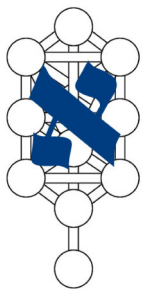


קריאת שֵׁמַע שֵׁעַל הַמַּטָּה

KERIAT SHEMA SHE-AL HAMITAH

The Bedtime Shema



Kabbalah4All Siddur

About Our Siddur

As an international online Sephardic Jewish community, it was important to create a siddur that would meet the needs of those who join us from all around the world and could be downloaded to a computer or tablet. Our Siddur follows Nusach Ari and Nusach Edot HaMizrach (Sephardic). We welcome you to use our siddur whether you are joining us for services or praying on your own.

Kabbalah4All Transliteration Guidelines

- a** as in father
- ai** or **ay** as in aisle
- e** as in red
- ei** as in eight
- i** as in pizza
- o** as in no
- oy** as in toy
- u** as in tune
- ch** as in Bach in German (strong sound from the throat)
- g** as in give
- tz** as in lots
- ' typically adds an "EH" sound after a consonant, this is known as a Shva Na or pronounced Shva as in the word "Sh'ma".
- a dash is simply used to aid in pronunciation, usually if two like vowels follow each other, as in the word "da-at."

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. In our transliteration, when the syllable falls somewhere else other than the last syllable, that stressed syllable will be underlined. Example: Melech.

Hebrew Rules

The following are some of the Hebrew rules you may notice in our siddur.

מֵלֶךְ

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. Whenever a syllable other than the last is accented, a "meteg" (the vertical line under the first letter) will appear.

כֹּל

The "masoret" above the letter Chaf indicates that this is a Kamatz Katan, which is pronounced as "o"; in this example the word is "kol."

יִשְׁמְחוּ

The "rafe" above a letter indicates it is a Shva Na. This example is pronounced yism'chu.

Note that the rafe does not appear above the first letter of a word that has a Shva as that is ALWAYS a Shva Na.

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All prefaces to prayers written and adapted by David Aharon L. Curtis for Kabbalah4All.
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קריאת שמע שעל המטה

THE BEDTIME SHEMA

רבונו של עולם

RIBONO SHEL OLAM

We take a moment to examine our actions of the day and search for any negativity we may have caused others or others may have caused us. Through this blessing we seek to correct any damage done, as well as forgive those who may have done damage to us.

This is not said on Shabbat and Festivals.

Ribono shel olam,
Ruler of the universe,
 hareini mochel l'chol mi
I hereby forgive anyone who
 shehichis v'hiknit oti,
angered or antagonized me,
 o shechata k'negdi,
or who did wrong against me,
 bein b'gufi bein b'mamoni,
whether against my body or whether against my property,
 bein bichvodi
whether against my honor
 bein b'chol asher li,
or whether against anything that is mine,
 bein b'ones bein b'ratzon,
whether they did so accidentally or whether willfully,
 bein b'shogeg bein b'mezid,
whether carelessly or whether purposely,
 bein b'dibur bein b'ma-aseh,
whether through speech or whether through deed,
 bein b'machashavah bein b'hirhur,
whether in deliberation or whether with fleeting thought,
 bein b'gilgul zeh
whether in this transmigration
 bein b'gilgul acher,
or whether in another transmigration,
 l'chol bar Yisra-el,
all of the children of Israel,
 v'lo ye-anesh shum adam b'sibati.
and may no one receive negative effects because of me.

רבונו של עולם,
 הריני מוחל לכל מי
 שהכעיס והקניט אותי,
 או שחטא כנגדי,
 בין בגופי בין בממוני,
 בין בכבודי
 בין בכל אשר לי,
 בין באנס בין ברצון,
 בין בשוגג בין במזיד,
 בין בדבור בין במעשה,
 בין במחשבה בין בהרהור,
 בין בגלגול זה
 בין בגלגול אחר,
 לכל בר ישראל,
 ולא יענש שום אדם בסבתי.

Y'hi ratzon mil'fanecha,
 May it be Your will before You,
 Adonai Elohai
 Adonai my Elohim
 Velohei avotai,
 and Elohim of my ancestors,
 shelo echeta od,
 that I will not transgress again,
 umah shechatati l'fanecha
 and whatever transgressions I have done before You
 m'chok b'rachamecha harabim,
 may You erase in Your abundant mercies,
 aval lo al y'dei yisurim
 but not by means of suffering
 v'chola-im ra-im.
 or bad illnesses.
 Yih'yu l'ratzon imrei fi
 May the words of my mouth
 v'hegyon libi l'fanecha,
 and the meditation of my heart be acceptable to You,
 Adonai tzuri v'go-ali.
 Adonai my Rock and Redeemer.

יְהִי רָצוֹן מִלְּפָנֶיךָ,
 יְהוָה יֵאֱהָרֹנְהִי אֱלֹהֵי
 וְאֱלֹהֵי אֲבוֹתַי,
 שְׁלֹא אֶחַטָּא עוֹד,
 וּמַה שֶׁחַטַּאתִי לְפָנֶיךָ
 מְחֹק בְּרַחֲמֶיךָ הַרְבִּים,
 אֲבָל לֹא עַל יְדֵי יְסוּרִים
 וְחוֹלָאִים רָעִים.
 יְהִי לְרָצוֹן אִמְרֵי פִי
 וְהֶגְיוֹן לְבִי לְפָנֶיךָ,
 יְהוָה יֵאֱהָרֹנְהִי צוּרִי וְגֹאֲלִי.

הַשְׁכִּיבֵנו

HASHKIVENU

*This version is only said on a weeknight.
 On Friday Night or a Festival night, say the version on page 6.*

Hashkivenu Avinu l'shalom,
 May we lay down to sleep, our Father, in peace,
 v'ha-amidenu malkenu
 and may arise, our Sovereign,
 l'chayim tovim ulshalom.
 to good life and to peace.
 Ufros aleinu sukot sh'lomecha,
 Spread over us the shelter of Your peace,
 v'tak'nenu malkenu
 and guide us, our Sovereign,
 b'etzah tovah mil'fanecha.
 with good counsel from before You,

הַשְׁכִּיבֵנו אָבִינוּ לְשָׁלוֹם,
 וְהַעֲמִידֵנוּ מַלְכֵנוּ
 לְחַיִּים טוֹבִים וּלְשָׁלוֹם.
 וּפְרוֹשׁ עָלֵינוּ סֹכֵת שְׁלוֹמְךָ,
 וְתַקְּנֵנוּ מַלְכֵנוּ
 בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ.

V'hoshi-enu m'herah

and save us, quickly,

l'ma-an sh'mecha,

for the sake of Your Name.

v'hagen ba-adenu,

and protect us for our sake,

v'haser me-aleinu makat oyev,

and remove from being struck by an enemy,

dever, cherev, choli, tzarah,

disease, war, illness, misfortune,

ra-ah, ra-av, v'yagon,

evil, famine, and woe,

umashchit, umagefah.

and destructive powers, and epidemic.

Sh'vor v'haser hasatan

Break and shatter the Opponent

mil'faneinu ume-achareinu,

from before us and from behind us,

uvtzel k'nafecha tas-tirenu,

and under the shadow of your wings hide us,

ushmor tzetenu uvo-enu,

and guard us when we go out and when we return,

l'chayim tovim ulshalom,

for good life and for peace,

me-atah v'ad olam.

from now until eternity.

Ki El shom'renu umatzilenu atah,

For You are the Almighty One Who guards us and saves us,

mikol davar ra umipachad lailah.

from anything bad and from the fear of the night.

Baruch atah Adonai,

Blessed are You Adonai,

shomer et amo Yisra-el la-ad.

Who safeguards His people Israel forever.

{Amen.}

Amen.

וְהוֹשִׁיעֵנוּ מְהֵרָה

לְמַעַן שְׁמֶךָ,

וְהִגֵּן בְּעַדְנוּ,

וְהִסֵּר מֵעַלְינוּ מַכַּת אוֹיֵב,

דָּבָר, חָרֵב, חוֹלִי, צָרָה,

רָעָה, רָעַב, וַיָּגוֹן,

וּמִשְׁחִית, וּמַגֵּפָה.

שְׂבוֹר וְהִסֵּר הַשָּׂטָן

מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ,

וּבְצֵל כְּנַפֶּיךָ תַּסְתִּירֵנוּ,

וּשְׁמוֹר צִאתָנוּ וּבואָנוּ,

לְחַיִּים טוֹבִים וּלְשָׁלוֹם,

מֵעַתָּה וְעַד עוֹלָם.

כִּי אֵל שׁוֹמְרֵנוּ וּמַצִּילֵנוּ אַתָּה,

מִכָּל דָּבָר רָע וּמִפַּחַד לַיְלָה.

בָּרוּךְ אַתָּה יְהוָה יְאֵהֲדוֹנָהי,

שׁוֹמֵר אֶת עַמּוֹ יִשְׂרָאֵל לְעַד.

{אָמֵן}

ON FRIDAY NIGHT OR A FESTIVAL NIGHT

Hashkivenu Avinu l'shalom,
May we lay down to sleep, our Father, in peace,
 v'ha-amidenu malkenu
and may arise, our Sovereign,
 l'chayim tovim ulshalom.
to good life and to peace.
 Ufros aleinu sukat sh'lomecha,
Spread over us the shelter of Your peace,
 v'tak'nenu malkenu
and guide us, our Sovereign,
 b'etzah tovah mil'fanecha,
with good counsel from before You,
 v'hoshi-enu m'herah
and save us, quickly,
 l'ma-an sh'mecha.
for the sake of Your Name.
 V'hagen ba-adenu,
And protect us,
 ufros aleinu
and spread over us
 sukat rachamim v'shalom.
the shelter of compassion and peace.

Baruch atah Adonai,
Blessed are You Adonai,
 hapores sukat shalom aleinu
Who spreads the shelter of peace upon us
 v'al kol amo Yisra-el
and upon all His people Israel
 v'al Y'rushalayim.
and upon Jerusalem.
 {Amen.}
 Amen.

הַשְּׁכִיבֵנוּ אֲבִינוּ לְשָׁלוֹם,
 וְהַעֲמִידֵנוּ מַלְכֵנוּ
 לְחַיִּים טוֹבִים וּלְשָׁלוֹם.
 וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,
 וּתְקַנֵּנוּ מַלְכֵנוּ
 בְּעֶצְרָה טוֹבָה מִלְּפָנֶיךָ.
 וְהוֹשִׁיעֵנוּ מְהֵרָה
 לְמַעַן שִׁמְךָ.
 וְהַגֵּן בְּעַדֵּנוּ,
 וּפְרוֹשׁ עָלֵינוּ
 סִכַּת רַחֲמִים וְשָׁלוֹם.

בָּרוּךְ אַתָּה יְהוָה יְיָ אֱלֹהֵינוּ,
 הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ
 וְעַל כָּל עַמּוֹ יִשְׂרָאֵל
 וְעַל יְרוּשָׁלַיִם.
 {אָמֵן}

L'shem yichud kudsha

For the sake of the unification of the Holy One

b'rich hu ushchinteh,

blessed be He and His Sh'chinah,

bidchilu urchimu,

in awe and love,

urchimu udchilu, l'yachada

and in love and awe, to unify

shem Yud Hei b'Vav Hei,

the Name Yud Hei with Vav Hei,

b'yichuda sh'lim,

in perfect unity,

b'shem kol Yisra-el.

in the name of all of Israel.

Hareini m'kabel alai Elohuto

I hereby accept upon myself the Divinity of Elohim

yitbarach v'ahavato v'yirato,

may He be blessed, the love of Him and awe of Him,

vahareini yare mimenu b'gin d'ihu

and I hereby stand in awe of Him because He is the

rav v'shalit al kola,

Master and Ruler over everything,

v'kola kameh k'la.

and everything is insignificant before Him.

Vahareini mamlichu al kol evar

And I hereby accept His rule over each limb

va-evar v'gid vagid

and sinew of the

meramach evarim v'shasah gidim

248 limbs and 365 blood vessels

shel gufi v'nafshi ruchi v'nishmati,

of my body, Nefesh, Ruach, and Neshamah,

malchut g'murah ush-lemah,

a rule that is perfect and complete,

va-hareini eved l'hashem yitbarach,

I hereby am a servant to the Name, blessed be He,

v'hu v'rachamav y'zakeni l'avdo

and He in His Mercy, will give me the privilege to serve

b'levav shalem v'nefesh chafetzah.

wholeheartedly and with a soul that is willing.

Amen, ken y'hi ratzon.

Amen; so may it be His will.

לְשֵׁם יְחִוּד קְדוֹשָׁא

בְּרִיךְ הוּא וּשְׁכִינָתוֹ (יֵאֱהוּנָה),

בְּדַחֲלוֹ וּרְחִימוֹ (יֵאֱהוּנָה),

וּרְחִימוֹ וּדְחִילוֹ (יֵאֱהוּנָה), לְיַחְדָּא

שֵׁם יו"ד ה"א בּו"א ו"ו ה"א (יהוה),

בְּיַחְוּדָא שְׁלִים,

בְּשֵׁם כָּל יִשְׂרָאֵל.

הֲרִינִי מְקַבֵּל עָלַי אֱלֹהוֹתוֹ

יְתַבְרַךְ וְיֵאֱהָבֵתוֹ וְיִרְאַתוֹ,

וְהֲרִינִי יָרֵא מִמֶּנּוּ בְּגִין דְּאִיהוּ

רַב וְשְׁלִיט עַל כָּלָא,

וְכָלָא קָמָה כְּלָא.

וְהֲרִינִי מְמַלִּיכוֹ עַל כָּל אַבְר

וְאַבְר וְגִיד וְגִיד

מֵרַמ"ח אַבְרִים וְשֵׁס"ה גִּידִים

שֶׁל גּוּפִי וְנַפְשִׁי רוּחִי וְנִשְׁמָתִי,

מַלְכוּת גְּמוּרָה וְשְׁלֵמָה,

וְהֲרִינִי עֶבֶד לְהַשֵּׁם יְתַבְרַךְ,

וְהוּא בְּרַחֲמָיו יִזְכֶּנִי לְעַבְדּוֹ

בְּלִבָּב שְׁלֵם וְנַפֶּשׁ חַפְצָה.

אָמֵן, כֵּן יְהִי רְצוֹן.

המפיל

HAMAPIL

This blessing ensures that our soul safely departs our body while it sleeps and returns to our body when we awake.

Baruch atah Adonai

Blessed are You Adonai

Eloheinu melech ha-olam,

our Elohim Sovereign of the universe,

hamapil chevlei shenah al e^ueinu,

Who casts the bonds of sleep upon our eyes,

utnumah al af-apeinu,

and slumber upon our eyelids,

ume-ir l'ishon bat ayin.

and Who illuminates the pupil of the eye.

Y'hi ratzon mil'fanecha,

May it be the will before You,

Adonai Eloheinu

Adonai our Elohim

Velohei avoteinu,

and Elohim of our ancestors,

shetashkivenu l'shalom,

that You lay us down to sleep in peace,

v'ta-amidenu l'chayim tovim

and raise us up for life that is good

ulshalom,

and for peace,

v'ten chelkenu b'Toratecha.

And grant that our portion be in Your Torah.

V'targilenu lidvar mitzvah,

And may we be occupied with matters of mitzvot,

v'al targilenu lidvar averah,

and may we not be occupied with matters of wrongdoing,

v'al t'vi-enu lidei chet,

and do not bring us into a state of negativity,

v'lo lidei nisayon,

nor into a state of trial,

v'lo lidei vizayon,

nor into a state of scorn,

v'yishlot banu yetzer tov,

and allow the the Good Inclination to dominate us,

v'al yishlot banu yetzer hara,

and do not allow the Evil Inclination to dominate us,

v'tatzilenu miyetzer hara

and rescue us from the Evil Inclination

בְּרוּךְ אַתָּה יְהוָה יְאֵהוּנְהִי

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

הַמַּפִּיל חֲבֻלֵי שְׁנָה עַל עֵינָיו,

וְתַנּוּמָה עַל עַפְעֵפֵינוּ,

וּמְאִיר לְאִישׁוֹן בֵּת עֵינַי.

יְהִי רְצוֹן מִלְּפָנֶיךָ,

יְהוָה יְאֵהוּנְהִי אֱלֹהֵינוּ

וְאֱלֹהֵי אֲבוֹתֵינוּ,

שֶׁתְּשַׁכְּבֵנוּ לְשָׁלוֹם,

וְתַעֲמִידֵנוּ לְחַיִּים טוֹבִים

וְלְשָׁלוֹם,

וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ.

וְתַרְגִּילֵנוּ לְדַבַּר מִצְוָה,

וְאֵל תַּרְגִּילֵנוּ לְדַבַּר עֲבָרָה,

וְאֵל תְּבִיאֵנוּ לְיַדֵּי חֵטָא,

וְלֹא לְיַדֵּי נִסְיוֹן,

וְלֹא לְיַדֵּי בִזְיוֹן,

וְיִשְׁלוּט בָּנוּ יֵצֶר טוֹב,

וְאֵל יִשְׁלוּט בָּנוּ יֵצֶר הָרָע,

וְתַצִּילֵנוּ מִיֵּצֶר הָרָע

umechola-im ra-im.

and from serious illnesses.

V'al yavhilunu chalomot ra-im

And may we not be confounded by bad dreams

v'hir-hurim ra-im,

and bad thoughts,

ut-he mitatenu sh'lemah l'fanecha,

and may our bed be unharmed before You,

v'ha-er eineinu pen nishan hamavet.

and may You illuminate our eyes lest we die in sleep.

Baruch atah Adonai,

Blessed are You Adonai,

hame-ir la-olam kulo bichvodo.

Who illuminates the entire world with His glory.

וּמַחֲלָאִים רָעִים.

וְאֵל יִבְהִילוּנוּ חַלּוֹמוֹת רָעִים,

וְהִרְהוּרִים רָעִים,

וּתְהֵא מִטַּתְנוּ שְׁלֵמָה לְפָנֶיךָ,

וְהָאֵר עֵינֵינוּ פֶּן נִישָׁן הַמּוֹת.

בָּרוּךְ אַתָּה יְהוָה יֵאֱהוּנָהּ,

הַמְאִיר לְעוֹלָם כְּלוֹ בְכָבוֹדוֹ.

שמע

Before we begin the Sh'ma, we must think about the concept of loving our neighbors as we love ourselves.

שמע ישראל,

יהוה יהוה ויהיה יאהדוניהי אדון הכל
 אלהינו תקיף בעל היכולת
 ובעל הכוזיות כולם

יהוה אדון הכל
 יהוה יהוה ויהיה יאהדוניהי
 אחד יאהדוניהי

Sh'ma Yisra-el, Adonai Eloheinu, Adonai Echad!

Hear O Israel, Adonai is our Elohim, Adonai is the One and Only!

This verse is said in a whisper.

ברוך שם כבוד מלכותו לעולם ועד.

Baruch shem k'vod malchuto l'olam va-ed.

Blessed is the Name of His glorious realm for ever and ever.

יהוה

א ב ג י ת ז ק ר
 ואהבת את יהוה יאהדוניהי בכל לבבך ובכל נפשך

V'ahavta et Adonai Elohecha b'chol l'vav'cha uvchol nafsh'cha

And you shall love Adonai Your Elohim, with all your heart and with all your soul,

ע ש ט ן נ ג ד י

וּבְכֹל־מְאֹדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְךָ

uvchol m'odecha. V'hayu had'varim ha-eleh asher anochi m'tzav'cha
and with all your being. And these words which I command you

כ ש ב ט ר ז ת

הַיּוֹם עַל־לְבָבְךָ: וְשִׁנַּנְתָּם לְבְנֶיךָ וְדַבַּרְתָּ בָּם

hayom al l'vavecha. V'shinantam l'vanecha v'dibarta bam
on this day shall be upon your heart. And you shall teach them to your children and speak of them,

ג ז ק ב ת נ

בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:

b'shivt'cha b'veitecha uvlecht'cha vaderech uvshochb'cha, uvkumecha.
and while sitting in your house and while walking along the way and upon lying down and upon rising.

ע י ג ל פ ז ק ש

וּקְשַׁרְתָּם לְאוֹת עַל־יָדְךָ וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ:

Ukshartam l'ot al yadecha v'hayu l'totafot bein einecha.
And you shall bind them as a sign upon your hand and they shall be as frontlets between your eyes.

ק ו ז י ת

וּכְתַבְתָּם עַל־מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

Uchtavtam al m'zuzot beitecha uvisharecha.
And you shall write them upon the doorposts of your house and your gates.

יהוה

וְהָיָה אִם שָׁמַעַתְּ שְׁמֵעוּ אֶל־מִצְוֹתַי אֲשֶׁר אֲנֹכִי מְצַוֶּה

וְהָיָה אִם שָׁמַעַתְּ שְׁמֵעוּ אֶל־מִצְוֹתַי אֲשֶׁר אֲנֹכִי מְצַוֶּה

V'hayah im shamo-a tishm'u el mitzvotai asher anochi m'tzaveh
And it shall happen if you listen attentively to My commandments, which I am commanding you

אלד לאו ההע יזל מבה הרי הקם
 אַתְּכֶם הַיּוֹם לְאַהֲבָה אֶת־יְהוָה יֵאֱהוּדוֹנָהי אֱלֹהֵיכֶם וּלְעַבְדּוֹ
 etchem hayom l'ahavah et Adonai Eloheichem ulovdo
 this day, to love Adonai to serve your Elohim

לאו כלי לוו פהל נלך יי מלה זזהו
 בְּכֹל־לִבְבְּכֶם וּבְכֹל־נַפְשְׁכֶם: וְנָתַתִּי מִטַּר־אַרְצְכֶם בְּעֵתוֹ
 b'chol l'vavchem uvchol nafsh'chem. V'natati m'tar artz'chem b'ito
 with all of your heart and with all of your soul. And I shall provide rain for your land in its proper time,

גתה האא ירת שאה ריי אום
 יוֹרֵה וּמִלְקוֹשׁ וְאִסְפַּת דְּגָנְךָ וְתִירְשֶׁךָ וַיִּצְהַרְךָ:
 yoreh umalkosh v'asafta d'ganekha v'tirosh'cha v'yitzharecha.
 first rain and last rain and so you may gather your grain and your wine and your oil.

לכב ושד יזו לזוז כוק מנד
 וְנָתַתִּי עֵשָׂב בְּשַׂדְּךָ לְבַהֲמֹתֶךָ וְאָכַלְתָּ וְשָׂבַעְתָּ:
 V'natati eisev b'sad'cha livhemtecha v'achalta v'savata.
 And I shall provide also grass in your fields for your cattle and you shall eat and be satisfied.

The remaining verses in this section should be said in a low voice.

אני זזעם רהע ייז ההה מיך וול
 הַשְׁמְרוּ לָכֶם פֶּן־יִפְתֶּה לְבַבְכֶם וְסָרְתֶם וְעַבַּדְתֶּם
 Hisham'ru lachem pen yifteh l'vavchem v'sartem va-avad'tem
 Be careful for yourselves lest seduced be your heart and you turn away and serve

ילה סאל ערי עשל מיה והו דני
 אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם לָהֶם: וְחָרָה אַף יְהוָה יֵאֱהוּדוֹנָהי
 elohim acherim v'hishtachavitem lahem. V'charah af Adonai
 other deities and bow down to them. Then the anger of Adonai shall be upon you

הַזֶּשׁׁ עָמַם זָנָא זֵית מְבֵה פּוּי זָמַם יִיל
 בְּכֶם וְעָצַר אֶת הַשָּׁמַיִם וְלֹא־יִהְיֶה מָטָר וְהָאֲדָמָה
 bachem v'atzar et hashamayim v'lo yih-yeh matar v'ha-adamah
 and He shall seal the heavens and there shall be no more rain and the earth

הַרְזוּ מִצָּר וּמִבַּיְהוּהָ עָנּוּ מִזּוּי דַמְב
 לֹא תִתֵּן אֶת־יְבוּלָהּ וְאֲבֹדְתֶם מְהֵרָה מֵעַל
 lo titen et y'vulah va-avad'tem m'herah me-al
 will no longer yield its produce and you shall be banished quickly

מִנֶּקֶד אֵיךְ זָכּוּ רָאָה יְבֹמֵי הַיִּי
 הָאָרֶץ הַטֹּבָה אֲשֶׁר יְהוָה יֵאֱהָדוּנָהּ נָתַן לָכֶם:
 ha-aretz hatovah asher Adonai noten lachem.
 from the good land that Adonai has given you.

יְהוָה

מוֹם אֵה אֵה יֵה אֵה יֵה
 וְשִׁמְתֶם אֶת־דְּבָרֵי אֱלֹהֵי עַל־לְבָבְכֶם וְעַל־נַפְשֵׁיכֶם
 V'samtem et d'varai eleh al l'avvchem v'al nafsh'chem
 Set these words of Mine upon your heart and upon your soul

יֵה אֵה אֵה אֵה יֵה אֵה יֵה
 וְקִשְׁרְתֶם אֹתָם לְאוֹת עַל־יְדֵיכֶם וְהָיוּ לְטוֹטְפוֹת בֵּין עֵינֵיכֶם:
 ukshartem otam l'ot al yedchem v'hayu l'totafot bein eineichem.
 and secure them as a sign upon your hand and as reminders before your eyes.

יֵה אֵה אֵה אֵה יֵה אֵה יֵה
 וְלִמַּדְתֶּם אֹתָם אֶת־בְּנֵיכֶם לְדַבֵּר בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ
 V'limad'tem otam et b'neichem l'daber bam b'shivt'cha b'veitecha
 And you shall teach them to your children to discuss and as you sit in your home

א ה י ה א
 וּבְלַכְתֶּךָ בְּדֶרֶךְ וּבְשׁוֹכְבְּךָ וּבְקוּמְךָ: וּכְתַבְתֶּם
 uvlecht'cha vaderech uvshochb'cha uvkumecha. Uchtavtam
 and as you walk along the way and as you lie down and as you rise up. And write them

א ה י ה א ה י ה
 עַל-מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבוּ יְמֵיכֶם וְיְמֵי
 al m'zuzot beitecha uvsharecha. L'ma-an yirbu y'meichem vime
 upon the doorposts of your house and upon your gates. Then you will prolong your days and the days of your

א ה י ה א ה י ה
 בְּנֵיכֶם עַל הָאֲדָמָה אֲשֶׁר נִשְׁבַּע יְהוָה יֵאֱהָדוּנָהּ לְאֲבוֹתֵיכֶם
 v'neichem al ha-adamah asher nishba Adonai la-avoteichem
 children upon the land that Adonai swore to your ancestors

א ה י ה א ה י ה
 לַתֵּן לָהֶם כַּיְמֵי הַשָּׁמַיִם עַל-הָאָרֶץ:
 latet lahem kimei hashamayim al ha-aretz.
 to give to them like the days of heaven on earth.

יהוה

וּוּ סַבַּט עָאֵם מִבֶּשֶׁ לִיה אֲנָא כִּמְת הַזִּי
 וַיֹּאמֶר יְהוָה יֵאֱהָדוּנָהּ אֶל-מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל
 Vayomer Adonai el Mosheh lemor: Daber el b'nei Yisra-el
 Adonai talked to Moses, saying: Speak to the children of Israel

אֲנִי לָהֶם הַמַּעַ יִצַּל מִדָּה הֵי הַמָּם לָו
 וְאָמַרְתָּ אֲלֵהֶם וְעָשׂוּ לָהֶם צִיצִת עַל-כַּנְפֵי בְּגֵדֵיהֶם
 v'amarta alehem v'asu lahem tzitzit al kanfei vigdeihem
 and say to them that they are to make for themselves tassels on the corners of their clothes

כבי ליו פנל זמכ יזוי מנה זזהו זיה השא
 לְדוֹרוֹתֵם וְנָתַנּוּ עַל-צִיצִית הַכֹּנָף פְּתִיל תְּכֵלֶת: וְהָיָה לָכֶם

*l'dorotam v'nat'nu al tzitzit hakanaf p'til t'chelet. V'hayah lachem
 in every generation and they shall put a blue thread on the corner fringe. And it shall constitute for you*

ידת שאה רלי אומ ליב והר ייו להוז
 לְצִיצִית וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם אֶת-כָּל-מִצְוֹת יְהוָה יאהדונהי

*l'tzitzit ur-item oto uzchartem et kol mitzvot Adonai
 tassels and that you may see them and remember all the commandments of Adonai*

כעק מנד אני זום רהע יזוז השא מככ
 וְעִשִּׂיתֶם אֹתָם וְלֹא תִתּוּרוּ אַחֲרַי לְבַבְכֶם וְאַחֲרַי עֵינֵיכֶם

*va-asitem otam v'lo taturu acharei l'avchem v'acharei eineichem,
 and do them and not follow after your heart and after your eyes*

וול ייה סאל ערי עאל מנתה והו
 אֲשֶׁר-אַתֶּם זֹנִים אַחֲרֵיהֶם: לְמַעַן תִּזְכְּרוּ וְעִשִּׂיתֶם

*asher atem zonim achareihem. L'ma-an tizk'ru va-asitem
 which draw you astray leading to lust. In order that you may remember*

דלי היש עלם נהא נות מלה
 אֶת-כָּל-מִצְוֹתַי וְהִייתֶם קְדוֹשִׁים לְאֱלֹהֵיכֶם:

*et kol mitzvotai vih-yitem k'doshim Leloheichem.
 all of My commandments and be holy to your Elohim.*

Focus on the mitzvah to remember the Exodus from Egypt.

פאי נקם ירל הבוז מזר והב יאה עכו
 אֲנִי יְהוָה יאהדונהי אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם

*Ani Adonai Eloheichem asher hotzeti etchem me-eretz mitzrayim
 I am Adonai your Elohim Who brought you out of the land of Egypt*

מִי דַהַב מַכְק אֵלֶּה זֹהוּ רַלֵּה
 לְהִיּוֹת לָכֶם לֵאלֹהִים אֲנִי יְהוָה יֵאֱהוּנְהִי אֱלֹהֵיכֶם: אֱמֶת

lih-yot lachem Lelohim ani Adonai Eloheichem: Emet...

to be your own Elohim I am Adonai your Elohim: It is true...

יִימ הֵלִי מֵהֶם
 יְהוָה יֵאֱהוּנְהִי אֱלֹהֵיכֶם אֱמֶת

Adonai Eloheichem emet

Adonai your Elohim is true

יַעֲלִזוּ חֲסִידִים בְּכָבוֹד, יִרְנְנוּ עַל מִשְׁכְּבוֹתָם.
 רוֹמְמוֹת אֵל בְּגֵרוֹנָם, וְחָרֵב פִּיפִיּוֹת בְּיָדָם.

Yal'zu chasidim b'chavod, y'ran'nu al mishk'votam.

Rom'mot El bigronam, v'cherev pifiyot b'yadam.

Let the devout exult in glory, let them sing joyously upon their beds.

The lofty praises of the Elohim are in their throats, and a double-edged sword is in their hand.

Recite three times:

Hineh mitato sheli-Shlomoh,

Behold the bed of Shlomo,

shishim giborim saviv lah,

sixty mighty ones surround it,

migiborei Yisra-el.

from among the mighty ones of Israel.

Kulam achuzei cherev,

All gripping the sword,

m'lum'dei milchamah,

trained in battle,

ish charbo al y'recho

each with his sword on his thigh

mipachad baleilot.

from terror in the nights.

הִנֵּה מִטָּתוֹ שֶׁלִּשְׁלֹמֹה,

שְׁשִׁים גִּבּוֹרִים סָבִיב לָהּ,

מִגִּבּוֹרֵי יִשְׂרָאֵל.

כָּלֶם אֶחָזִי חָרֵב,

מִלְמַדֵי מִלְחָמָה,

אִישׁ חָרְבוֹ עַל יָרְכוֹ

מִפְּחָד בַּלַּיְלוֹת.

Recite three times:

יְבָרְכֶךָ יְהוָה יֵאֱהוּנְהִי וְיִשְׁמְרֶךָ.
Y'varech'cha Adonai v'yishm'recha.
May Adonai bless you and protect you.

יָאֵר יְהוָה יֵאֱהוּנְהִי פָנָיו אֵלֶיךָ וְיַחֲנֶנֶךָ.
Ya-er Adonai panav e'lecha vichuneka.
May Adonai shine His countenance upon you and give you grace.

יִשָּׂא יְהוָה יֵאֱהוּנְהִי פָנָיו אֵלֶיךָ וְיַשֵּׁם לְךָ שְׁלוֹם.
Yisa Adonai panav e'lecha v'yasem l'cha shalom.
May Adonai lift His countenance towards you and give peace to you.

תְּהִלִּים צֵא:א-ט

TEHILIM 91:1-9

Yoshev b'seter Elyon,
Whoever sits in the refuge of the Most High,
b'tzel Shadai yit-lonan.
in the shade of the Almighty shall they dwell.
Omar Ladonai
I will say of Adonai,
mach'si umtzudati,
my refuge and my fortress,
Elohai ev-tach bo.
my Elohim in whom I put my trust.
Ki hu yatzil'cha mipach yakush,
For the One will deliver you from the snare that entraps,
midever havot.
from pestilence that is devastating.
B'evrato yasef lach,
With the Eternal's wing will you be covered,
v'tachat k'nafav tech'seh,
and under the Eternal's wings will you find refuge,
tzinah v'socherah amito.
the shield and armor are the Eternal's truth.
Lo tira mipachad lailah,
You shall not fear the terror of night,
mechetz ya-uf yomam.
nor the arrow that flies by day.
Midever ba-ofel yahaloch,
Nor the pestilence that walks in gloom,
miketev yashud tzahorayim.
nor the destroyer who lays waste at noon.

יֵשֵׁב בְּסִתְּר עֲלִיוֹן,
בְּצֵל שֹׁדַי יִתְלוֹנֵן.
אֹמַר לַיהוָה יֵאֱהוּנְהִי
מַחְסֵי וּמְצוּדָתִי,
אֱלֹהֵי אֲבֹטְחָ בּוֹ.
כִּי הוּא יִצְיֵלְךָ מִפַּח יָקוּשׁ,
מִדֶּבֶר הַוּוֹת.
בְּאֲבֹרְתוֹ יִסְךָ לָךְ,
וְתַחַת כַּנְּפֵיו תִּחְסֶה,
צִנָּה וְסִחְרָה אֲמִתּוֹ.
לֹא תִירָא מִפַּחַד לַיְלָה,
מִחֶץ יַעֲוֹף יוֹמָם.
מִדֶּבֶר בְּאֲפֵל יַהֲלֹךְ,
מִקֵּטֵב יִשׁוּד צַהֲרָיִם.

Yipol mitzid'cha elef, urvavah
A thousand may fall victim at your side, and a myriad
 mimizecha, elecha lo yigash.
at your right hand, but to you it shall not approach.
 Rak b'einecha tabit,
Merely you will look with your eyes,
 v'shilumat r'sha-im tireh.
and the retribution of the wicked shall you see.
 Ki atah Adonai machsi.
For You Adonai are my refuge.

יפל מצידך אלף, ורבבה
 מימינך, אליך לא יגש.
 רק בעיניך תביט,
 ושלמת רשעים תראה.
 כי אתה יהוה יאהדונהי מחסי.

אנא בכוח

ANA B'CHOACH

This prayer is known as the 42-Letter Name and connects us to the original force of creation, drawing healing energy and protection into our lives. There are also 42 angels that correspond to each letter, they appear above each word.

אורפניאל בואל גבריאל יופיאל תומיאל צדקיאל
אנא בכוח גדולת ימנך תתיר צרורה.

Ana b'choach g'dulat y'min'cha tatir tz'rurah.

Release all those in captivity, we beseech You, Almighty One Whose power sets us free.

קבציאל רבחיאל עוזזיאל שמשיאל טופיאל נגריאל
קבל רנת עמך שגבנו טהרנו נורא.

Kabel rinat am'cha sag'venu taharenu nora.

Accept the singing of all Your people who praise and glorify You alone.

נחליאל גבוריאל דניאל יהוריאל כבשיאל שעריאל
נא גבור דורשי יחודך כבבת שמרם.

Na gibor dor'shei yichud'cha k'vavat shomrem.

Preserve those who seek Your unity, guard them like the pupil of the eye.

ברכיאל טפטיאל רחמיאל צפוניאל תרומיאל גדוריאל
ברכם טהרם רחמי צדקתך תמיד גמלם.

Bar'chem taharem rachamei tzidkat'cha tamid gomlem.

Bless and purify them and always grant them Your compassionate righteousness.

חסד
 CHESED
אבג יתז

גבורה
 GEVURAH
קדע שטז

תפארת
 TIFERET
זגד יכש

נצח
 NETZACH
בטר צתג

חזאל קומיאל ברקיאל טהריאל נוריאל עמיאל

חֲסִין קָדוֹשׁ בְּרוּב טוּבְּךָ נֹהֵל אֲדַתְךָ.

Chasin kadosh b'rov tuv'cha nahel adatecha.

Invincible and Mighty One, with the abundance of Your goodness, watch over Your people.

ישראל גדיאל להביאל פנואל זכריאל קדושיאל

יְחִיד גֵּאָה לְעַמֶּךָ פְּנֵה זֹכְרֵי קְדוּשַׁתְךָ.

Yachid ge-eh l'am'cha p'neh zoch'rei k'dushatecha.

O Exalted One, turn to Your people who remember Your holiness.

שלגיאל קרביאל וויאל צוריאל ילפיאל תבריאל

שׁוּעַתֵּנוּ קִבֵּל וּשְׁמַע צַעֲקֹתֵנוּ יוֹדֵעַ תַּעֲלוּמוֹת.

Shavatenu kabel ushma tza-akatenu yode-a ta-alumot.

Turn to us and hear our prayers, You Who know all hidden things.

This verse is said in a whisper.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Baruch shem k'vod malchuto l'olam va-ed!

Blessed is the Name of His glorious realm for ever and ever!

Recite the verse that corresponds with the day three times:

אָנָּה בְּכַח גְּדוּלַת יְמִנְךָ תַּתִּיר צָרוּרָה.

Ana b'choach g'dulat y'min'cha tatir tz'urah.

Release all those in captivity, we beseech You, Almighty One Whose power sets us free.

קִבֵּל רִנַּת עַמֶּךָ שִׁגְבְּנוּ טַהֲרֵנוּ נוֹרָא.

Kabel rinat am'cha sag'venu taharenu nora.

Accept the singing of all Your people who praise and glorify You alone.

נָא גִבּוֹר דּוֹרְשֵׁי יִחְוֶדְךָ כְּבַבַּת שְׁמֵרָם.

Na gibor dor'shei yichud'cha k'vavat shomrem.

Preserve those who seek Your unity, guard them like the pupil of the eye.

בְּרַחֲמֵי טַהֲרֵם רַחֲמֵי צִדְקַתְךָ תָּמִיד גִּמְלֵם.

Bar'chem taharem rachamei tzidkat'cha tamid gomlem.

Bless and purify them and always grant them Your compassionate righteousness.

הוֹד
HOD
חֻקֵּי טַעַם

יְסוֹד
YESOD
יְגַל פֶּזֶק

מַלְכוּת
MALCHUT
שִׁקּוֹ צִיַּת

יָם רֵאשׁוֹן
SUNDAY

יָם שֵׁנִי
MONDAY

יָם שְׁלִישִׁי
TUESDAY

יָם רֵבְעִי
WEDNESDAY

חֲסִין קָדוֹשׁ בְּרוּב טוּבְךָ נִהַל עֲדָתְךָ.

Chasin kadosh b'rov tuv'cha nahel adatecha.

Invincible and Mighty One, with the abundance of Your goodness, watch over Your people.

יום חמישי
THURSDAY

יְחִיד גֵּאָה לְעַמֶּךָ פְּנֵה זֹכְרֵי קְדוּשַׁתְךָ.

Yachid ge-eh l'am'cha p'neh zoch'rei k'dushatecha.

O Exalted One, turn to Your people who remember Your holiness.

יום שישי
FRIDAY

שׁוּעָתֵנוּ קַבֵּל וּשְׁמַע צַעֲקוֹתֵנוּ יוֹדֵעַ תַּעֲלֹמוֹת.

Shavatenu kabel ushma tza-akatenu yode-a ta-alumot.

Turn to us and hear our prayers, You Who know all hidden things.

יום שבת
SHABBAT

Recite three times:

Lishu-at'cha kiyiti Adonai.

For Your salvation do I yearn Adonai.

Kiyiti lishu-at'cha Adonai.

I do yearn for Your salvation Adonai.

Adonai lishu-at'cha kiyiti.

Adonai for Your salvation do I yearn.

לִישׁוּעָתְךָ קְנִייתִי יְהוָה יֵאֱהוּדוּנְהִי.

קְנִייתִי לִישׁוּעָתְךָ יְהוָה יֵאֱהוּדוּנְהִי.

יְהוָה יֵאֱהוּדוּנְהִי לִישׁוּעָתְךָ קְנִייתִי.

Recite three times:

B'shem Adonai Elohei Yisra-el,

In the Name of Adonai the Elohim of Israel,

mimini Micha-el,

may Michael be at my right,

umis'moli Gavri-el,

and may Gabriel be at my left,

umil'fanai Uri-el,

and may Uriel be before me,

ume-achorai R'fa-el,

and may Raphael be behind me,

v'al roshi Sh'chinat El.

and may the Sh'chinah of the Almighty One rest above my head.

בְּשֵׁם יְהוָה יֵאֱהוּדוּנְהִי אֱלֹהֵי יִשְׂרָאֵל,

מִימִינִי מִיכָאֵל,

וּמִשְׁמָאֵלִי גַבְרִיאֵל,

וּמִלְפָּנַי אוּרִיאֵל,

וּמֵאַחֲרַי רַפָּאֵל,

וְעַל רֹאשִׁי שְׁכִינַת אֵל.

אֲדוֹן עוֹלָם

ADON OLAM

Through this song we are making a very powerful connection to the Ruler of the universe and reminding ourselves that we have nothing to fear when we truly connect to the Creator's Light.

Adon olam asher malach,

Ruler of the universe Who reigned,

b'terem kol y'tzir nivra.

before anything was created.

L'et na-asah v'cheftso kol,

At the time when His will created all things,

azai melech sh'mo nikra.

then as Sovereign His Name was proclaimed.

V'acharei kichlot hakol,

And after everything ceases to be,

l'vado yimloch nora.

He alone will reign, the Awesome One.

V'hu hayah v'hu hoveh,

It is He Who was, and He Who is,

v'hu yih-yeh b'tifarah.

and He Who shall remain in splendor.

V'hu echad v'ein sheni,

And He is One and there is no second,

l'hamshil lo l'hachbirah.

to compare to Him or to be His equal.

B'li reshit b'li tachlit,

Without beginning without end

v'lo ha-oz v'hamisrah.

and to Him belong the power and the dominion.

V'hu Eli v'chai go-ali,

He is my Almighty One and my living Redeemer,

v'tzur chevli b'et tzarah.

and my Fortress from pain in a time of distress.

V'hu nisi umanos li,

And He is my banner and a refuge for me,

m'nat kosi b'yom ekra.

the portion of my cup on the day I call.

B'yado afkid ruchi,

Into His hand I entrust my spirit,

b'et ishan v'a-irah.

when I go to sleep and when I wake.

V'im ruchi g'viyati,

And with my spirit as well as my body,

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,
 בְּטֶרֶם כָּל יִצִיר נִבְרָא.
 לְעֵת נַעֲשֶׂה בְּחִפְצוֹ כָּל,
 אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא
 וְאַחֲרֵי כְּכֹלֹת הַכֹּל,
 לְבַדּוֹ יִמְלֹךְ נוֹרָא.
 וְהוּא הָיָה, וְהוּא הוֹה,
 וְהוּא יִהְיֶה, בְּתִפְאָרָה.
 וְהוּא אֶחָד וְאֵין שֵׁנִי,
 לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
 בְּלִי רֵאשִׁית בְּלִי תַּחְלִית,
 וְלוֹ הָעֵז וְהַמְשָׁרָה.
 וְהוּא אֵלֵי וְחֵי גֹאֲלִי,
 וְצוּר חֲבְלֵי בְּעֵת צָרָה.
 וְהוּא נִסִּי וּמְנוּס לִי,
 מִנַּת כּוֹסֵי בַּיּוֹם אֶקְרָא.
 בְּיָדוֹ אֶפְקִיד רוּחִי,
 בְּעֵת אִישָׁן וְאֶעִירָה.
 וְעַם רוּחִי גְוִיָּתִי,

Adonai li v'lo ira.

Adonai is with me and I shall not fear.

B'mikdasho tagel nafshi,

In His sanctuary shall my soul rejoice,

m'shichenu yishlach m'herah,

may He send our Mashiach quickly,

v'az nashir b'veit kodshi,

and then we will sing in my holy house,

amen amen shem hanora.

"Amen, Amen" to the awesome Name.

יהוה יאהדונהי לי ולא אירא.
 בְּמִקְדָּשׁוֹ תִגַּל נַפְשִׁי,
 מְשִׁיחֵנוּ יִשְׁלַח מְהֵרָה,
 וְאֵז נִשְׁיֵר בְּבַיִת קֹדְשִׁי,
 אָמֵן אָמֵן שֵׁם הַנּוֹרָא.

בְּיַדְךָ אֶפְקִיד רוּחִי, פְּדִיתָהּ אוֹתִי יְהוה יאהדונהי, אֵל אֱמֶת.

B'yad'cha afkid ruchi, paditah oti Adonai, El emet.

Into Your hand I entrust my spirit, You redeemed me Adonai, Almighty One of truth.