיָ אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי

וְאֲמוֹתַי, רַבּוֹן כָּל הַמַּעֲשִׂים, אֲדוֹן כָּל הַנְּשַׁמּוֹת. בְּרוּךְ אַתָּה יְיָ, אֲשֶׁר בִּידוֹ

נָפֵשׁ כָּל חַי וְרוּחַ כָּל בָּשָׂר.

פְּסוּקֵי דְזִמְרָה

Verses of Song

Every soul, and our entire soul, by virtue of its existence, offers praise to Wondrous One. Halleluya!

231 כֹּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה הַלְלוּיָהּ.

The soul of every living being gives and receives energy with you, wind of each and all matter...From the world and through to beyond the world into eternity, You are a unifying force. Without You there would be no order.

235 נִשְׁמַת כָּל חַי, תְּבָרַךְ אֶת שְׁמֶךָ יי אֱלֹהֵינוּ, וְרוּחַ כָּל בָּשָׂר תִּפְאֵר וּתְרוֹמִים זְכָרְךָ מִלְּפָנֶיךָ תִּמְיֵד, מִן הָעוֹלָם וְעַד הָעוֹלָם אֲתָה אֵל, וּמִבְּלִעְדֶּיךָ אֵין לָנוּ מִלְּךָ

Even if our mouths were filled with so much song that the song stretched on as the vastness of the seas, and our tongues expressed joy like never ending waves, and recognition of wonder flowed from our lips as ongoing as the heavens above, and our eyes were as filled with light as the sun and the moon, and our arms reached out as wide and powerfully as an eagle's wings, and our legs were as agile as those of a deer, words could never adequately acknowledge and offer gratitude for this tender gift of life and the Source that animates all.

237 אֱלוֹהֵינוּ מְלֵא שִׁירָה בְּפִים, וּלְשׁוֹנֵנוּ רִנָּה כְּהֶמוֹן גְּלוּי, וְשִׁפְתוֹתֵינוּ שָׁבַח כְּמַרְחֵבֵי רִקִיעַ, וְעֵינֵינוּ מְאִירוֹת כְּשֶׁמֶשׁ וְכִיָּרָח, וְיָדֵינוּ פְּרוּשׁוֹת כְּנִשְׂרֵי שָׁמַיִם, וְרַגְלֵינוּ קִלּוֹת כְּאַיִלוֹת, אֵין אֲנַחְנוּ מִסְּפִיקִים לְהוֹדוֹת לָךְ,

קְרִיאַת שְׁמַע וּבְרָכוֹתֶיהָ

The Shma & Her Blessings (Light, Love, Redemption)

Let us open our heart and entire being to the Life Force which sustains us and animates all that ever has and ever will exist!

247 בָּרְכוּ אֶת יי הַמְּבָרָךְ.

Yes! We exchange energy with that which is eternal!

קהל וש"ץ בָּרוּךְ יי הַמְּבָרָךְ לְעוֹלָם וָעֶד.

The miracle of light surrounds us, and reminds us that light and dark dance together, and are part of something so much larger.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מְלֶכֶד הָעוֹלָם, יוֹצֵר אוֹר וּבוֹרֵא חֶשֶׁד, עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת הַכֹּל.

All acknowledges You, and all expresses praise for You. There is nothing like You!

249 הַכֹּל יוֹדוּךָ, וְהַכֹּל יִשְׁבְּחוּךָ, וְהַכֹּל יֹאמְרוּ, אֵין קְדוּשׁ כִּיִּי. הַכֹּל

A great love loves us!

273 אֶהְבֶּה רַבָּה אֶהְבֶּתֶנּוּ

Light up our eyes with your Torah/May our eyes become lit up, like the light around us, shining brightly with the sacred teachings from our ancestors, and embedded in the Oneness that is the truth of life.

וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ, וְדַבֵּק לִבֵּנוּ בְּמִצְוֹתֶיךָ, וַיַּחַד לִבֵּנוּ לְאַהֲבָה וּלְיִרְאָה אֶת שְׁמֶךָ, וְלֹא יִבוֹשׁ לְעוֹלָם וָעֶד. כִּי בְשֵׁם קְדוּשָׁה הַגְּדוֹל וְהַנּוֹרָא בְּטַחֲנוּ,

Let us feel joy at numerous levels throughout our bodies as we remember the possibilities for inspiration and personal transformation that realize our potential!

נְגִילָה וְנִשְׁמַחָה בִּישׁוּעָתְךָ.

May our entire being - on the physical, emotional, intellectual and spiritual levels- come together as One, helping us to live in alignment with the mythic potential embedded in our sacred land, and in the earth.

וְהִבִּיאֵנוּ לְשְׁלוֹם מֵאֲרָבַע כַּנְפוֹת הָאָרֶץ, וְתוֹלִיכֵנוּ קוֹמְמִיּוֹת לְאֲרָצֵנוּ, כִּי אֵל פּוֹעֵל יִשׁוּעוֹת אַתָּה, וּבָנוּ בְּחֵרֶת מְכֹל עִם וְלָשׁוֹן.

You remind us of this truth and create possibilities for us to come close to this truth. For that we offer deep gratitude, acknowledge that there is something more than just "our minds," and open our hearts to You and to love in all its forms, for You are the one who knows that those who choose to increase their capacity and capability of giving and receiving love will be your co-creators in the thriving of all.

וְקִרְבֵּתֶנּוּ לְשְׁמֶךָ הַגְּדוֹל סְלָה בְּאֶמֶת, לְהוֹדוֹת לְךָ וּלְיִחְדָּךְ בְּאַהֲבָה. בְּרוּךְ אַתָּה יְיָ, הַבוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.

*Wake up already and pay attention!
The eternal TRUTH is that ONENESS pervades All!*
275 שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

*When I open the fullness of my being to the wonders and miracles around me I
am humbled and awed...*

291 מִי כְמוֹכָה בְּאֵלִים יְיָ, מִי כְמוֹכָה נֶאֱדָר בְּקִדְשׁ, נוֹרָא תְהִלָּת, עֲשֵׂה
פְּלֵא.

*Just like my ancestors when they were at the edge of the sea, leaving behind
shackles and constraints that didn't serve their higher potential, I too sing out in
a new way as I step into the unknown possibilities for self-actualization that
await:*

שִׁירָה חֲדָשָׁה נִשְׁבְּחוּ גְאוּלִים לְשִׁמְךָ עַל שְׁפַת הַיָּם, יַחַד בְּכֵלֵם הַיּוֹדִי
וְהַמְּלִיכוֹ וְאָמְרוּ:

*I am part of the Greatness of Eternity, with seeds of great potentiality
planted within, awaiting my co-creation of the conditions to bring about their
growth!*

יְיָ יִמְלֵךְ לְעוֹלָם וָעֶד.

*Ancient, solid rocks around me remind me of the Foundation for all potential.
From such a foundation, we build our redeemed world.*

צוּר יִשְׂרָאֵל, קוֹמָה בְּעֶזְרַת יִשְׂרָאֵל, וּפִדָה כְּנֵאֲמֶךָ יְהוּדָה וְיִשְׂרָאֵל. גְּאֻלָּנוּ
יְיָ צְבָאוֹת שְׁמוֹ, קְדוֹשׁ יִשְׂרָאֵל. בְּרוּךְ אַתָּה יְיָ גֹאֵל יִשְׂרָאֵל.

עֲמִידָה / הַתְּבוּדוֹת

Personal Prayers

May my lips, and my heart open...

295 אֲדַנִּי שְׁפַתִּי תִפְתָּח וּפִי יִגִּיד תְּהִלָּתְךָ.

*as I connect back to all my ancestors that have come before me, each generation,
all the way back to Abraham and Sarah...*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ...

297 בְּרוּךְ אַתָּה יְיָ, מִגֵּן אֲבֹתֵינוּ וְעֶזְרַת שָׂרָה.

Death and life. When I look at the world around me I am reminded of finitude, and the falseness of finitude as the energy that once manifested in a particular material form transforms into a new form, giving new life. The winds blow. The rains fall. Your loving kindness and abundant compassion support life, even when we fall. Healing and "breakthroughs" in likely and unlikely situations are indeed possible as the journey towards self-realization continues to flourish.

299 אַתָּה גְבוֹר לְעוֹלָם אֲדֹנָי, מְחַיֶּה מֵתִים אֶתָּה, רַב לְהוֹשִׁיעַ.
מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

מְכַלְכֵּל חַיִּים בְּחַסֵּד, מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא
חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אַמוּנָתוֹ לִישְׁנֵי עֶפֶר, מִי כְמוֹךְ בְּעַל
גְבוּרוֹת וּמִי דוֹמָה לָךְ, מְלַךְ מַמְיֵת וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

You give life to all living things, and even that which seems "dead" continues on in life.

וְנֶאֱמָן אַתָּה לְהַחְיֹת כָּל חַי / הַמֵּתִים.
בְּרוּךְ אַתָּה יְיָ, מְחַיֶּה כָּל חַי / הַמֵּתִים.

From generation to generation we step into these practices of connecting to the Mystery and Greatness of Eternity that surrounds us.

305 לְדוֹר וָדוֹר נִגִּיד גְּדֻלָּתְךָ, וְלִנְצַח נְצַחִים קִדְשָׁתְךָ נִקְדִּישׁ, וְשַׁבְּחָךְ,
אֶלְהֵינוּ, מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד, כִּי אֵל מְלַךְ גְּדוֹל וְקָדוֹשׁ אַתָּה.
בְּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ

As I look around at the differentiated world, created in "6 days" according to our sacred story, I am reminded that creating and ceasing from creation are both parts of the wholeness that we are here to co-create. Today, this 7th day, this day called "Ceasing," I take time to drink in and nurture myself in and through this world, just as it is.

307 וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתֶם בְּרִית
עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת
הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹּשׁ.

Today, Shabbat, is a most desired day, for I am reminded of the need to balance creation with ceasing, in order to fully, sustainably, and powerfully step into my role as a partner in what is truly possible.

309 חֲמֻדַּת יָמִים אוֹתוֹ קָרָאתְךָ, זָכַר לְמַעֲשֵׂה בְּרֵאשִׁית.

Great Mystery, desire my resting!!

311 אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, רְצֵה בְּמִנוּחֵתָנוּ,

I offer such deep gratitude for the Ancient Rock that supports my life and protect that which is uniquely possible for the unique gift that I am and the potential that I am here to bring forth. You have supported each generation, one after the other, such that I am now here. I acknowledge that I am part of something so much larger, and from that place I will regularly speak about the wondrousness of the gift of life! I am here - with my body and soul intimately connected in just this way- for an unknown amount of time. While I am here I look for the miracles in the mundane, that I can see every day when I open my eyes and heart. Wonders and goodness abounds at every moment: evening, morning, and afternoon. What goodness! The safe, gentle protection of a Great Womb holds us in lovingkindness and will never end.

315 מוֹדִים אֲנִיחֵנוּ לָךְ, שְׂאֵתָה הוּא, יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, לְעוֹלָם וָעֶד, צוֹר חַיֵּינוּ, מְגִן יְשָׁעֵנוּ, אֵתָה הוּא לְדוֹר וָדוֹר, נוֹדָה לָךְ וּנְסַפֵּר תְּהִלָּתְךָ, עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ, וְעַל נְשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל נְסִיף שְׂבִכָּל יוֹם עֲמָנוּ, וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂבִכָּל יְת, עֲרַב וּבָקֵר וְצַהֲרִים, הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהִמְרַחֵם, כִּי לֹא תָמוּ חֲסָדֶיךָ, מֵעוֹלָם קוּיֵנוּ לָךְ.

You are "Goodness" itself, and that is in fact one of your names. I feel great when I step into gratitude and acknowledge you!

317 בְּרוּךְ אַתָּה יי, הַטּוֹב שְׂמֵךְ וּלְךָ נָאָה לְהוֹדוֹת.

You make wholeness, and I open to receiving that, so that I can offer it back by "paying it forward" in return.

321 בְּרוּךְ אַתָּה יי, עוֹשֵׂה הַשְּׁלוֹם.

עֲלִינוּ

We offer praises to the Energy and Source of Creation! You exist in the heavens above and on the earth below. Nothing exists outside of You. Nothing exists without You. As your Sacred Teachings state: this Energy will exist forever! And one day this Truth will powerfully unify all!

445 עֲלִינוּ לְשִׁבְחָ לְאֲדוֹן הַכֹּל, לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית...

447 כִּי יי הוּא הָאֱלֹהִים בְּשָׁמַיִם מִמַּעַל, וְעַל הָאָרֶץ מִתַּחַת, אֵין עוֹד.

449 כְּפָתוּב בְּתוֹרַתְךָ, יי יִמְלֹךְ לְעוֹלָם וָעֶד. וְנֹאמֵר, וְהָיָה יי לְמִלְכָּךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יִהְיֶה יי אֶחָד, וְשִׁמוֹ אֶחָד.

קדיש יתום

Mourner's Kaddish

We are part of something so much larger. The ebb and flow of life in the natural world grounds us and teaches us about the falsehood of the finitude of the body as it gives way to the Truth of Timelessness of the soul. This ultimately frees us from grasping for life, even when confronting great loss.

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעַלְמָא דִּי בְּרָא כְרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעַגְלָא וּבְזַמַּן קָרִיב, וְאָמְרוּ
אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עֲלַמְיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא, לְעַלְמָא מִן כָּל (בעשי"ת לְעַלְמָא וּלְעַלְמָא מִכָּל)
בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְּאָמְרוּן בְּעַלְמָא, וְאָמְרוּ אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא, וְחַיִּים (טוֹבִים) עֲלִינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ
אָמֵן.

עֲשֵׂה שְׁלוֹם (בעשי"ת יש אומרים: הַשְׁלוֹם) בְּמְרוֹמָיו, הוּא יַעֲשֵׂה שְׁלוֹם
עֲלִינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.