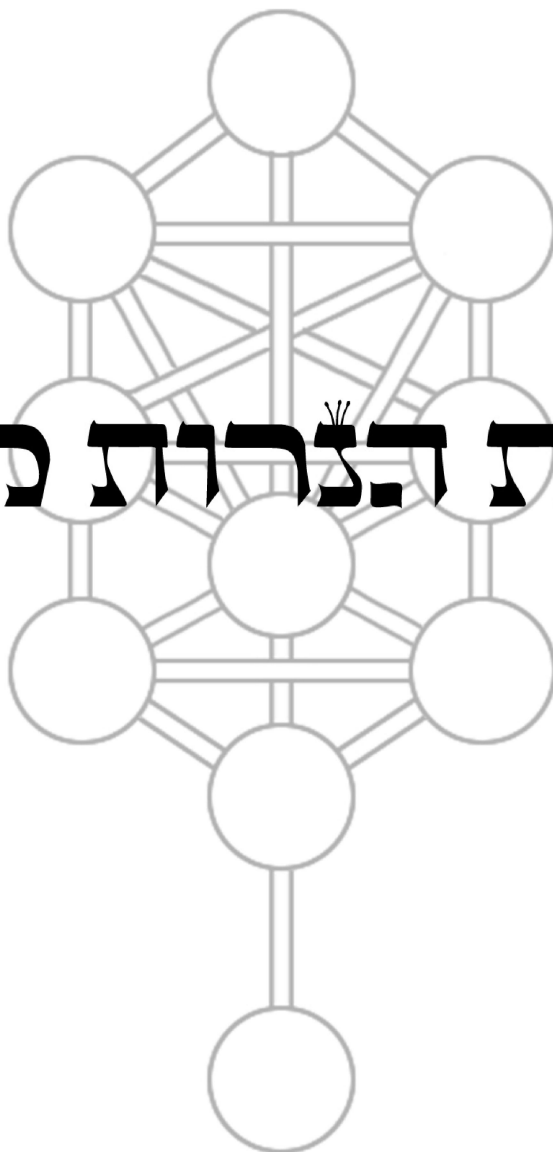


CANDLE LIGHTING FOR SHABBAT

הדלקת הנרות לשבת



Kabbalah4All.com
Connecting Those Who Study Kabbalah Around The Globe

K4A Transliteration Guidelines

Please note that transliteration guidelines are different according to each culture and also within each movement of Judaism. We have developed these guidelines for use with our transliterated documents. They may or may not apply to transliterations put out by other movements including the various organizations teaching Kabbalah.

- a** as in father
- ai** as in aisle
- e** as in red
- ei** as in eight
- i** as in pizza
- o** as in no
- oi** as in toy
- 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 siddurim (connection books).

מֶלֶךְ

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-Anthony Curtis.

Transliterated according to the K4A Transliteration Guidelines developed by David-Anthony Curtis and Rebecca Schwartz.

Translated by David-Anthony Curtis.

Edited by Rebecca Schwartz and David-Anthony Curtis.

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הדלקת הנרות לשבת

WELCOME

As we begin our connection, we are invited to move the center of our attention from the ordinary to the sacred and from the mundane to the spiritual. Shabbat is a day of rest, a day to stand in awe of the mystery of creation, a day when the spiritual and physical worlds are united. The Kabbalists teach that we receive an extra soul on Shabbat, because otherwise its energy would be too much for our spiritual vessel to handle on its own. The blessings and benefits we receive by connecting to the energy of Shabbat are infinite. We receive so that we, in turn, may share and make the world a better place.

LIGHTING THE SHABBAT CANDLES

The Shabbat candles remind us that this day of the week is set apart from the other six days. By lighting the candles, we invite the Light of the Creator into our lives and affirm the sanctity of Shabbat.

Light the candles, then cover the eyes and say the blessing. Uncover the eyes and gaze for a moment at the candles.

Baruch atah Adonai,

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Eternal One, Sovereign of the universe,

asher kid'shanu b'mitzvotav,

You have sanctified us through Your commandments,

v'tzivanu l'hadlik neir shel Shabbat

and bid us to light the candles of Shabbat

(v'shel yom tov).

(and this sacred occasion).

בְּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,

וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת

(וְשֶׁל יוֹם טוֹב).

שירים לשבת

SHABBAT SONGS

For many centuries the kabbalists have sung songs after kindling the lights for Shabbat. It also became popular to sing these songs during and after the Friday evening meal. These songs help create the unique experience of joy that is central to Shabbat.

PITCHU LI

Pitchu li sha-arei tzedek,

Open for me the gates of righteousness,

avo vam odeh Yah.

I will enter them and thank the Eternal One.

Zeh hash-a-ar l'Adonai,

This is the gate of Hashem,

tzadikim yavo-u vo.

the righteous shall enter through it.

פְּתַחוּ לִי שַׁעֲרֵי צְדָקָה,

אֲבֹא בָם אֹדֶה יְהוָה.

זֶה הַשַּׁעַר לַיהוָה,

צְדִיקִים יָבֹאוּ בוֹ.

HINEIH MAH TOV

Hineih mah tov umah na-im

Behold how wonderful it is

shevet achim gam yachad.

for people to dwell together in unity.

הִנֵּה מַה טוֹב וּמַה נְעִים

שֵׁבֶת אַחִים גַּם יַחַד.

V'EIRASTICH LI

V'eirastich li l'olam,

And I will betroth you to Me forever,

v'eirastich li b'tzedek,

and I will betroth you to Me in righteousness,

uvmishpat uvchesed uvrachamim.

and with justice and with kindness and with mercy.

V'eirastich li be-emunah,

And I will betroth you to Me in faithfulness,

v'yada-at et Adonai.

and you will know Hashem.

וְאֶרְשָׁתִּיךָ לִי לְעוֹלָם,

וְאֶרְשָׁתִּיךָ לִי בְצְדָקָה,

וּבְמִשְׁפָּט וּבְחֶסֶד וּבְרַחֲמִים.

וְאֶרְשָׁתִּיךָ לִי בְאֱמוּנָה,

וַיְדַעַתְּ אֶת יְהוָה.

SHABBAT SHALOM

Shabbat shalom.

A peaceful Shabbat.

שַׁבַּת שְׁלוֹם.

Shabbat shalom umvorach.

A peaceful and blessed Shabbat.

שַׁבַּת שְׁלוֹם וּמְבֹרָךְ.

ESAH EINAI

Esah einai el he-harim

I lift my eyes up to the hills,

mei-ayin yavo ezri.

what is the source of my help?

Ezri mei-im Adonai,

My help is from Hashem,

oseih shamayim va-aretz.

maker of heaven and earth.

אֶשָּׂא עֵינַי אֶל הַהָרִים,

מֵאֵינן יָבֹא עֲזָרִי.

עֲזָרִי מֵעַם יְהוָה

עֹשֵׂה שָׁמַיִם וָאָרֶץ.

DODI LI

Dodi li va-ani

My beloved is mine and I am my beloved's

lo haro-eh bashoshanim.

who browses among the lilies.

Mi zot olah min hamidbar,

Who is this that comes up from the desert,

m'kuteret mor ulvonah.

in clouds of myrrh and frankincense.

Libavtini achoti chalah.

You have ravished my heart, my sister, my bride.

Uri tzafon uvo-i teiman.

Awake, O north wind, and come, O south wind.

Kol sason v'kol simchah,

The sound of joy and the sound of gladness,

kol chatan v'kol kalah.

the voice of the bridegroom and the voice of the bride.

דוּדִי לִי וְאֲנִי

לוֹ הָרְעָה בְּשׁוֹשָׁנִים.

מִי זֹאת עֹלָה מִן הַמִּדְבָּר,

מִקְטֶרֶת מֹר וּלְבוֹנָה.

לְבַבְתִּנִי אַחֲתִי כֻלָּה.

עוֹרִי צָפוֹן וּבֹאֵי תֵימָן.

קוֹל שִׂשׁוֹן וְקוֹל שִׂמְחָה,

קוֹל חַתָּן וְקוֹל כֻּלָּה.

AN-IM Z'MIROT

Anim z'mirot v'shirim e-erog,

I sing sweet songs and melodies I weave,

ki eilecha nafshi ta-arog.

because for You my spirit longs.

Nafshi chamdah b'tzeil yadecha,

In the shade of Your hand my senses yearn,

lada-at kol raz sodecha.

Your secret mysteries to learn.

Midei dabri bich-vodecha,

Your glory, even as I speak,

homeh libi el dodecha.

disturbs my heart, Your love to seek.

אֲנַעִים זְמִירוֹת וְשִׁירִים אֶאֱרוֹג,

כִּי אֵלֶיךָ נַפְשִׁי תֵעָרוֹג.

נַפְשִׁי חַמְדָּה בְּצֵל יָדְךָ,

לְדַעַת כָּל רָז סוּדְךָ.

מִדֵּי דַבְּרִי בְּכַבּוֹדְךָ,

הוֹמָה לְבִי אֶל הוֹדֵיךָ.

Al kein adabeir b'cha nichbadot,
And so I tell Your glorious fame,
 v'shimcha achabeid b'shrei y'didot.
with songs of love I praise Your Name.

עַל כֵּן אֲדַבֵּר בְּךָ נִכְבְּדוֹת,
 וְשִׁמְךָ אֲכַבֵּד בְּשִׁירֵי יְדִידוֹת.

SHIR MISHPAT

Micah 5:8, Amos 5:24, Psalm 106:3
 Composed by Noam Katz

Asot mishpat v'ahavat chesed
Do justice and love mercy
 v'hatznei-a lechet im Elohecha.
and walk humbly with your Eternal One.

עֲשׂוֹת מִשְׁפָּט וְאַהֲבַת חֶסֶד
 וְהִצַּנְעֵ לָכֶת עִם אֱלֹהֶיךָ.

V'yigal kamayim mishpat,
May justice well up like water
 utz'dakah k'nachal eitan.
and righteousness like a mighty stream.

וַיִּגַּל כַּמַּיִם מִשְׁפָּט,
 וְצַדִּיקָה כְּנַחַל אֵיתָן.

Ashrei shomrei mishpat,
Happy are those who keep justice,
 oseih tz'dakah b'chol eit.
who do righteousness at all times.

אַשְׁרֵי שֹׁמְרֵי מִשְׁפָּט
 עֹשֵׂה צַדִּיקָה בְּכֹל עֵת.

D'ROR YIKRA

D'ror yikra l'vein im bat,
May the Eternal One proclaim freedom for all sons and daughters,
 v'yintzarchem k'mo vavat.
and keep you as the apple of the Eternal One's eye.

דְּרוֹר יִקְרָא לְבֵן עִם בַּת,
 וַיִּנְצַרְכֶם כְּמוֹ בַּבַּת.

N'im shimchem v'lo yushbat,
Pleasant is your name and it will not be destroyed,
 sh'vu v'nuchu b'yom Shabbat.
Relax and rest on the day of Shabbat.

נְעִים שִׁמְכֶם וְלֹא יִשְׁבַּת,
 שְׁבוּ וְנוּחוּ בְיוֹם שַׁבָּת.

D'rosh navi v'ulami,
Revisit my holy Temple,
 v'ot yesha aseih imi.
and give me a sign of deliverance.

דְּרוֹשׁ נוֹי וְאוּלָמִי,
 וְאוֹת יִשַׁע עֲשֵׂה עִמִּי.

N'ta soreik b'toch karmi,
Plant a vine in my vineyard,
 sh'eih shavat b'nei ami.
regard my people, hear their laments.

נִטַּע שׁוֹרֵק בְּתוֹךְ כַּרְמִי,
 שְׁעֵה שׁוֹעֵת בְּנֵי עַמִּי.

BO-I V'SHALOM

This song is only sung if Kabbalat Shabbat does not follow this connection.

Bo-i v'shalom ateret balah,
Enter in peace O crown of your husband,
 gam b'simcha uvtzaholah,
enter in gladness and enter in joy,
 toch emunei am s'gulah
among the faithful of the people most treasured,
 bo-i chalah, bo-i chalah.
enter O bride, enter O bride.

בוֹאֵי בְּשָׁלוֹם עֵטֶרֶת בַּעֲלָהּ,
 גַּם בְּשִׂמְחָה וּבְצִהּוֹלָהּ,
 תּוֹךְ אֶמּוּנֵי עַם סְגֻלָּהּ,
 בּוֹאֵי כַּלָּה, בּוֹאֵי כַּלָּה.

L'chah dodi likrat kalah,
Go my beloved to greet the bride,
 p'nei Shabbat n'kab'lah.
let us welcome the presence of Shabbat.

לְכֵה דוֹדֵי לְקִרְאֵת כַּלָּה,
 פְּנֵי שַׁבַּת נִקְבְּלָהּ.

YOM ZEH

This song was written by Rabbi Isaac Luria, also known as The Ari. In it we are given a glimpse of the Kabbalistic significance of Shabbat.

Yom zeh l'Yisrael
This day for Israel
 orah v'simchah, Shabbat m'nuchah.
is light and is joy, a Shabbat of rest.

יוֹם זֶה לְיִשְׂרָאֵל
 אוֹרָה וְשִׂמְחָה, שַׁבַּת מְנוּחָה.

Tzivita pikudim
You commanded
 b'ma-amad har Sinai,
our ancestors standing at Mount Sinai,
 Shabbat umo-adim
to keep Shabbat and seasons
 lishmor b'chol shanai,
for all of our years,
 la-aroch l'fanai maseit va-aruchah,
to share at our table the choicest of foods,
 Shabbat m'nuchah.
a Shabbat of rest.

צִוִּיתָ פְּקוּדִים
 בְּמַעַמַּד הַר סִינַי,
 שַׁבַּת וּמוֹעֲדִים
 לְשִׁמּוֹר בְּכֹל שָׁנַי,
 לְעֶרֶךְ לְפָנַי מִשְׂאֵת וְאַרוּחָה,
 שַׁבַּת מְנוּחָה.

Chemdat halvavot l'umah
Treasure for the hearts of a people
 sh'vurah, linfashot nichavot
wounded, for the souls that have suffered

חֶמְדַּת הַלְּבָבוֹת לְאֻמָּה
 שְׁבוּרָה, לִנְפְשוֹת נִכְאָבוֹת

n'shamah y'teirah,
a soul that is new,
 l'nefesh m'tzeirah yasir anachah,
to soothe away sighs from a soul that is bound,
 Shabbat m'nuchah.
a Shabbat of rest.

נְשָׁמָה יְתֵירָה,
 לְנֶפֶשׁ מְצִרָה תְּסִיר אֲנַחָה,
 שַׁבָּת מְנוּחָה.

Kidashta beirachta oto mikol
Most holy and blessed You made this of all
 yamim, b'sheishet kilita
days, in six days you finished
 m'lechet olamim, bo matz'u
the work of the world, in it
 agumim hashkeit uvitchah,
the hopeless find peace and safety,
 Shabbat m'nuchah.
a Shabbat of rest.

קִדְשָׁתָּ בִּרְכָתָּ אוֹתוֹ מִכָּל
 יָמִים, בְּשֵׁשֶׁת כִּלִּיתָ
 מְלָאכֶת עוֹלָמִים, בּוֹ מָצְאוּ
 עֲגוּמִים הַשְׁקֵט וּבִטְחָה,
 שַׁבָּת מְנוּחָה.

Y'DID NEFESH

Y'did nefesh av harachaman,
Beloved of the soul, Source of mercy,
 M'shoch avd'cha el r'tzonecha.
draw Your servant into Your arms.
 Yarutz avd'cha k'mo ayal,
I leap like a deer,
 yishtachaveh el mul hadarecha.
to stand in awe before You.
 Ye-erav lo y'didotecha,
Mix for Your beloved,
 Minofet tzuf v'chol ta-am.
honey and all sweet flavors.

יְדִיד נֶפֶשׁ אָב הַרְחָמָן,
 מְשׁוֹךְ עַבְדְּךָ אֶל רְצוֹנְךָ.
 יָרוּץ עַבְדְּךָ כְּמוֹ אֵיל,
 יִשְׁתַּחֲוֶה אֶל מוֹל הַדָּרְךָ.
 יַעְרַב לוֹ יְדִידוֹתֶיךָ,
 מִנֹּפֶת צוּף וְכֹל טַעַם.

Hadur na-eh ziv ha-olam,
Exquisitely beautiful is the splendor of the world,
 nafshi cholat ahavatecha.
my soul pines for Your love.
 Ana Eil na r'fa na lah,
I pray that You heal it Eternal One,
 b'harot lah no-am zivecha.
by showing it the delight of Your radiance.
 Az tit-chazeik v'titrapei,
Then it will grow strong and be healed,
 v'hay'tah lah simchat olam.
and may it exist in gladness for ever.

הַדוּר נֶאֱהָ זִיו הָעוֹלָם,
 נַפְשִׁי חוֹלַת אֲהַבְתְּךָ.
 אָנָּה אֵל נָא רְפֵא נָא לָהּ,
 בְּהִרְאוֹת לָהּ נֵעַם זִיוְךָ.
 אֲזִי תִתְחַזַּק וְתִתְרַפֵּא,
 וְהִיְתָה לָהּ שִׂמְחַת עוֹלָם.

Vatik yehemu na rachamecha,
Mighty One manifest Your mercies,
 v'chusah na al bein ahuvecha.
and have compassion on Your beloved child.
 Ki zeh kamah nichsof nichsafti,
For how long have I been consumed with longing,
 lirot m'heirah b'tiferet uzecha.
to behold the glory of Your might.
 Eileh chamdah libi,
These things my heart desires,
 v'chusah na v'al tit-alam.
take pity Eternal One and please ignore me not.

Higaleih na ufros, chavivi,
Reveal Yourself and cover me, Beloved One,
 alai et sukat sh'lomecha.
with the shelter of Your Presence.
 Ta-ir erez mik'vodecha,
Light up the world with Your Presence,
 nagilah v'nism'chah bach.
that we may exult and rejoice in You.
 Maheir ehov ki va mo-eid,
Hurry, Loved One, for the appointed time has come,
 v'chaneini kimei olam.
and show us favor as long ago.

וְתִיק יְהֵמוּ נָא רַחֲמֶיךָ,
 וְחִוְסָה נָא עַל בֶּן אֲהוּבֶךָ.
 כִּי זֶה כַּמָּה נִכְסָף נִכְסַפְתִּי,
 לְרֹאוֹת מְהֵרָה בְּתִפְרֵת עֲזֶךָ.
 אֵלֶּה חַמְדָּה לְבִי,
 וְחִוְסָה נָא וְאַל תִּתְעַלֵּם.

הַגְּלִיֵּה נָא וּפְרֹשׁ, חֲבִיבִי,
 עָלַי אֶת סִכַּת שְׁלוֹמֶךָ.
 תְּאִיר אֶרֶץ מִכְבוֹדֶךָ,
 נִגִּילָה וְנִשְׂמַחָה בְּךָ.
 מֵהֵר אֶהָב כִּי בָא מוֹעֵד,
 וְחַנְּנוּ כִּימֵי עוֹלָם.

YISM'CHU

Yism'chu v'mal'chut'cha shomrei
Those who rejoice in Your realm keep
 Shabbat v'korei oneg,
Shabbat and call it a delight,
 am m'kad'shei sh'vi-i,
may all who hallow the seventh day,
 kulam yisb'u v'yitan'gu mituvecha,
be made glad by Your goodness,
 uvash'vi-i ratzita bo v'kidashto,
and You were pleased with the seventh day and hallowed it,
 chemdat yamim oto karata,
You called it the most precious of days,
 zeicher l'ma-aseih v'reishit.
in remembrance of the work of creation.

יִשְׂמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי
 שַׁבָּת וְקוֹרְאֵי עֹנֵג,
 עִם מְקַדְּשֵׁי שְׁבִיעֵי,
 כֻּלָּם יִשְׂבְּעוּ וְיִתְעַנְּגוּ מִטוֹבֶךָ,
 וּבְשִׁבְעֵי רְצִיתָ בּוֹ וְקִדַּשְׁתּוּ,
 חֲמֵדַת יָמִים אוֹתוֹ קָרָאתָ,
 זֵכֶר לְמַעֲשֵׂה בְּרֵאשִׁית.