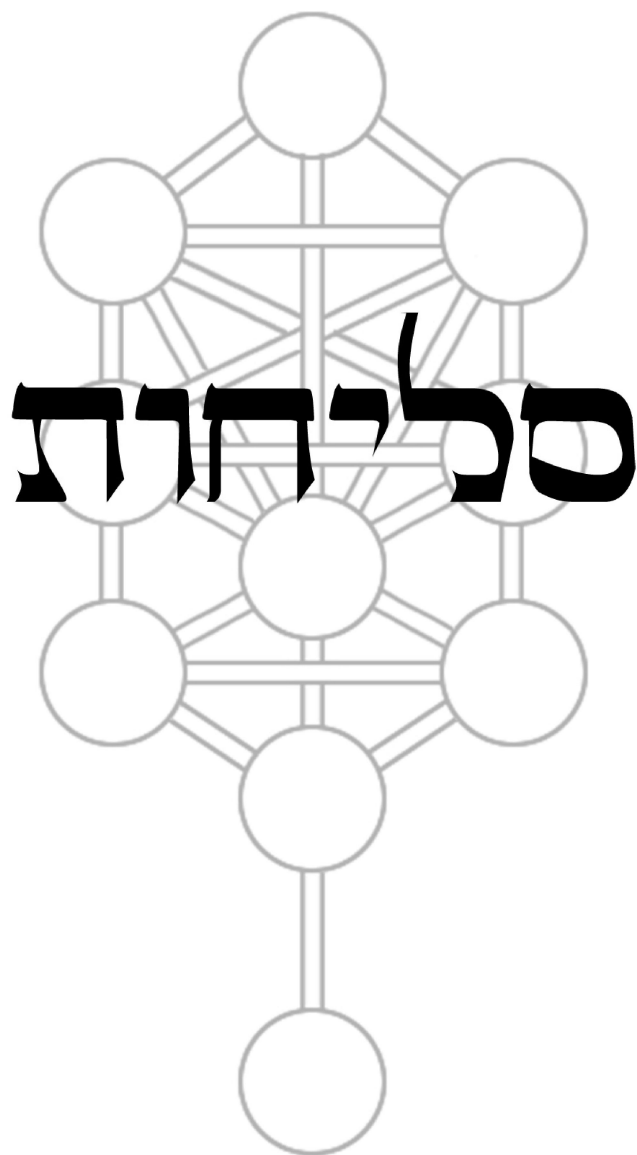


S'LICHOT



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All prefaces to prayers written and/or adapted by David-Anthony Curtis.
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Translated by David-Anthony Curtis.
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Edited by David-Anthony Curtis.

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סליחות

ABOUT S'LICHOT

Used each day during the month of Elul and in the days between Rosh Hashanah and Yom Kippur this connection unites us with the Light and with the consciousness of s'lichah, which means forgiveness, and we cleanse ourselves of our past negative actions. The best time to do this connection is between midnight and dawn, for it is during this time when mercy is awakened.

The month of Elul is dedicated to teshuvah, which means to return. We return to ourselves through introspection and to the Light through repentance for any negative actions we may have done. It is not enough to just do this connection, we must also feel repentance for those actions and seek to correct them. The negative actions that we do determine our destiny. Teshuvah is the means through which we can reverse the effects of our negative past actions. It gives us the ability to go back in time and transform the negative into positive. Therefore, we can change history through our thoughts, remove chaos from our lives, and balance the accounts that remain open between ourselves and others.

We know that spiritual transformation is like a garden, we can't simply plant the seeds and expect them to grow. We must also water and tend them. Likewise, we must dedicate time to our transformation.

It is important to remember that the Creator has no need of our prayers, but through them we sense the Light within and our purpose in the world. In order for actions to have an effect in our world and in our lives they must be coupled with the proper/matching intentions. Without intention, kavanah as known by the Kabbalists, our actions are meaningless. Since most of us lead hectic lives, and with that in mind, we have created an abbreviated S'lichot connection. The traditional connection normally takes an hour to complete. For those who wish to do the entire connection, we have included the Hebrew for scanning (without translation or transliteration).

אשרי

ASHREI

We find 21 of the 22 letters of the Hebrew alphabet encoded in this Psalm of David. The first letter of each word of each verse is the alphabet in its order. Nun was intentionally left out by King David because it has the same numeric value as the Hebrew word for falling, which would indicate a spiritual falling. Since the Hebrew letters are the instruments that were used in the creation of the universe, this Psalm assists us to bring order and the power of creation into our lives.

Ashrei yoshvei veitecha,
Happy are those who dwell in Your house,
od y'hal'lucha selah.
they will forever praise You.

Ashrei ha-am shekachah lo,
Happy the people whose portion is this,
ashrei ha-am she-Adonai Elohav.
happy the people for whom Hashem is the Eternal One.

T'hilah l'David,
A Psalm of David,

Aromim'cha Elohai ha-melech,
I shall exalt You, my Eternal One, the Sovereign,
va-var'chah shimcha l'olam va-ed.
and I shall bless Your name forever and ever.

B'chol yom avar'cheka,
I shall bless You every day,
va-ahal'lah shimcha l'olam va-ed.
and I shall praise Your name forever and ever.

Gadol Adonai um'hulal m'od,
Great is Hashem and exceedingly praised,
v'lig-dulato ein cheiker.
the Eternal's greatness is unfathomable.

Dor l'dor y'shabach ma-asecha,
Generation to generation shall praise Your actions,
ug'vurotecha yagidu.
and recount Your mighty deeds.

אֲשֵׁרִי יוֹשְׁבֵי בֵיתְךָ,
עוֹד יִהְלְלוּךָ סֵלָה.
אֲשֵׁרִי הָעַם שְׁכַחָה לוֹ,
אֲשֵׁרִי הָעַם שִׁיְהוּהוּ אֱלֹהָיו.
תְּהִלָּה לְדָוִד,
אֲרוֹמְמֶךָ אֱלֹהֵי הַמֶּלֶךְ,
וְאֶבְרַכָּה שִׁמְךָ לְעוֹלָם וָעֶד.
בְּכֹל יוֹם אֶבְרַכְךָ,
וְאֶהְלַלְהָ שִׁמְךָ לְעוֹלָם וָעֶד.
גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד,
וְלִגְדֻלָּתוֹ אֵין חֵקֶר.
דֹּר לְדוֹר יִשְׁבַּח מַעֲשֵׂיךָ,
וְגִבּוֹרֹתֶיךָ יִגִּידוּ.

Hadar k'vod hodecha,
The brilliance of Your splendid glory,
 v'divrei nifl'otecha asichah.
and the wonders of Your acts, I shall speak of.

Ve-ezuz nor-otecha yomeiru,
They shall speak of the might of Your awesome acts,
 ug'dulat'cha asaprenah.
and I shall tell of Your greatness.

Zecher rav tuv'cha yabiyu,
They shall remember Your abundant goodness,
 v'tzidkat'cha y'raneinu.
and Your righteousness they shall joyfully proclaim.

Chanun v'rachum Adonai,
Gracious and merciful is Hashem,
 erech apayim ug'dal chasad.
slow to anger and great in kindness.

Tov Adonai lakol,
Hashem is good to all,
 v'rachamav al kol ma-asav.
Your compassion extended to all of Your creatures.

Yoducha Adonai kol ma-asecha,
All that You have made shall thank You Hashem,
 vachasidecha y'varchuchah.
and Your pious ones shall bless You.

K'vod malchut'cha yomeiru,
They shall speak of the glory of Your realm,
 ug'vurat'cha y'dabeiru.
and talk of Your mighty deeds.

L'hodiya livnei ha-adam g'vurotav,
Your mighty deeds You make known to all humankind,
 uch'vod hadar malchuto.
and the glory of Your splendid realm.

Malchut'cha malchut kol olamim,
Yours is the realm of all worlds,
 umemshalt'cha b'chol dor vador.
and Your reign extends to each and every generation.

Someich Adonai l'chol hanoflim,
Hashem supports all those who fall,
 v'zokeif l'chol hak'fufim.
and holds upright all those who are bent over.

הִדָּר כְּבוֹד הוֹדֵךָ,
 וּדְבַר נִפְלְאוֹתֶיךָ אֲשִׁיחָה.

וְעִזּוֹז נִוְרָאוֹתֶיךָ יֹאמְרוּ,
 וְגִדְלַתְךָ אֶסְפְּרָנָה.

אֶזְכֹּר רַב טוֹבְךָ יְבִיעֵנו,
 וְצִדְקַתְךָ יִרְנְנוּ.

חַנוּן וְרַחוּם יְהוָה,
 אֶרְךָ אַפַּיִם וְגָדֹל חַסֵּד.

טוֹב יְהוָה לְכֹל,
 וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.

יִוְדוּךָ יְהוָה כָּל מַעֲשֵׂיךָ,
 וְחַסִּידֶיךָ יְבָרְכוּכָה.

כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ,
 וְגִבוּרַתְךָ יִדְבְּרוּ.

לְהוֹדִיעַ לְבְנֵי הָאָדָם גְּבוּרָתְךָ,
 וְכְבוֹד הִדָּר מַלְכוּתְךָ.

מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים,
 וּמִמְשַׁלְתְּךָ בְּכֹל דֹּר וְדֹר.

סוֹמֵךְ יְהוָה לְכֹל הַנִּפְלִים,
 וְזוֹקֵף לְכֹל הַכְּפוּפִים.

Einei chol eilecha y'sabeiru,
The eyes of all look hopefully towards You,
v'atah notein lahem
and You give them their food
et ochlam b'ito.
at its proper time.

We pause at this verse to meditate briefly on receiving sustenance from the Light. We open our hands with our palms facing the sky.

Potei-ach et yadecha,
You open You hand,
umasbiya l'chol chai ratzon.
and satisfy every living thing with its desire.

Tzadik Adonai b'chol d'rachav,
Hashem is righteous in every way,
v'chasid b'chol ma-asav.
and virtuous in all deeds.

Karov Adonai l'chol kor-av,
Hashem is close to all who call,
l'chol asher yikra-uhu ve-emet.
and to all who call in truth.

R'tzon y'rei-av ya-aseh,
You fill the desires of all who revere You,
v'et shavatam yishma v'yoshi-eim.
You respond to us with the promise of redemption.

Shomeir Adonai et kol ohavav,
Hashem You protect all who love You,
v'et kol harsha-im yashmid.
and You destroy all the wicked.

T'hilat Adonai y'dabeir pi,
My lips utter the praise of Hashem,
vivareich kol basar sheim kodsho
and may all flesh praise the holy Name
l'olam va-ed.
for ever and ever.

Va-anachnu n'vareich Yah,
And we shall bless You Eternal One,
mei-atah v'ad olam, hal'luyah.
from this time until eternity, praise the Eternal One.

עֵינֵי כָל אֵלֶיךָ יִשְׁבְּרוּ,
 וְאַתָּה נוֹתֵן לָהֶם
 אֶת אֹכְלָם בְּעֵתוֹ.

פּוֹתֵחַ אֶת יָדְךָ,
 וּמְשַׁבֵּיעַ לְכָל חַי רָצוֹן.

צַדִּיק יְהוָה בְּכָל דְּרָכָיו,
 וְחָסִיד בְּכָל מַעֲשָׂיו.

קָרוֹב יְהוָה לְכָל קוֹרְאֵיו,
 לְכָל אֲשֶׁר יִקְרָאֵהוּ בְּאֱמֶת.

רָצוֹן יִרְאֵיו יַעֲשֶׂה,
 וְאֶת שׁוֹעֲתָם יִשְׁמַע וְיִוְשִׁיעֵם.

שׁוֹמֵר יְהוָה אֶת כָּל אֹהֲבָיו,
 וְאֶת כָּל הָרָשָׁעִים יִשְׁמִיד.

תְּהִלַּת יְהוָה יִדְבֹר פִּי,
 וַיְבָרֵךְ כָּל בָּשָׂר שֵׁם קְדוֹשׁוֹ
 לְעוֹלָם וָעֶד.

וְאֲנַחְנוּ נְבָרֵךְ יְהוָה,
 מֵעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ.

חֲצִי קַדִּישׁ

CHATZI KADDISH

The spiritual atmosphere is made up of five levels of the soul and ten S'firot. We need a tool which connects us to the different realms, one at a time. The Kaddish is that tool and it is also the channel through which the Light flows to us.

Leader and participants say together that which is contained within { }.

Yitgadal v'yitkadash sh'meih raba.

Let the glory of the Eternal One be extolled.

{Amein.}

Amen.

B'alma di v'ra chir-uteih,

Let the great Name be hallowed,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

b'chayeichon uv'yomeichon

in our lifetime and in our days

uv'chayei d'chol beit Yisrael,

and in the lives of the entire house of Israel,

ba-agala uviz'man kariv,

quickly and speedily may it come,

v'imru Amein. {Amein.}

and let us say amen. Amen.

{Y'hei sh'meih raba m'varach

Let the great Name be blessed

l'alam ul'almei almaya.}

forever and ever.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and extolled and magnified

v'yitromam v'yitnasei v'yit-hadar

and hailed and exalted and honored

v'yit-aleh v'yit-halal

and glorified and praised

sh'meih d'kudsha b'rich hu,

be the Holy One whose Name is blessed,

l'eila min kol birchata v'shirata

who is beyond all blessings or songs

tushb'chata v'nechemata,

or praises or words of consolation,

da-amiran b'alma,

that can be uttered in this world,

v'imru Amein. {Amein.}

and let us say amen. Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֲלָמָא דִּי בְּרָא כְרַעוּתָהּ,

וְיִמְלִיךְ מַלְכוּתָהּ,

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזִמָּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְיָהּ אֵלֵינוּ שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלְמָא וְלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ הוּא,

לְעֵלְמָא מִן כּוֹל בִּרְכָתָא וְשִׁירָתָא

תְּשֻׁבָּתָא וְנִחְמָתָא,

דְאָמִירָן בְּעֲלָמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

לך הי

L'CHA HASHEM

This prayer assists in the cleansing process of our soul by removing all the negative energy that we may have accumulated in the past year.

L'cha Adonai hatz-dakah,

For Yours, Hashem, is righteousness,

v'lanu boshet hapanim.

and ours is nothing but shame.

Mah nit'onein, mah nomar,

How can we complain, what can we say,

mah n'dabeir, umah nitz-tadak.

what can we declare, and how can we be justified?

Nachp'sah d'racheinu v'nachkorah,

Let us search our ways and probe them,

v'nashuvah Eilecha,

and return to You,

ki y'mincha f'shutah l'kabeil shavim.

for Your right hand is outstretched to accept those who return.

Lo v'chesed v'lo

Through Your mercy

v'ma-asim banu l'fanecha,

we have come before You,

k'dalim uchrashim dafaknu d'latcha.

like the poor and destitute we knock on Your door.

D'latcha dafaknu rachum v'chanun,

At Your door do we knock merciful and gracious One,

na al t'shivenu reikam milfanecha.

do not turn us away empty handed from before You.

Milfanecha Malkeinu reikam al

From before You, our Sovereign, empty handed do not

t'shivenu, ki atah

turn us away, for You

shomei-a t'filah.

hear prayer.

לך ה' הצדקה,

ולנו בִּשְׁתַּת הַפָּנִים.

מַה נִּתְאוּנֵן, מַה נֹאמֵר,

מַה נִּדְבִיר, וּמַה נִצְטַדֵּק.

נִחְפְּשֶׁה דְרֹכֵינוּ וְנִחְקְרֶה,

וְנָשׁוּבָה אֵלֶיךָ,

כִּי יְמִינְךָ פְּשׁוּטָה לְקַבֵּל שׁוֹבִים.

לֹא בְחֶסֶד וְלֹא

בְּמַעֲשֵׂים בָּאנוּ לְפָנֶיךָ,

כְּדָלִים וְכָרְשִׁים דִּפְקָנוּ דְלַתֶּיךָ.

דְלַתֶּיךָ דִּפְקָנוּ רַחוּם וְחַנוּן,

נָא אַל תְּשִׁיבֵנוּ רִיקָם מִלְּפָנֶיךָ.

מִלְּפָנֶיךָ מִלְּכָנוּ רִיקָם אַל

תְּשִׁיבֵנוּ, כִּי אַתָּה

שׁוֹמֵעַ תְּפִלָּה.

סליחות

S'LICHOT

S'lichot literally means forgiveness. The Thirteen Attributes reflect the thirteen different aspects of our relationship with the Creator. There are twelve signs of the zodiac that control our reactive ego nature. Thirteen is one number above that, which gives us control over the signs and control over our reactive nature. Through the following blessings, which include the Thirteen Attributes, we connect to the energy of forgiveness.

סַלַח לָנוּ אֲבֵינוּ, כִּי בְרוּב אֲוִלְתָּנוּ שָׁגִינוּ,
 S'lach lanu avinu, ki v'rov ival'teinu shaginu,
Forgive us our Creator, for in the abundance of our folly we have erred,

מַחֵל לָנוּ מַלְכֵנוּ, כִּי רַבּוּ עֲוֹנוֹנוּ.
 m'chal lanu malkeinu, ki rabu avoneinu.
pardon us, our Sovereign, for our iniquities are many.

Eil erech apayim atah,
Eternal One, You are slow to anger,
uva-al harachamim nikreita,
and You are called the Ruler of mercy,
v'derech t'shuvah horeita.
and You have taught the way of return.
 G'dulat rachamecha vachasadecha,
The greatness of Your mercy and Your kindness,
 tizkor hayom uv'chol yom
may You remember this day and every day
 l'zera y'didecha.
for the offspring of Your beloved ones.
Teifen eileinu b'rachamim,
Turn to us in Your mercy,
 ki atah hu ba-al harachamim.
for You are the Ruler of mercy.
 B'tachanun uvi-t'filah panecha
With supplication and prayer Your Presence
n'kadeim, k'hodata
we approach, in the manner that You made known
le-anav mikedem.
to the humble one [Moses] in ancient times.
 Meicharon ap'cha shuv,
From the fierceness of Your anger turn back,
 k'mo v'Torat'cha katov.
as it is written in Your Torah.

אֵל אַרְךְ אַפַּיִם אַתָּה,
 וּבַעַל הַרְחָמִים נִקְרָאתָ,
 וְדֶרֶךְ תְּשׁוּבָה הוֹרִיתָ.
 גְּדֻלַּת רַחֲמֶיךָ וְחַסְדֶיךָ,
 תִּזְכֹּר הַיּוֹם וּבְכָל יוֹם
 לְזֶרַע יְדִידֶיךָ.
 תִּפְּן אֵלֵינוּ בְּרַחֲמִים,
 כִּי אַתָּה הוּא בַּעַל הַרְחָמִים.
 בְּתַחֲנוּן וּבְתַפִּלָּה פָּנֶיךָ
 נִקְדָּם, כְּהוֹדַעְתָּ
 לְעַנּוֹ מִקְדָּם.
 מִחֲרוֹן אַפְּךָ שׁוּב,
 כְּמוֹ בְּתוֹרַתְךָ כָּתוּב.

Uv'tzeil k'nafecha necheseh

In the shadow of Your wings may we find shelter

v'nitlonan, k'yom vayeired Adonai

and may we dwell, as on the day when Hashem descended

be-anan. Ta-avor al pesha

in a cloud. Overlook wrongdoing

v'timcheh asham,

and erase guilt,

k'yom vayit-yatzeiv imo sham.

as on the day when You stood with him [Moses].

Ta-azin shavateinu v'takshiv

Give heed to our cry and hear

menu ma-amar,

from us our declaration,

k'yom vayikra v'sheim Adonai,

as on the day You called out with the name of Hashem,

v'sham ne-emar:

and there it was said:

Vaya-avor Adonai al panav vayikra:

And Hashem passed before [Moses'] face and proclaimed:

וּבְצֵל כְּנַפְיֶךָ נִחְסֶה

וְנִתְלוֹנָן, כַּיּוֹם וַיֵּרֵד יְהוָה

בְּעָנָן. תַּעֲבוֹר עַל פְּשָׁע

וְתִמְחֶה אֲשָׁם,

כַּיּוֹם וַיִּתִּיצֵב עִמּוֹ שָׁם.

תֵּאֲזִין שְׁוַעֲתֵנוּ וְתִקְשִׁיב

מִנּוּ מֵאִמַּר,

כַּיּוֹם וַיִּקְרָא בְשֵׁם יְהוָה,

וְשָׁם נֵאֶמַר:

וַיַּעֲבֹר יְהוָה עַל פְּנֵיו וַיִּקְרָא:

We stand during the recitation of the Thirteen Attributes.

יהוה, יהוה,

Adonai, Adonai,

Hashem, Hashem,

אֵל, רַחוּם, וְחַנוּן, אֶרֶךְ

¹⁾Eil, ²⁾rachum, ³⁾v'chanun, ⁴⁾erech

Eternal One, compassionate, and gracious, slow

אֲפַיִם, וְרַב חֶסֶד,

⁵⁾apayim, ⁶⁾v'rav chesed,

to anger, and abundant in kindness,

וְאֵמֶת,

⁷⁾ve-emet,

and truth,

נֹצֵר חֶסֶד לְאַלְפִים,

⁸⁾notzeir chesed ⁹⁾l'alafim,

preserver of kindness for thousands of generations,

נִשְׂא עוֹן, וְפָשַׁע, וְחַטָּאָה, וְנִקְיָה.

¹⁰⁾noseih avon, ¹¹⁾vapesha, ¹²⁾v'chata-at, ¹³⁾v'nakeih.

Forgiver of iniquity, willful wrongdoing, and error, and who absolves.

וְסַלַחְתָּ לְעֹנֵינוּ וְלַחַטָּאתֵנוּ וְנַחֲלֵתָנוּ.

V'salach-ta la-avoneinu ul'chatateinu un'chaltanu.

May You forgive our iniquities and our wrongdoings and make us Your heritage.

S'lach lanu Avinu ki chatanu,
Forgive us our Creator for we have erred,
m'chal lanu Malkeinu ki pashanu.
pardon us our Sovereign for we have willfully erred.
Ki atah Adonai tov v'salach,
For You Hashem are good and forgiving,
v'rav chesed l'chol korecha.
and abundantly kind to all who call upon You.

Chateih Elohai az-n'cha ush'ma,
Incline, my Elohim, Your ear, and listen,
p'dach einecha ureih shom'moteinu,
open Your eyes and see our desolation,
v'ha-ir asher
and that of the city of which
nikra shimcha aleha,
Your Name is proclaimed upon,
ki lo al tzidkoteinu anachnu
for not because of our righteousness do we
mafilim tachanuneinu l'fanecha,
cast our supplications before You,
ki al rachamecha harabim.
but because of Your compassion which is abundant.
Adonai sh'ma-ah, Adonai s'lachah,
Eternal One heed, Eternal One forgive,
Adonai hak-shivah, va-aseih al
Eternal One be attentive, and act do not
t'achar, l'ma-an'cha Elohai,
delay, for Your sake my Elohim,
ki shimcha nikra al
for Your Name is proclaimed upon
ir'cha v'al amecha.
upon Your City and upon your people.

סַלַח לָנוּ אֲבִינוּ כִּי חָטָאנוּ,
מַחֵל לָנוּ מַלְכֵנוּ כִּי פָשְׁעָנוּ.
כִּי אַתָּה אֲדֹנָי טוֹב וְסַלַח,
וְרַב חֶסֶד לְכֹל קוֹרְאֶיךָ.

הִטָּה אֱלֹהֵי אָזְנְךָ וּשְׁמַע,
פָּקַח עֵינֶיךָ וּרְאֵה שִׁמְמֹתֵינוּ,
וְהָעִיר אֲשֶׁר
נִקְרָא שִׁמְךָ עָלֶיהָ,
כִּי לֹא עַל צְדִקְתֵינוּ אֲנַחְנוּ
מִפִּילִים תַּחֲנוּנֵינוּ לְפָנֶיךָ,
כִּי עַל רַחֲמֶיךָ הָרַבִּים.
אֲדֹנָי שְׁמַעָה, אֲדֹנָי סַלַּחָה,
אֲדֹנָי הַקְּשִׁיבָה, וְעֲשֵׂה אֵל
תְּאַחֵר, לְמַעַנְךָ אֱלֹהֵי,
כִּי שִׁמְךָ נִקְרָא עַל
עִירְךָ וְעַל עַמֶּךָ.

שמע קולנו

SH'MA KOLEINU

Through the following blessings, we openly confess our negative actions and ask that our supplications be heard. Humility is the tool which helps us to transform our ego nature. When we humbly acknowledge the negativity we have done and admit to it, we go back in time and change the future.

Sh'ma koleinu, Adonai Eloheinu,

Hear our voice, Hashem our Eternal One,

chus v'racheim aleinu,

have pity and compassion on us,

v'kabeil b'rachamim uv'ratzon

and accept with compassion and favor

et t'filateinu.

our prayer.

Hashiveinu Adonai Eilecha v'nashuvah,

Bring us back to You Hashem and we shall return,

chadeish yameinu k'kedem.

renew our days as of old.

Al tashlicheinu milfanecha,

Do not cast us away from Your Presence,

v'ruach kodsh'cha al tifach mimenu.

and the Spirit of Your Holiness do not take from us.

Al tashlicheinu l'eit ziknah,

Do not cast us away in time of old age,

kichlot kocheinu al ta-azveinu.

do not forsake us when our strength fails.

Al ta-azveinu Adonai,

Do not forsake us Hashem,

Eloheinu al tir-chak mimenu.

our Eternal One be not distant from us.

Aseih imanu ot l'tovah,

Display for us a sign for good,

v'yiru soneinu v'yeivoshu,

so that our enemies may see it and be ashamed,

ki atah Adonai

for You Hashem

azar'tanu v'nichamtanu.

will have helped us and consoled us.

Amareinu ha-azinah Adonai,

Hear our words Hashem,

binah hagigeinu.

understand our thoughts.

שמע קולנו, יהוה אלהינו,

חוס ורחם עלינו,

וקבל ברחמים ובִּרְצוֹן

את תפלתנו.

השיבנו יהוה אליך ונשובה,

חדש ימינו כקדם.

אל תשליכנו מלפניך,

ורוח קדשך אל תקח ממנו.

אל תשליכנו לעת זקנה,

ככלות כחנו אל תעזבנו.

אל תעזבנו יהוה,

אלהינו אל תרחק ממנו.

עשה עמנו אות לטובה,

ויראו שונאינו ויבשו,

כי אתה יהוה

עזרתנו ונחמתנו.

אמרינו האזינה יהוה,

בינה הגיגנו.

Yih-yu l'ratzon imrei finu
May the words of our mouths
 v'hegyon libeinu l'fanecha,
and the thoughts of our hearts be acceptable before You,
 Adonai tzureinu v'go-aleinu.
Hashem our rock and our redeemer.
 Ki l'cha Adonai hochal'nu,
Because for You Hashem do we wait,
 atah ta-aneh, Adonai Eloheinu.
You will answer, Hashem our Eternal One.

יְהִיּוּ לְרָצוֹן אִמְרֵי פִינוּ
 וְהִגִּיזוּן לִבֵּנוּ לְפָנֶיךָ,
 יְהוּה צוּרֵנוּ וְגוֹאֲלֵנוּ.
 כִּי לְךָ יְהוּה הוֹחַלְנוּ,
 אַתָּה תַעֲנֶנּה, אֲדֹנָי אֱלֹהֵינוּ.

ידוּי

VIDUI

During S'lichot we should recognize our short-comings and wrong choices so that we can get closer to the Light. This blessing was designed by the sages in the order of the Hebrew alphabet. We strike our chest with our right hand, as we say each italicized word, to ignite the Light of the Creator within us and to remove our past negativity.

Ana Adonai Eloheinu
We beseech You Hashem our Eternal One
 v'Eilohei avoteinu v'imoteinu,
and Eternal One of our ancestors,
 tavo l'fanecha t'filateinu,
may our prayer come before You,
 v'al tit-alam mitchinateinu,
and do not disregard our plea,
 she-ein anu azei panim
for we are not arrogant
 uk-shei oref,
and stiff necked,
 lomar l'fanecha Adonai Eloheinu
to say before You Hashem our Eternal One
 v'Eilohei avoteinu v'imoteinu,
and Eternal One of our ancestors,
 tzadikim anachnu v'lo chatanu,
that we are righteous and did nothing negative,
 Aval anachnu
For we have transgressed, we
 va-avoteinu v'imoteinu chatanu.
and our ancestors have done negative things.
 Ashamnu, b'gadnu, gazalnu,
We have been guilty, we have betrayed, we have stolen,

אָנָּה יְהוּה אֱלֹהֵינוּ
 וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
 תָּבֹא לְפָנֶיךָ תְּפִלַּתֵנוּ,
 וְאַל תִּתְעַלֵּם מִתְחִנַּתֵנוּ,
 שֶׁאֵין אָנוּ עֵזִי פָנִים
 וְקִשֵׁי עֶרֶף,
 לֹמַר לְפָנֶיךָ יְהוּה אֱלֹהֵינוּ
 וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
 צַדִּיקִים אֲנַחְנוּ וְלֹא חָטָאנוּ,
 אָבֵל אֲנַחְנוּ
 וְאֲבוֹתֵינוּ וְאִמּוֹתֵינוּ חָטָאנוּ.
 אֲשָׁמְנוּ, בְּגַדְנוּ, גָּזַלְנוּ,

dibarnu dofi.

we have spoken slander.

He-evinu, v'hirshanu, zadnu,

We have done iniquity, we caused wickedness, we transgressed,

chamasnu, tafalnu sheker.

we have extorted, we have made false accusations.

Ya-atznu ra, kizavnu, latznu,

We have given bad advice, we have deceived, we have scorned,

maradnu, ni-atznu, sararnu,

we have rebelled, we have blasphemed, we have strayed,

avinu, pashanu, tzararnu,

we've been iniquitous, we've done misdeeds, we've bound up,

kishinu oref.

we have stiffened our necks.

Rashanu, shichatnu,

We have been wicked, we have been corrupt,

ti-avnu, ta-inu, titanu.

we have detested, we have gone astray, we have cheated.

Sarnu mimitzvotcha umimishpatecha,

We have turned away from Your commandments and Your laws,

hatovim, v'lo shavah lanu.

that are good, and it was not worthwhile for us.

V'atah tzadik al kol

And You are righteous in all

haba aleinu,

that has come upon us,

ki emet asita

for truthfully have You acted,

va-anachnu hir'shanu.

while we have acted wickedly.

דְּבַרְנוּ דָּפִי.

הֶעֵוִינוּ, וְהִרְשַׁעְנוּ, זָדָנוּ,

חַמְסָנוּ, טַפְלָנוּ שֶׁקֶר.

יַעֲצֵנוּ רָע, כִּזְבָּנוּ, לַצָּנוּ,

מַרְדָּנוּ, נִאֲצָנוּ, סָרַרְנוּ,

עֵוִינוּ, פָּשַׁעְנוּ, צָרַרְנוּ,

קִשִּׁינוּ עֹרֶף.

רָשַׁעְנוּ, שִׁחַתְנוּ,

תִּיעַבְנוּ, תִּעֵינוּ, תִּעַתְעֵנוּ.

סָרְנוּ מִמִּצְוֹתֶיךָ וּמִמִּשְׁפָּטֶיךָ,

הַטּוֹבִים, וְלֹא שָׁוָה לָנוּ.

וְאַתָּה צַדִּיק עַל כָּל

הַבָּא עָלֵינוּ,

כִּי אֱמֶת עָשִׂיתָ

וְאַנַּחְנוּ הִרְשַׁעְנוּ.

עֲנֵנוּ

ANEINU

Through the following verses we ask the Creator to answer our prayers. Kabbalah teaches us that we have the power to make our prayers reality when we connect to the divine spark of the Light within ourselves and transform our ego nature.

Aneinu Adonai aneinu.

Answer us, Hashem, answer us.

Aneinu Eloheinu aneinu.

Answer us, our Eternal One, answer us.

עֲנֵנוּ יְהוָה עֲנֵנוּ.

עֲנֵנוּ אֱלֹהֵינוּ עֲנֵנוּ.

Aneinu avinu aneinu.

Answer us, our Parent, answer us.

Aneinu boreinu aneinu.

Answer us, our Creator, answer us.

Aneinu go-aleinu aneinu.

Answer us, our Redeemer, answer us.

Aneinu dorsheinu aneinu.

Answer us, You who search us out, answer us.

Aneinu ha-Eil hane-eman aneinu.

Answer us, the One who is faithful, answer us.

Aneinu vatik v'chasic aneinu.

Answer us, steadfast and kind One, answer us.

Aneinu zach v'yashar aneinu.

Answer us, pure and upright One, answer us.

Aneinu chai v'kayam aneinu.

Answer us, living and enduring One, answer us.

Aneinu tov umeitiv aneinu.

Answer us, good and beneficent One, answer us.

Aneinu yodei-a yetzer aneinu.

Answer us, Knower of inclinations, answer us.

Aneinu koveish k'asim aneinu.

Answer us, Suppressor of wrath, answer us.

Aneinu loveish tz'dakot aneinu.

Answer us, Donner of righteousness, answer us.

Aneinu melech mal-chei ham'lachim

Answer us, Sovereign over sovereigns,

aneinu.

answer us.

Aneinu nora v'nisgav aneinu.

Answer us, awesome and powerful One, answer us.

Aneinu solei-ach umocheil aneinu.

Answer us, You who forgives and pardons, answer us.

Aneinu oneh b'eit tzarah aneinu.

Answer us, You who answers in time of distress, answer us.

Aneinu podeh umatzil aneinu.

Answer us, Redeemer and Rescuer, answer us.

Aneinu tzadik v'yashar aneinu.

Answer us, righteous and up-right One, answer us.

Aneinu karov l'korav aneinu.

Answer us, the One who is close to those who call upon You, answer us.

Aneinu shomei-a el ev-yonim aneinu.

Answer us, You who listens to the destitute, answer us.

Aneinu tomeich t'mimim aneinu.

Answer us, You who supports the wholesome, answer us.

Aneinu Elohei avoteinu aneinu.

Answer us, Eternal One of our ancestors, answer us.

Aneinu Elohei Avraham aneinu.

Answer us, Eternal One of Abraham, answer us.

עֲנֵנוּ אָבִינוּ עֲנֵנוּ.

עֲנֵנוּ בּוֹרְאֵנוּ עֲנֵנוּ.

עֲנֵנוּ גּוֹאֲלֵנוּ עֲנֵנוּ.

עֲנֵנוּ דּוֹרְשָׁנוּ עֲנֵנוּ.

עֲנֵנוּ הָאֵל הַנֶּאֱמָן עֲנֵנוּ.

עֲנֵנוּ וְתִיק וְחָסִיד עֲנֵנוּ.

עֲנֵנוּ זָךְ וְיָשָׁר עֲנֵנוּ.

עֲנֵנוּ חַי וְקַיִם עֲנֵנוּ.

עֲנֵנוּ טוֹב וְיִמְטִיב עֲנֵנוּ.

עֲנֵנוּ יוֹדֵעַ יִצָּר עֲנֵנוּ.

עֲנֵנוּ כּוֹבֵשׁ כְּעֵסִים עֲנֵנוּ.

עֲנֵנוּ לּוֹבֵשׁ צְדָקוֹת עֲנֵנוּ.

עֲנֵנוּ מֶלֶךְ מַלְכֵי הַמְּלָכִים

עֲנֵנוּ.

עֲנֵנוּ נוֹרָא וְנִשְׁגָב עֲנֵנוּ.

עֲנֵנוּ סוֹלֵחַ וּמוֹחֵל עֲנֵנוּ.

עֲנֵנוּ עוֹנֶה בְּעֵת צָרָה עֲנֵנוּ.

עֲנֵנוּ פּוֹדֵה וּמַצִּיל עֲנֵנוּ.

עֲנֵנוּ צַדִּיק וְיָשָׁר עֲנֵנוּ.

עֲנֵנוּ קָרוֹב לְקוֹרְאָיו עֲנֵנוּ.

עֲנֵנוּ שׁוֹמֵעַ אֶל אֲבִיוֹנִים עֲנֵנוּ.

עֲנֵנוּ תוֹמֵךְ תְּמִימִים עֲנֵנוּ.

עֲנֵנוּ אֱלֹהֵי אֲבוֹתֵינוּ עֲנֵנוּ.

עֲנֵנוּ אֱלֹהֵי אַבְרָהָם עֲנֵנוּ.

Aneinu pachad Yitz-chak **aneinu**.

Answer us, Awesome One of Isaac, answer us.

Aneinu avir Ya-akov **aneinu**.

Answer us, Mighty One of Jacob, answer us.

Aneinu magein David **aneinu**.

Answer us, Sheild of David, answer us.

Aneinu ez-rat hash'vatim **aneinu**.

Answer us, Helper of the tribes, answer us.

Aneinu misgav imahot **aneinu**.

Answer us, Stronghold of the Matriarchs, answer us.

Aneinu oneh b'eit ratzon **aneinu**.

Answer us, You who answers in a time of favor, answer us.

Aneinu rachum v'chanun **aneinu**.

Answer us, merciful and gracious One, answer us.

עֲנֵנוּ פֶּחַד יִצְחָק עֲנֵנוּ.

עֲנֵנוּ אֲבִיר יַעֲקֹב עֲנֵנוּ.

עֲנֵנוּ מָגֵן דָּוִד עֲנֵנוּ.

עֲנֵנוּ עֶזְרַת הַשְּׁבָטִים עֲנֵנוּ.

עֲנֵנוּ מִשְׁגֵּב אִמָּהוֹת עֲנֵנוּ.

עֲנֵנוּ עוֹנֶה בְּעֵת רָצוֹן עֲנֵנוּ.

עֲנֵנוּ רַחוּם וְחַנוּן עֲנֵנוּ.

עשה למען

ASEIH L'MA-AN

The verses in this prayer follow the order of the Hebrew alphabet. Kabbalah teaches that this is significant because it connects us to the spiritual energy of Creation. During Elul, it is important for us to connect to this energy in order to bring renewal to our lives and to return to the Light. The second section of this prayer relates to humility and helps us to lower our ego, which is what prevents the Light from flowing into our lives.

Eil rachum sh'mecha,

Merciful One is Your Name,

Eil chanun sh'mecha,

Gracious One is Your Name,

banu nikra sh'mecha,

upon us is Your Name proclaimed,

Adonai aseih l'ma-an sh'mecha.

Hashem, act for the sake of Your Name.

Aseih l'ma-an amitecha.

Act for the sake of Your truth.

Aseih l'ma-an b'ritecha.

Act for the sake of Your covenant.

Aseih l'ma-an god-l'cha v'tifartecha.

Act for the sake of Your greatness and splendor.

Aseih l'ma-an datecha.

Act for the sake of Your law.

Aseih l'ma-an hodecha.

Act for the sake of Your glory.

אֵל רַחוּם שְׁמֶךָ,

אֵל חַנוּן שְׁמֶךָ,

בָּנוּ נִקְרָא שְׁמֶךָ,

יְהוָה עֲשֵׂה לְמַעַן שְׁמֶךָ.

עֲשֵׂה לְמַעַן אֱמִתְּךָ.

עֲשֵׂה לְמַעַן בְּרִיתְךָ.

עֲשֵׂה לְמַעַן גְּדֻלָּתְךָ וְתִפְאֶרֶתְךָ.

עֲשֵׂה לְמַעַן דִּתְךָ.

עֲשֵׂה לְמַעַן הוֹדְךָ.

Aseih l'ma-an vi-udecha.

Act for the sake of Your assembly.

Aseih l'ma-an zichrecha.

Act for the sake of Your remembrance.

Aseih l'ma-an chasdecha.

Act for the sake of Your kindness.

Aseih l'ma-an tuvecha.

Act for the sake of Your goodness.

Aseih l'ma-an yichudecha.

Act for the sake of Your Oneness.

Aseih l'ma-an k'vodecha.

Act for the sake of Your honor.

Aseih l'ma-an limudecha.

Act for the sake of Your students.

Aseih l'ma-an malchutecha.

Act for the sake of Your sovereignty.

Aseih l'ma-an nitz-checha.

Act for the sake of Your eternity.

Aseih l'ma-an sodecha.

Act for the sake of Your secret revealed to those in awe of You.

Aseih l'ma-an uzecha.

Act for the sake of Your power.

Aseih l'ma-an p'eirecha.

Act for the sake of Your glory.

Aseih l'ma-an tzidkatecha.

Act for the sake of Your righteousness.

Aseih l'ma-an k'dushatecha.

Act for the sake of Your holiness.

Aseih l'ma-an rachamecha harabim.

Act for the sake of Your abundant mercy.

Aseih l'ma-an Sh'chinatecha.

Act for the sake of Your Sh'chinah (Divine Presence).

Aseih l'ma-an t'hilatecha.

Act for the sake of Your praise.

Aseih l'ma-an ohavecha

Act for the sake of those who loved you

shoch-nei afar.

who rest in the dust.

Aseih l'ma-an Avraham

Act for the sake of Abraham,

Yitz-chak v'Ya-akov.

Isaac, and Jacob.

Aseih l'ma-an Moshe v'Aharon.

Act for the sake of Moses and Aaron.

Aseih l'ma-an David u-Shlomoh.

Act for the sake of David and Solomon.

Aseih l'ma-an Y'rushalayim

Act for the sake of Jerusalem

עֲשֵׂה לְמַעַן וְעוֹדֶךָ.

עֲשֵׂה לְמַעַן זְכוֹרֶךָ.

עֲשֵׂה לְמַעַן חַסְדֶּךָ.

עֲשֵׂה לְמַעַן טוֹבֶךָ.

עֲשֵׂה לְמַעַן יְחוּדֶךָ.

עֲשֵׂה לְמַעַן כְּבוֹדֶךָ.

עֲשֵׂה לְמַעַן לְמוֹדֶךָ.

עֲשֵׂה לְמַעַן מַלְכוּתֶךָ.

עֲשֵׂה לְמַעַן נִצְחֶךָ.

עֲשֵׂה לְמַעַן סוּדֶךָ.

עֲשֵׂה לְמַעַן עֲזֶךָ.

עֲשֵׂה לְמַעַן פְּאָרְךָ.

עֲשֵׂה לְמַעַן צְדָקָתֶךָ.

עֲשֵׂה לְמַעַן קִדְשָׁתֶךָ.

עֲשֵׂה לְמַעַן רַחֲמֶיךָ הַרְבִּים.

עֲשֵׂה לְמַעַן שְׂכִינָתֶךָ.

עֲשֵׂה לְמַעַן תְּהִלָּתֶךָ.

עֲשֵׂה לְמַעַן אוֹהֲבֶיךָ

שׁוֹכְנֵי עָפָר.

עֲשֵׂה לְמַעַן אַבְרָהָם

יִצְחָק וְיַעֲקֹב.

עֲשֵׂה לְמַעַן מֹשֶׁה וְאַהֲרֹן.

עֲשֵׂה לְמַעַן דָּוִד וְשְׁלֹמֹה.

עֲשֵׂה לְמַעַן יְרוּשָׁלַיִם

ir kodshecha.

the city of Your holiness.

Aseih l'ma-an Tziyon

Act for the sake of Zion

mishkan k'vodecha.

the abode of Your glory.

Aseih l'ma-an shim'mot heichalecha.

Act for the sake of the desolation of Your Temple.

Aseih l'ma-an harisut miz-b'checha.

Act for the sake of the devastation of Your Altar.

Aseih l'ma-an harugim al

Act for the sake of those killed for

sheim kodshecha.

Your holy Name.

Aseih l'ma-an t'vuchim

Act for the sake of those slaughtered

al yichudecha.

for Your Oneness.

Aseih l'ma-an ba-ei ba-eish

Act for the sake of those who entered fire

uvamayim al kidush sh'mecha.

and water for the sanctification of Your Name.

Aseih l'ma-an yon'kei

Act for the sake of infants nursing

shadayim shelo chat'u.

at the breast who did not commit negative deeds.

Aseih l'ma-an g'mulei chalav

Act for the sake of the babies weaned from milk

shelo fash'u.

who did not transgress.

Aseih l'ma-an tinokot

Act for the sake of young children

shel beit raban.

at their teachers' school.

Aseih l'ma-an im lo l'ma-aneinu.

Act for the sake of if not for our sake.

Aseih l'ma-an'cha v'hoshi-einu.

Act for Your sake and save us.

Hoshi-einu va-aneinu hayom

Save us and answer us today

uv'chol yom vayom bi-t'filateinu,

and every day when we pray,

ki t'hilateinu atah.

for You are our praise.

Mi she-anah l'Avraham avinu

May the One who answered Abraham our father

b'har hamoriyah hu ya-aneinu.

on Mount Moriah, also answer us.

עִיר קֹדֶשְׁךָ.

עֲשֵׂה לְמַעַן צִיּוֹן

מִשְׁכַּן כְּבוֹדְךָ.

עֲשֵׂה לְמַעַן שְׁמֹמֹת הַיְכָלְךָ.

עֲשֵׂה לְמַעַן הַרְיִסוֹת מִזְבִּיחֶךָ.

עֲשֵׂה לְמַעַן הַרוּגִים עַל

שֵׁם קֹדֶשְׁךָ.

עֲשֵׂה לְמַעַן טְבוּחִים

עַל יְחִוּדְךָ.

עֲשֵׂה לְמַעַן בָּאֵי בָּאֵשׁ

וּבַמַּיִם עַל קְדוּשַׁת שְׁמֶךָ.

עֲשֵׂה לְמַעַן יוֹנְקֵי

שָׁדַיִם שֶׁלֹּא חָטְאוּ.

עֲשֵׂה לְמַעַן גְּמוּלֵי חֶלֶב

שֶׁלֹּא פָשְׁעוּ.

עֲשֵׂה לְמַעַן תִּינוּקוֹת

שֶׁל בַּיִת רַבָּן.

עֲשֵׂה לְמַעַנְךָ אִם לֹא לְמַעַנְנוּ.

עֲשֵׂה לְמַעַנְךָ וְהוֹשִׁיעֵנוּ.

הוֹשִׁיעֵנוּ וְעַנְנוּ הַיּוֹם

וּבְכָל יוֹם וַיּוֹם בְּתַפְלָתְנוּ,

כִּי תִהְלָתְנוּ אֹתָהּ.

מִי שֶׁעֲנָה לְאַבְרָהָם אָבִינוּ

בְּהַר הַמֹּרְיָה הוּא יַעֲנֵנוּ.

Mi she-anah l'Yitz-chak b'no
May the One who answered Isaac his son
 k'shene-ekad al gabei hamizbei-ach
when he was bound on top of the altar,
 hu ya-aneinu.
also answer us.

Mi she-anah l'Ya-akov b'veit eil
May the One who answered Jacob in Beth El,
 hu ya-aneinu.
also answer us.

Mi she-anah l'Yoseif
May the One who answered Joseph
 b'veit ha-asurim hu ya-aneinu.
in the prison, also answer us.

Mi she-anah la-avoteinu
May the One who answered our ancestors
 al yam suf hu ya-aneinu.
at the Red Sea, also answer us.

Mi she-anah l'Mosheh b'choreiv
May the One who answered Moses in Horeb,
 hu ya-aneinu.
also answer us.

Mi she-anah l'Aharon bamach-tah
May the One who answered Aaron with the fire-pan,
 hu ya-aneinu.
also answer us.

Mi she-anah l'Pin'chas b'kumo
May the One who answered Pinchas when he arose
 mitoch ha-eidah hu ya-aneinu.
from amid the congregation, also answer us.

Mi she-anah l'Hoshu-a bagilgul
May the One who answered Joshua in Gilgul,
 hu ya-aneinu.
also answer us.

Mi she-anah l'Sh-muel bamitzpah
May the One who answered Samuel in Mizpah,
 hu ya-aneinu.
also answer us.

Mi she-anah l'David u'Sh-lomoh
May the One who answered David and Solomon
 b'no Birushalayim hu ya-aneinu.
his son in Jerusalem, also answer us.

Mi she-anah l'Eliyahu
May the One who answered Elijah
 b'har hakarmel hu ya-aneinu.
on Mount Carmel, also answer us.

Mi she-anah l'Elisha biricho
May the One who answered Elisha in Jericho,

מי שענה ליצחק בנו
 כשנעקד על גבי המזבח
 הוא יעננו.
 מי שענה לייעקב בבית אל
 הוא יעננו.
 מי שענה ליוסף
 בבית האסורים הוא יעננו.
 מי שענה לאבותינו
 על ים סוף הוא יעננו.
 מי שענה למשה בחורב
 הוא יעננו.
 מי שענה לאהרן במחתה
 הוא יעננו.
 מי שענה לפינחס בקומו
 מתוך העדה הוא יעננו.
 מי שענה ליהושע בגלגל
 הוא יעננו.
 מי שענה לשמואל במצפה
 הוא יעננו.
 מי שענה לדוד ושלמה
 בנו בירושלים הוא יעננו.
 מי שענה לאליהו
 בהר הכרמל הוא יעננו.
 מי שענה לאלישע ביריחו

hu ya-aneinu.

also answer us.

Mi she-anah l'Yonah bimei hadagah

May the One who answered Jonah in the bowels of the fish,

hu ya-aneinu.

also answer us.

Mi she-anah l'Hizkiyahu melech

May the One who answered Hezekiah Sovereign

Y'hudah b'chalyo hu ya-aneinu.

of Judah in his illness, also answer us.

Mi she-anah la-Chananyah Misha-eil

May the One who answered Hananiah, Mishael,

va-Azaryah b'toch kiv-shan ha-eish

and Azariah inside the furnace of fire,

hu ya-aneinu.

also answer us.

Mi she-anah l'Daniyeil b'gov

May the One who answered Daniel in the den

ha-arayot hu ya-aneinu.

of the lions, also answer us.

Mi she-anah l'Mord'chai v'Esteir

May the One who answered Mordechai and Esther

b'shushan habirah hu ya-aneinu.

in Shushan the capital, also answer us.

Mi she-anah l'Ezra bagolah

May the One who answered Ezra in the exile,

hu ya-aneinu.

also answer us.

Mi she-anah l'chol hatzadikim

May the One who answered all the righteous

v'hachasidim v'hat'mimim

and the devout and the wholesome

v'ha-y'sharim hu ya-aneinu.

and the upright, also answer us.

Rachamana d'anei la-aniyei aneinan.

Merciful One who answers the poor, answer us.

Rachamana d'anei lit-virei

Merciful One who answers those of broken

liba aneinan.

hearts, answer us.

Rachamana d'anei l'makichei

Merciful One who answers those of crushed

rucha aneinan.

spirit, answer us.

Rachamana aneinan.

Merciful One answer us!

Rachamana chus.

Merciful One have pity!

הוא יעֲנֵנוּ.

מי שֶׁעָנָה לְיוֹנָה בְּמֵעי הַדָּגָה

הוא יעֲנֵנוּ.

מי שֶׁעָנָה לְחִזְקִיָּהוּ מֶלֶךְ

יְהוּדָה בְּחָלְיוֹ הוּא יעֲנֵנוּ.

מי שֶׁעָנָה לְחַנְנְיָה מִשָּׁאֵל

וְעִזְרִיָּה בְּתוֹךְ כְּבִשָּׁן הָאֵשׁ

הוא יעֲנֵנוּ.

מי שֶׁעָנָה לְדָנְיָאֵל בְּגוֹב

הָאֲרִיֹּת הוּא יעֲנֵנוּ.

מי שֶׁעָנָה לְמֹרְדֵכַי וְאֶסְתֵּר

בְּשׁוּשַׁן הַבִּירָה הוּא יעֲנֵנוּ.

מי שֶׁעָנָה לְעִזְרָא בַּגּוֹלָה

הוא יעֲנֵנוּ.

מי שֶׁעָנָה לְכֹל הַצַּדִּיקִים

וְהַחֲסִידִים וְהַתְּמִימִים

וְהַיְשָׁרִים הוּא יעֲנֵנוּ.

רַחֲמָנָא דְעָנִי לְעָנִי עֲנִינָן.

רַחֲמָנָא דְעָנִי לְתַבִּירִי

לְבָא עֲנִינָן.

רַחֲמָנָא דְעָנִי לְמַכִּיכִי

רוּחָא עֲנִינָן.

רַחֲמָנָא עֲנִינָן.

רַחֲמָנָא חוּס.

Rachamana p'rok.

Merciful One redeem!

Rachamana sh'ziv.

Merciful One save!

Rachamana r'cham alan,

Merciful One have mercy on us,

hash-ta ba-agala uviz'man kariv.

now, swiftly and speedily may it come.

רַחֲמָנָא פְּרוּק.

רַחֲמָנָא שְׂזִיב.

רַחֲמָנָא רַחֵם עָלָן,

הַשְׁתָּא בְּעֵגְלָא וּבְזִמַּן קָרִיב.

אתאנו לחלות

ATANU L'CHALOT

A vital step in removing negativity is to confront it. Through this prayer we face our own negativity.

Atanu l'chalot panecha,

We have come to pray before You,

ki chesed v'emet y'kadmu panecha.

for kindness and truth go before You.

Na al t'visheinu,

Please do not bring us to shame,

na al t'shiveinu reikam milfanecha.

please do not turn us away empty handed from before You.

S'lach lanu ush-lach lanu

Forgive us and send us

y'shu-ah v'rachamim mim'onecha.

salvation and compassion from Your dwelling place.

Atanu l'vakeish mi-m'cha kaparah,

We have come to ask absolution from You,

ayom v'nora,

O feared and awesome One,

mis-gav l'itot batzarah.

strength in times of distress.

T'chayeinu, t'chaneinu,

Give us life, grant us grace,

uv'shimcha nikra.

and we shall call out Your Name.

S'lach lanu ush-lach lanu

Forgive us and send us

y'shu-ah v'rachamim mim'onecha.

salvation and compassion from Your dwelling place.

אֲתָאנוּ לְחַלוֹת פְּנֶיךָ,

כִּי חֶסֶד וְאֵמֶת יִקְדְּמוּ פְּנֶיךָ.

נָא אַל תְּבִישְׁנוּ,

נָא אַל תְּשִׁיבֵנוּ רִיקָם מִלְּפָנֶיךָ.

סְלַח לָנוּ וּשְׁלַח לָנוּ

יְשׁוּעָה וְרַחֲמִים מִמְּעוֹנְךָ.

אֲתָאנוּ לְבַקֵּשׁ מִמְּךָ כַּפָּרָה,

אֵלִים וְנוֹרָא,

מִשְׁגָּב לְעֵתוֹת בְּצָרָה.

תְּחַיֵּינוּ, תְּחַנְּנוּ,

וּבְשִׁמְךָ נִקְרָא.

סְלַח לָנוּ וּשְׁלַח לָנוּ

יְשׁוּעָה וְרַחֲמִים מִמְּעוֹנְךָ.

שלש עשרה מדות

THIRTEEN ATTRIBUTES

The Thirteen Attributes reflect the thirteen different aspects of our relationship with the Creator. There are twelve signs of the zodiac that control our reactive ego nature. Thirteen is one number above that, which gives us control over the signs and control over our reactive nature. The Thirteen Attributes allow forgiveness to take place thereby cleansing our souls.

Eil melech yosheiv

Eternal One, Sovereign who sits

al kisei rachamim,

upon the throne of mercy,

mit-naheig bachasidut,

who acts with kindness,

mocheil avonot amo,

who pardons the negative deeds of Your people,

ma-avir rishon rishon,

who removes them one by one,

mar-beh m'chilah l'chata-im,

who abundantly grants pardon to those who do negative deeds,

u-s'lichah l'fosh'im,

and forgiveness to transgressors,

oseh tz'dakot im

who performs acts of generosity with

kol basar varu-ach,

all beings of flesh and spirit,

lo ch'ra-atam tigmol.

not in accordance with thier wickedness do You repay them.

Eil, horeita lanu lomar

Eternal One, You taught us to recite

sh'losh esreih,

the Thirteen Attributes,

z'chor lanu hayom b'rit

remember for us today the covenant

sh'losh esreih, k'mo shehodata

of the Thirteen Attributes, as You made known

le-anav mikedem,

to the humble one (Moses) in ancient times,

k'mo shekatuv,

as it is written,

Vayeired Adonai be-anav,

And Hashem descended in a cloud,

אֵל מֶלֶךְ יוֹשֵׁב

עַל כִּסֵּי רַחֲמִים,

מִתְנַהֵג בְּחַסִּידוּת,

מוֹחֵל עֲוֹנוֹת עַמּוֹ,

מַעֲבִיר רֹאשׁוֹן רֹאשׁוֹן,

מֵרַבָּה מְחִילָה לְחַטָּאִים,

וּסְלִיחָה לְפוֹשְׁעִים,

עוֹשֶׂה צְדָקוֹת עִם

כָּל בָּשָׂר וָרוּחַ,

לֹא כִרְעַתָּם תִּגְמֹל.

אֵל, הוֹרִיתָ לָנוּ לוֹמַר

שְׁלֹשׁ עֶשְׂרֵה,

זְכוֹר לָנוּ הַיּוֹם בְּרִית

שְׁלֹשׁ עֶשְׂרֵה, כְּמוֹ שֶׁהוֹדַעְתָּ

לְעַנּוֹ מִקֵּדָם,

כְּמוֹ שֶׁכָּתוּב,

וַיֵּרֶד יְהוָה בְּעָנָן,

vayit-yatzeiv imo sham,
and stood with him there,
vayikra b'sheim Adonai.
and called out with the Name of Hashem.

וַיִּתְּיָצֵב עִמּוֹ שָׁם,
וַיִּקְרָא בְּשֵׁם יְהוָה.

Vaya-avor Adonai al panav vayikra:
And Hashem passed before [Moses'] face and proclaimed:

וַיַּעֲבֹר יְהוָה עַל פְּנֵי וַיִּקְרָא:

We stand during the recitation of the Thirteen Attributes.

יְהוָה, יְהוָה,

Adonai, Adonai,
Hashem, Hashem,

אֵל, רַחוּם, וְחַנוּן, אֶרֶךְ

¹⁾Eil, ²⁾rachum, ³⁾v'chanun, ⁴⁾erech
Eternal One, compassionate, and gracious, slow

אֲפַיִם, וְרַב חֶסֶד,

⁵⁾apayim, ⁶⁾v'rav chesed,
to anger, and abundant in kindness,

וְאֵמֶת,

⁷⁾ve-emet,
and truth,

נֹצֵר חֶסֶד לְאַלְפִים,

⁸⁾notzeir chesed ⁹⁾l'alafim,
preserver of kindness for thousands of generations,

נֹשֵׂא עוֹן, וּפְשָׁע, וְחַטָּאָה, וְנִקְיָה.

¹⁰⁾noseih avon, ¹¹⁾vapesha, ¹²⁾v'chata-at, ¹³⁾v'nakeih.
Forgiver of iniquity, willful wrongdoing, and error, and who absolves.

וְסָלַחְתָּ לְעוֹנֵינוּ וּלְחַטָּאתֵינוּ וְנַחֲלָתָנוּ.

V'salach-ta la-avoneinu ul'chatateinu un'chaltanu.
May You forgive our iniquities and our wrongdoings and make us Your heritage.

קדיש תתקבל

KADDISH TITKABEIL

The Ari revealed that the Kaddish has the power of twice Light. One of them is the Light within us all. The second Light is known as "Or Makif" or "surrounding Light". The Kaddish is the tool which links these two Lights together.

Leader and participants say together that which is contained within { }.

Yitgadal v'yitkadash sh'meih raba.

Let the glory of the Eternal One be extolled.

{Amein.}

Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
{אָמֵן.}

B'alma di v'ra chir-uteih,

Let the great Name be hallowed,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

b'chayeichon uv'yomeichon

in our lifetime and in our days

uv'chayei d'chol beit Yisrael,

and in the lives of the entire house of Israel,

ba-agala uviz'man kariv,

quickly and speedily may it come,

v'imru Amein. {Amein.}

and let us say amen. Amen.

בְּעֲלָמָא דִּי בְּרָא כְרַעוּתֵיהּ,
וְיַמְלִיךְ מַלְכוּתֵיהּ,
בְּחַיֵּינוּ וּבְיוֹמֵינוּ
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעֲגָלָא וּבְזְמַן קָרִיב,
וְאָמְרוּ אָמֵן. {אָמֵן.}

{Y'hei sh'meih raba m'varach

Let the great Name be blessed

l'alam ul'almei almaya.}

forever and ever.

יְיָהּ שְׁמֵהּ רַבָּא מְבָרַךְ
לְעַלְמֵי עֲלְמֵי עֲלְמֵי אָמֵן.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and extolled and magnified

v'yitromam v'yitnasei v'yit-hadar

and hailed and exalted and honored

v'yit-aleh v'yit-halal

and glorified and praised

sh'meih d'kudsha {b'rich hu},

be the Holy One whose Name is blessed,

l'eila min kol birchata

who is beyond all blessings

v'shirata tushb'chata v'nechemata,

or songs or praises or words of consolation,

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
וְיִתְרֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקַדְשָׁא {בְּרִיךְ הוּא},
לְעֵלָּא מִן כָּל בִּרְכָתָא
וְשִׁירָתָא תְּשֻׁבְחָתָא וְנַחֲמָתָא,

da-amiran b'alma,
that can be uttered in this world,
 v'imru Amein. {Amein.}
and let us say amen. Amen.

Titkabeil tz'lot'hon uva-ut'hon
May the prayers and supplications be accepted
 d'chol beit Yisrael kadam
of the entire House of Israel before
 avuhon di bish'maya,
their Parent who is in heaven,
 v'imru Amein. {Amein.}
and let us say amen. Amen.

Y'hei sh'lama raba min sh'maya,
May there be much peace from heaven,
 v'chayim tovim aleinu,
and good life upon us,
 v'al kol Yisrael,
and upon all Israel,
 v'imru Amein. {Amein.}
and let us say amen. Amen.

Oseh shalom bimromav,
May the One who makes peace in the high heavens,
 hu ya-aseh shalom aleinu,
bring this peace upon us,
 v'al kol Yisrael v'al kol ha-olam,
and upon all Israel and upon all the world,
 v'imru Amein. {Amein.}
and let us say amen. Amen.

דְּאִמְרָן בְּעֵלְמָא,
 וְאִמְרוּ אָמֵן. {אָמֵן.}

תִּתְקַבֵּל צְלוֹתְהוֹן וּבְעוֹתְהוֹן
 דְּכֹל בֵּית יִשְׂרָאֵל קָדָם
 אַבּוּהוֹן דִּי בְּשַׁמַּיָּא,
 וְאִמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,
 וְחַיִּים טוֹבִים עָלֵינוּ
 וְעַל כֹּל יִשְׂרָאֵל,
 וְאִמְרוּ אָמֵן. {אָמֵן.}

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,
 הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,
 וְעַל כֹּל יִשְׂרָאֵל וְעַל כֹּל הָעוֹלָם,
 וְאִמְרוּ אָמֵן. {אָמֵן.}