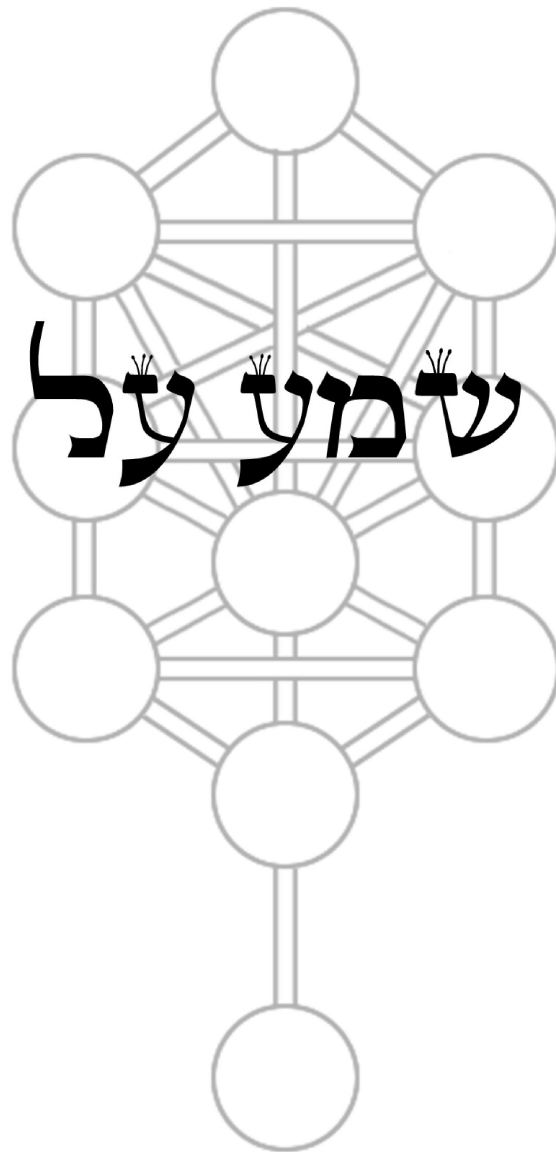


THE BEDTIME SHMA

קריאת שמוע על המטה



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All prefaces to prayers written and adapted by David-Anthony Curtis.
Transliterated according to the K4A Transliteration Guidelines developed by Rebecca Schwartz and David-Anthony Curtis.
Translated by David-Anthony Curtis and Rebecca Schwartz.
Edited by Rebecca Schwartz and David-Anthony Curtis.

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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 mocheil l'chol mi

I hereby forgive anyone who

shehich-is 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'shogeig bein b'meizid,

whether carelessly or whether purposely,

bein b'dibud 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 acheir,

or whether in another transmigration,

l'chol bar Yisrael,

all of the children of Israel,

v'lo yei-aneish shum adam b'sibati.

and may no one receive negative effects because of me.

Y'hi ratzon milfanecha,

May it be Your will before You,

Adonai Elohai

Hashem my Eternal One

v'Eilohei avotai v'imotai,

and Eternal One of my fathers and mothers,

רבונו של עולם,

הריני מוחל לְכֹל מִי

שֶׁהִכְעִיס וְהִקְנִיט אוֹתִי,

אוֹ שֶׁחָטָא כְּנִגְדִי,

בֵּין בְּגוּפִי בֵּין בְּמִמּוֹנִי,

בֵּין בְּכִבּוּדִי

בֵּין בְּכֹל אֲשֶׁר לִי,

בֵּין בְּאִנּוֹס בֵּין בְּרָצוֹן,

בֵּין בְּשׁוּגֵג בֵּין בְּמִזִּיד,

בֵּין בְּדַבּוּר בֵּין בְּמַעֲשֵׂה,

בֵּין בְּמַחְשָׁבָה בֵּין בְּהִרְהוּר,

בֵּין בְּגִלְגוּל זֶה

בֵּין בְּגִלְגוּל אַחֵר,

לְכֹל בַּר יִשְׂרָאֵל,

וְלֹא יֵעָנֵשׁ שׁוֹם אָדָם בְּסִבָּתִי.

יְהִי רָצוֹן מִלְּפָנֶיךָ,

יְהוָה אֱלֹהֵי

וְאֱלֹהֵי אֲבוֹתַי וְאִמּוֹתַי,

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
 vachalayim ra-im.
or evil 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.
Hashem my Rock and Redeemer.

שְׁלֹא אֶחַטָּא עוֹד,
 וּמָה שֶׁחַטָּאתִי לְפָנֶיךָ
 מְחֹק בְּרַחֲמֶיךָ הַרְבִּים,
 אֲבָל לֹא עַל יְדֵי יְסוּרִים
 וְחַלָּיִים רָעִים.
 יִהְיוּ לְרָצוֹן אִמְרֵי פִי
 וְהִגְיוֹן לְבִי לְפָנֶיךָ,
 יְהוּה צוּרִי וְגֹאֲלִי.

המפיל

HAMAPIL

This blessing ensures that our soul safely departs our body while it sleeps and returns to our body when we awake. The entire blessing is said if one goes to sleep before midnight. However, if one goes to sleep after midnight the words in italics are omitted.

Baruch atah Adonai
Blessed are You Hashem
 Eloheinu melech ha-olam,
our Eternal One Sovereign of the universe,
 hamapil chevlei sheinah al einai,
who casts the bonds of sleep upon my eyes,
 ut-numah al af-apai.
and slumber upon my eyelids.
 Vihi ratzon milfanecha,
May it be Your will before You,
 Adonai Elohai
Hashem my Eternal One
 v'Eilohei avotai v'imotai,
and Eternal One of my fathers and mothers,
 shetashkiveinu l'shalom,
that You lay me down to sleep in peace,
 v'ta-amideinu l'shalom.
and raise me up in peace.

בְּרוּךְ אַתָּה יְהוּה
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 הַמְפִּיל חֲבֵלֵי שְׁנָה עַל עֵינַי,
 וְתַנּוּמָה עַל עַפְעָפִי.
 וִיְהִי רָצוֹן מִלְּפָנֶיךָ,
 יְהוּה אֱלֹהֵי
 וְאֱלֹהֵי אֲבוֹתַי וְאִמּוֹתַי,
 שֶׁתְּשַׁכְּבֵנִי לְשָׁלוֹם,
 וְתַעֲמִידֵנִי לְשָׁלוֹם.

V'al y'vahaluni ra'yonai

And may I not be confounded by my ideas,

vachalomot ra-im,

and bad dreams,

v'hir-hurim ra-im,

and bad fleeting thoughts,

ut'hei mitati sh'leimah l'fanecha,

and may my bed be unharmed in Your care,

v'ha-eir einai pen ishan hamavet,

and may You illumine my eyes lest I sleep the sleep of death,

ki atah hamei-ir l'ishon

for it is You who illumines the pupil

bat ayin.

of the eye.

Baruch atah Adonai,

Blessed are You Hashem,

hamei-ir l'olam kulo bichvodo.

who illumines the entire world with Your glory.

וְאֵל יִבְהַלּוּנִי רְעִיּוֹנַי,

וְחֵלּוֹמוֹת רְעִים,

וְהִרְהוּרִים רְעִים,

וְתֵהָא מְטָתִי שְׁלֵמָה לְפָנֶיךָ,

וְהָאֵר עֵינַי פֶּן אֵישָׁן הַמָּוֶת,

כִּי אַתָּה הַמְאִיר לְאִישׁוֹן

בַּת עֵינַי.

בָּרוּךְ אַתָּה יְהוָה,

הַמְאִיר לְעוֹלָם כְּלוֹ בְכָבוֹדוֹ.

שמע

THE SH'MA

Before we begin the Sh'ma, we must think about the concept of loving our neighbors as we love ourselves. Kabbalah teaches that the Sh'ma is the acknowledgement of unity and connects us to B'riyah, the World of Creation. The first verse of the Sh'ma channels the energy of the Upper Worlds, also known as Zeir Anpin. The second verse expresses that energy in our world, known as Malchut. We cover our eyes for the first line of the Sh'ma. The second line is whispered.

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד!

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

Hear O Israel, Hashem is our Eternal One, Hashem is One!

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

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

Blessed is Your glorious Name, Your Realm is for ever and ever!

V'ahavta et Adonai Elohecha,
You shall love Hashem Your Eternal One,
 b'chol l'vav'cha, uv-chol naf-sh'cha,
with all your heart, with all your soul,
 uv-chol m'odecha.
and with all your being.

V'hayu had'varim ha-eileh,
And these words which
 asher anochi m'tzav'cha hayom,
I command you on this day,
 al l'vavecha.
shall be upon your heart.

V'shinantam l'vanecha,
And you shall teach them thoroughly to your children,
 v'dibarta bam,
and speak of them,
 b'shiv-t'cha b'veitecha,
and while sitting in your house,
 uv-lech-t'cha vaderech,
and while walking along the way,
 uv-shoch-b'cha, uv-kumecha.
upon lying down and upon rising.

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

Uch-tavtam al m'zuzot
And you shall write them upon the doorposts
 beitecha uvish-arecha.
of your house and your gates.

Vihi no-am Adonai Eloheinu aleinu,
May the pleasantness of the Ruler our Eternal One be upon us,
 uma-aseih yadeinu kon'nah aleinu,
and the work of our hands establish for us,
 uma-aseih yadeinu kon'neihu.
and the work of our hands establish it.

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ,
 בְּכֹל לְבָבְךָ, וּבְכֹל נַפְשְׁךָ,
 וּבְכֹל מְאֹדְךָ.

וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
 אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם,
 עַל לְבָבְךָ.

וְשִׁנַּנְתָּם לְבְנֶיךָ,
 וְדַבַּרְתָּ בָם,

בְּשִׁבְתְּךָ בְּבֵיתְךָ,
 וּבְלַכְתְּךָ בַּדֶּרֶךְ,

וּבְשֹׁכְבְךָ, וּבְקוּמְךָ.

וְקָשַׁרְתָּם לְאוֹת עַל יָדְךָ,
 וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ.

וְכָתַבְתָּם עַל מְזוֹזוֹת
 בֵּיתְךָ וּבְשַׁעְרֶיךָ.

וְיִהְיֶה נְעִם אֲדֹנָי אֱלֹהֵינוּ עִלֵּינוּ,

וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָה עִלֵּינוּ,
 וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָהוּ.

יעלזו

YA-ALZU

Whenever we do something negative, we produce negative angels which surround us throughout each day. These angels are often the cause of chaos in our lives. The following verses help remove those negative angels.

We say the verses three times.

Ya-alzu chasidim b'chavod,

Let the devout rejoice in glory,

yan'nu al mish-k'votam.

let them sing joyously upon their beds.

Rom'mot Eil bigronam,

The lofty praises of the Eternal One are in their throats,

v'cherev pifiyot b'yadam.

and a double-edged sword is in their hand.

יְעֲלֹזוּ חַסִידִים בְּכָבוֹד,
יִרְנְנוּ עַל מִשְׁכְּבוֹתָם.
רוֹמְמוֹת אֵל בְּגֵרוֹנָם,
וְחֶרֶב פִּיפְיוֹת בְּיָדָם.

הנה מנתו

HINEIH MITATO

Kabbalah teaches that sleep is 1/60 of death and that there is a trace of death in the act of sleeping because part of our soul departs the body. These verses contain 20 words which we recite three times, which represents the 1/60 of death that occurs during our sleep.

We say the verses three times.

Hineih mitato shelshlomoh,

Behold the bed of Shlomo,

shishim giborim saviv lah,

sixty mighty ones surround it,

migiborei Yisrael.

from among the mighty ones of Israel.

Kulam achuzei cherev,

All gripping the sword,

m'lum'dei mil-chamah,

trained in battle,

ish char'bo al y'reicho

each with his sword on his thigh

mipachad baleilot.

from terror in the nights.

הִנֵּה מִטַּתוֹ שֶׁלִּשְׁלֹמֹה,
שִׁשִּׁים גִּבּוֹרִים סָבִיב לָהּ,
מִגִּבּוֹרֵי יִשְׂרָאֵל.
כָּלֶם אֶחָזִי חֶרֶב,
מְלֻמְדֵי מִלְחָמָה,
אִישׁ חֶרְבוֹ עַל יָרְכוֹ
מִפְּחָד בַּלַּיְלוֹת.

ברכת כהנים

BIRKAT KOHANIM

Through the blessing of the Kohanim (priests), we invoke the energy of healing into our lives.

We say the verses three times.

Y'varech'cha Adonai v'yishm'recha.

May Hashem bless you and protect you.

Ya-eir Adonai panav eilecha vichuneka.

May Hashem shine Its countenance upon you and give you grace.

Yisa Adonai panav eilecha v'yaseim

May Hashem lift Its countenance towards you and give

l'cha shalom.

peace to you.

יְבָרֵךְ יְהוָה וְיִשְׁמְרֵךְ.
יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וְיַחֲנֹךְ.
יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וְיִשֵּׂם
לְךָ שְׁלוֹם.

We say each of the following blessings three times.

Hineih lo yanum v'lo yishan,

Behold neither slumber nor sleeps,

shomeir Yisrael.

the Guardian of Israel.

הִנֵּה לֹא יָנוּם וְלֹא יִישָׁן,
שׁוֹמֵר יִשְׂרָאֵל.

Lishua-t'cha kiyiti Adonai.

For Your salvation do I yearn Hashem.

Kiyiti lishua-t'cha Adonai.

I do yearn for Your salvation Hashem.

Adonai lishua-t'cha kiyiti.

Hashem for Your salvation do I yearn.

לִישׁוּעַתְךָ קִנִּיתִי יְהוָה.
קִנִּיתִי לִישׁוּעַתְךָ יְהוָה.
יְהוָה לִישׁוּעַתְךָ קִנִּיתִי.

B'sheim Adonai Elohei Yisrael,

In the Name of Hashem the Eternal One of Israel,

mimini Michael,

may Michael be at my right,

umishmoli Gavriel,

and may Gabriel be at my left,

umilfanai Uriel,

and may Uriel be before me,

umei-achorai R'fael,

and may Raphael be behind me,

v'al roshi Sh'chinat Eil.

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

בְּשֵׁם יְהוָה אֱלֹהֵי יִשְׂרָאֵל,
מִימִינִי מִיכָאֵל,
וּמִשְׁמָאלִי גַבְרִיאֵל,
וּמִלְפָּנַי אֲוִרִיאֵל,
וּמֵאַחֲרַי רַפָּאֵל,
וְעַל רֹאשִׁי שְׁכִינַת אֵל.

יֵשֵׁב

YOSHEIV

This Psalm contains 60 words which also represent the 1/60 of death that occurs during our sleep.

Yosheiv b'seiter Elyon,

Whoever sits in the refuge of the Most High,

b'tzeil Shadai yit-lonan.

in the shade of the Almighty shall they dwell.

Omar la-Adonai mach'si um'tzudati,

I will say of Hashem, my refuge and my fortress,

Elohai ev-tach bo.

my Eternal One in whom I put my trust.

Ki hu yatzi-l'cha mipach yakush,

For the One will deliver you from the snare that entraps,

mid~~ev~~er havot.

from pestilence that is devastating.

B'evrato yasef lach,

With the Eternal's wing will you be covered,

v'tachat k'nafav te-ch'seh,

and under the Eternal's wings will you find refuge,

tzinah v'socheirah amito.

the shield and armor are the Eternal's truth.

Lo tira mipachad lailah,

You shall not fear the terror of night,

meicheitz ya-uf yomam.

nor the arrow that flies by day.

Midever ba-ofel yahaloch,

Nor the pestilence that walks in gloom,

mik~~et~~ev yashud tzaharayim.

nor the destroyer who lays waste at noon.

Yipol mitzid'cha e~~l~~ef, ur'vavah

A thousand may fall victim at your side, and a myriad

mim~~i~~necha, e~~i~~lecha lo yigash.

at your right hand, but to you it shall not approach.

Rak b'e~~i~~necha tabit,

Merely with your eyes will you peer,

v'shilumat r'sha-im tireh.

and the retribution of the wicked shall you see.

Ki atah Adonai mach'si.

For You Hashem are my refuge.

יֵשֵׁב בְּסִתּוֹ עֲלִיוֹן,

בְּצֵל שְׁדַי יִתְלוֹנֵן.

אִמַּר לַיהוָה מַחְסֵי וּמְצוּדָתִי,

אֱלֹהֵי אֲבֹתֵי בּוֹ.

כִּי הוּא יִצִּילֵךְ מִפֶּחַ יְקוּשׁ,

מִדְּבַר הַדּוֹת.

בְּאַבְרָתוֹ יִסֹּךְ לְךָ,

וְתַחַת כְּנַפָּיו תִּחְסֶה,

צִנָּה וְסִחָרָה אָמְתוֹ.

לֹא תִירָא מִפֶּחַד לַיְלָה,

מִחֵץ יְעוֹף יוֹמָם.

מִדְּבַר בְּאִפְלֵ יַהֲלֹךְ,

מִקְטָב יִשׁוּד צָהָרִים.

יִפֹּל מִצִּדְךָ אֶלֶף, וּרְבָבָה

מִימִינְךָ, אֲלֵיךָ לֹא יִגַּשׁ.

רַק בְּעֵינֶיךָ תִּבְיֹט,

וְשִׁלְמַת רְשָׁעִים תִּרְאֶה.

כִּי אַתָּה יְהוָה מַחְסֵי.

אנא בכח

THE ANA B'CHOACH

Considered by the Kabbalists to be the most powerful and mystical prayer of all; this sequence of Hebrew letters is known as the 42-Letter Name of the Creator. When we pray and meditate on this prayer, we are connecting in a very powerful way to the original force of creation and drawing healing energy and protection into our lives.

אָנָּא בְּכַח גְּדוּלַת יְמִינְךָ תַּתִּיר צְרוּרָה.

CHESED
חסד

Ana b'choach g'dulat y'mincha tatir tz'rurah.

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

קִבֵּל רִנַּת עַמְּךָ שֶׁגִּבְנוּ טַהֲרֵנוּ נוֹרָא.

G'VURAH
גבורה

Kabeil rinat amcha sagveinu tahareinu nora.

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

נָא גִבּוֹר דּוֹרְשֵׁי יְחִוּדְךָ כְּכַבַּת שֶׁמַּרְם.

TIFERET
תפארת

Na gibor dorshei yichud'cha k'avavat shomreim.

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

בְּרַכְּם טַהֲרֵם רַחֲמֵי צִדְקַתְךָ תָּמִיד גִּמְלֵם.

NETZACH
נצח

Bar'cheim tahareim rachamei tzidkat'cha tamid gomleim.

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

חֲסִין קָדוֹשׁ בְּרוּב טוּבְךָ נִהַל עֲדַתְךָ.

HOD
הוד

Chasin kadosh b'rov tuv'cha naheil adatecha.

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

יְחִיד גֵּי־עַה לְעַמְּךָ פְּנֵיהַ זֹכְרֵי קְדוּשַׁתְךָ.

Y'SOD
יסוד

Yachid gei-eh l'amcha p'neih zochrei k'dushatecha.

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

שׁוּעַתֵּנוּ קִבֵּל וּשְׁמַע צִעֲקַתֵּנוּ יוֹדֵעַ תַּעֲלוּמוֹת.

MALCHUT
מלכות

Shavateinu kabeil ush'ma tza-akateinu yodei-a ta-alumot.

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

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

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

Blessed is Your glorious Name, Your Realm is for ever and ever!

TIKUN HANEFESH

Tikun Hanefesh literally means "correction of the soul" and represents the Tree of Life as reflected in our bodies. By scanning the combination of the Divine Name in each box, we can bring the Light to that part of our body for healing and balancing. You may use your right hand to guide the energy to the various parts of your body as you scan.

בינה 3 Binah (Left Brain) יְהוִה Yei Hei Vei Hei	כתר 1 Keter (Skull) יְהוִה Ya Ha Va Ha	חכמה 2 Chochmah (Right Brain) יְהוִה Ya Ha Va Ha
5 (Left Eye) יהוה יהוה יהוה יהוה יהוה Yud Hei Vav Hei	9 (Nose) 8 יוד הי ואו הי יוד הי ואו הי	4 (Right Eye) יהוה יהוה יהוה יהוה יהוה Yud Hei Vav Hei
7 (Left Ear) יוד הי ואו הי Yud Hei Vav Hei		6 (Right Ear) יוד הי ואו הי Yud Hei Vav Hei
10 (Mouth) יוד הי ואו הי (אהיה) אחזה"ע גיב"ק דטלנ"ת זסשר"ץ כומ"ף		
גבורה 12 G'vurah (Left Arm) יְהוִה Y' H' V' H'	תפארת 13 Tiferet (Body) יהוה Yo Ho Vo Ho	חסד 11 Chesed (Right Arm) יְהוִה Ye He Ve He
הוד 15 Hod (Left Thigh) יְהוִה Yu Hu Vu Hu	יסוד 16 Y'sod (Reproductive Organs) יְהוּוּוּוּ Yu Hu Vu Hu	נצח 14 Netzach (Right Thigh) יְהוִה Yi Hi Vi Hi
	מלכות 17 Malchut (Feet) יהוה Yud Hei Vav Hei	

ANGEL OF THE DAY

Kabbalah teaches that an angel presides over each day of the week. We are able to receive assistance from the angel specific to this day as we scan the blessing for ____.

SUNDAY

יְיָ הֵי וַיְיָ הֵי יוֹד הֵי וַאֲו הֵי
 אַל שְׁדֵי יֵאֻלְדָּהָהֵי וַיֵּאֻדָּהָהֵי
 אַנָּא בְכַח גְּדוּלַת יְמִינְךָ תְּתִיר צְרוּרָה
 אֲבָגִיתִךָ יְהוָה יְהוָה
 סְמִטּוֹרִיָּה גְזַרְיָאֵל וְעִנְאֵל לְמוֹאֵל

ר"ת סגול

MONDAY

יְיָ הֵי וַאֲו הֵי יוֹד הֵי וַאֲו הֵי יוֹד הֵי וַאֲו הֵי
 אַל יְהוּה יֵאֻלְדָּהָהֵי וַיֵּאֻדָּהָהֵי
 קַבֵּל רַנַּת עֵמֶךָ שְׁגַבְנוּ טְהַרְנוּ נוֹרָא
 קַרְעֵשְׁטֵן יְהוָה יְהוָה
 שְׁמַעְיָאֵל בְּרַכִּיָּאֵל אֶהְיָאֵל

ר"ת שוא

TUESDAY

יְיָ הֵי וַאֲו הֵי יוֹד הֵי וַאֲו הֵי
 אַל אֲדָנִי יֵאֻלְדָּהָהֵי וַיֵּאֻדָּהָהֵי
 נָא גְבוּר דּוֹרְשֵׁי יְחוּדְךָ כְּבַבַּת שְׁמַרְם
 נְגַדִּיכֵשׁ יְהוָה יְהוָה
 חֲנִיָּאֵל לְהֵדִיָּאֵל מַחְנִיָּאֵל

ר"ת חלם

WEDNESDAY

יְיָ הֵי וַאֲו הֵי וַאֲו הֵי יוֹדוּ הֵי וַאֲו הֵי
 אַל אֲדָנִי יֵאֻלְדָּהָהֵי וַיֵּאֻדָּהָהֵי
 בְּרַכְּם טְהַרְם רַחֲמֵי צְדָקְתְּךָ תְּמִיד גְּמַלְם
 קַרְעֵשְׁטֵן יְהוָה יְהוָה
 חֲזַקִּיָּאֵל רְהִיָּאֵל קְדִישִׁיָּאֵל

ר"ת חרק

THURSDAY

יְיָ הֵי וַאֲו הֵי יוֹד הֵי וַאֲו הֵי יוֹדוּ הֵי וַאֲו הֵי וַאֲו הֵי
 אַל יְהוּה יֵאֻלְדָּהָהֵי וַיֵּאֻדָּהָהֵי וַיֵּאֻדָּהָהֵי
 חֲסִין קְדִישׁ בְּרוּב טוֹבְךָ נְהַל עֲדַתְךָ
 חֲקַבְטֵנַע יְהוָה יְהוָה
 שְׁמוּעֵל רַעֲמִיָּאֵל קְנִיָּאֵל

ר"ת שרק

(הקבוץ מלאכיו בר"ת שורק)

FRIDAY

יְיָ הֵי וַיְיָ הֵי יוֹד הֵי וַאֲו הֵי
 אַל שְׁדֵי יֵאֻלְדָּהָהֵי וַיֵּאֻדָּהָהֵי
 יְחִיד גְּאָה לְעֵמֶךָ פְּנֵה זוֹכְרֵי קְדוּשַׁתְךָ
 יְגַלְפִּזְק יְהוָה יְהוָה וְנִהוּ
 שְׁמוּשׁוּיָאֵל וְרִפּוּאֵל וְקוּדוּשׁוּיָאֵל

ר"ת שרק

השְׁכִיבֵנוּ

HASHKIVEINU

This blessing invokes divine protection over us during the night.

Hashkiveinu Adonai

May we lie down, Hashem

Eloheinu l'shalom,

our Eternal One, in peace,

v'ha-amideinu shomreinu l'chayim.

and may we arise, our Guardian, to life.

Ufros aleinu sukot sh'lomecha,

Spread over us the shelter of Your peace,

v'takneinu b'eitzah tovah milfanecha,

guide us with Your good counsel,

v'hoshi-einu l'ma-an sh'mecha,

and save us for the sake of Your Name.

v'hagein ba-adeinu,

and protect us for our sake,

v'haseir mei-aleinu oyeiv, dever,

and remove from us enemies, disease,

v'cherev, v'ra-av, v'yagon, v'haseir

and war, and famine, and anguish, and remove

satan milfaneinu umei-achareinu,

the Opponent from before us and from behind us,

uv'tzeil k'nafecha tas-tireinu,

Under the shadow of your wings hide us,

ki Eil shomreinu umatzileinu atah,

for the One who guards us and saves us is You,

ki Eil melech chanun v'rachum atah.

for You are the Sovereign of mercy and compassion.

Ush'mor tzeiteinu uvo-einu,

Guard us when we go out and when we return,

l'chayim ul'shalom,

for life and for peace,

mei-atah v'ad olam.

from now until eternity.

Baruch Adonai bayom,

Blessed is Hashem by day,

baruch Adonai balailah,

blessed is Hashem by night,

הַשְׁכִּיבֵנוּ יְהוָה

אֱלֹהֵינוּ לְשָׁלוֹם,

וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים.

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,

וּתְקַנְנֵנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ,

וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ,

וְהַגֵּן בְּעַדְנוּ,

וְהִסֵּר מֵעָלֵינוּ אוֹיֵב, דָּבָר,

וְחָרֵב, וְרָעַב, וְיָגוֹן, וְהִסֵּר

שָׂטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ,

וּבְצִל כַּנְּפֵיךָ תִּסְתִּירֵנוּ,

כִּי אֵל שׁוֹמְרֵנוּ וּמַצִּילֵנוּ אַתָּה,

כִּי אֵל מֶלֶךְ חַנוּן וְרַחוּם אַתָּה.

וּשְׁמֹר צֵאתֵנוּ וּבוֹאֵנוּ,

לְחַיִּים וּלְשָׁלוֹם,

מֵעַתָּה וְעַד עוֹלָם.

בָּרוּךְ יְהוָה בַּיּוֹם,

בָּרוּךְ יְהוָה בַּלַּיְלָה,

baruch Adonai b'shochveinu,
blessed is Hashem when we retire,
 baruch Adonai b'kumeinu.
blessed is Hashem when we arise.
 Ki b'yad'cha naf-shot
For in Your hands are the souls
 ha-chayim v'hameitim,
of the living and of the dead,
 asher b'yado nefesh kol chai
that in the Eternal's hand is the soul of all the living
 v'ru-ach kol b'sar ish.
and the spirit of all humankind.
 B'yad'cha afkid ruchi,
In Your hand I shall entrust my spirit,
 paditah oti, Adonai, Eil emet.
You redeemed me, Hashem, Eternal One of truth.
 Eloheinu shebashamayim,
Our Eternal One who is in heaven,
 yacheid shimcha,
bring unity to Your Name,
 v'kayem malchut'cha tamid,
and establish Your kingdom forever,
 um-loch aleinu l'olam va-ed.
and reign over us for ever and ever.

בְּרוּךְ יְהוָה בְּשׁוֹכְבֵנוּ,
 בְּרוּךְ יְהוָה בְּקוּמֵנוּ.
 כִּי בְיָדְךָ נַפְשׁוֹת
 הַחַיִּים וְהַמֵּיתִים,
 אֲשֶׁר בְּיָדוֹ נֶפֶשׁ כָּל חַי
 וְרוּחַ כָּל בְּשָׂר אִישׁ.
 בְּיָדְךָ אֶפְקִיד רוּחִי,
 פְּדִיתָה אוֹתִי, יְהוָה, אֵל אֱמֶת.
 אֱלֹהֵינוּ שֶׁבַשְׁמַיִם,
 יַחַד שִׁמְךָ,
 וְקַיִם מַלְכוּתְךָ תָּמִיד,
 וּמְלוֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.

למנצח

LAM'NATZEIACH

Rabbi Isaac Luria taught that this Psalm helps to enhance and stimulate our memory. It also assists the soul to reach its full potential and motivates us to fulfill all that we came to this world to do.

This is not said on Shabbat and Festivals.

Lam'natzei-ach mizmor l'David.
For the conductor a song by David.
 B'vo eilav natan hanavi,
When Nathan the prophet came to him,
 ka-asher ba el Bat Shava.
when he came to Bathsheba.
 Chaneini Elohim k'chasdecha,
Show me favor Eternal One according to Your loving kindness,
 k'rov rachamecha m'cheih f'sha-ai.
according to Your great compassion erase my transgressions.

לְמַנְצֵיחַ מִזְמוֹר לְדָוִד.
 בְּבוֹא אֵלָיו נָתַן הַנָּבִיא,
 כַּאֲשֶׁר בא אל בת שֶׁבַע.
 חַנְּנֵי אֱלֹהִים כְּחַסְדְּךָ,
 כְּרֹב רַחֲמֶיךָ מְחֵה פְשָׁעַי.

Herev kab'seini mei-avoni,
Abundantly cleanse me from my iniquity,
 umeichatati tahareini.
and from my negative action purify me.
 Ki f'sha-a ani eida,
For my transgressions I recognize,
 v'chatati neg-di tamid.
and my negative action is always before me.
 L'cha l'vad'cha chatati,
Against You alone did I perform negative action,
 v'hara b'einecha asiti;
and that which is evil in Your eyes did I do;
 l'ma-an titz-dak b'dav-recha,
therefore You are justified when You speak,
 tizkeh v'shaf-techa.
and faultless when You judge.
 Hein b'avon cholal-ti,
Behold in iniquity was I fashioned,
 uv'cheit yechematni imi.
and in negativity was I conceived by my mother.
 Hein emet chafatz-ta vatuchot,
Behold the truth which You desire is in the concealed parts,
 uv'satum chochmah todi-eini.
and in the covered parts is the wisdom that You teach me.
 T'chat'eini v'eizov v'et-har,
Purge me of negativity with hyssop and I shall be pure,
 t'chab'seini umisheleg al'bin.
cleanse me and I shall be whiter than snow.
 Tashmi-eini sason v'simchah,
Make me hear joy and gladness,
 tageil-nah atzamot dikita.
may the bones that You crushed rejoice.
 Has-teir panecha meichatata,
Hide Your face from my negative actions,
 v'chol avonotai m'cheih.
and all my iniquities erase.
 Leiv tahor b'ra li Elohim,
Create a heart for me that is pure O Eternal One,
 v'ru-ach nachon chadeish b'kirbi.
and a steadfast spirit renew within me.
 Al tashlicheini milfanecha,
Do not cast me away from Your Presence,
 v'ru-ach kodsh'cha al tikach mimeni.
and the spirit of Your Holiness do not take from me.
 Hashivah li s'son yishecha,
Restore to me the joy of Your salvation,
 v'ru-ach n'divah tis-m'cheini.
and with a spirit that is generous sustain me.

הָרַב כִּבְּסֵנִי מֵעֲוֹנֵי,
 וּמְחַטָּאתַי טַהַרְנִי.
 כִּי פִשְׁעַי אָנִי אָדָע,
 וְחַטָּאתַי נִגְדִי תָמִיד.
 לְךָ לְבַדְּךָ חָטָאתִי,
 וְהָרַע בְּעֵינֶיךָ עָשִׂיתִי;
 לְמַעַן תִּצְדַּק בְּדַבְּרְךָ,
 תִּזְכֶּה בְּשִׁפְטֶךָ.
 הֵן בְּעוֹוֹן חוֹלַלְתִּי,
 וּבְחַטָּא יֶחֱמַתְנִי אִמִּי.
 הֵן אֵמֶת חָפְצָת בְּטַחוֹת,
 וּבְסֹתָם חֹכְמָה תוֹדִיעֵנִי.
 תְּחַטְּאֵנִי בְּאֵזוֹב וְאֶטְהַר,
 תְּכַבֵּסֵנִי וּמִשְׁלֵג אֶלְבִּין.
 תִּשְׁמִיעֵנִי שִׁשׁוֹן וְשִׁמְחָה,
 תִּגְלֶנָּה עֲצָמוֹת דִּכִּיתָ.
 הַסֵּתֵר פָּנֶיךָ מִחַטָּאִי,
 וְכֹל עֲוֹנֹתַי מְחֵה.
 לֵב טָהוֹר בְּרָא לִי אֱלֹהִים,
 וְרוּחַ נְכוֹן חִדַּשׁ בְּקִרְבִּי.
 אַל תִּשְׁלִיכֵנִי מִלְּפָנֶיךָ,
 וְרוּחַ קְדֹשְׁךָ אַל תִּקַּח מִמֶּנִּי.
 הַשִּׁיבָה לִּי שִׁשׁוֹן יִשְׁעֶךָ,
 וְרוּחַ נְדִיבָה תִּסְמְכֵנִי.

Alam'dah fosh'im d'rachecha,
I will teach transgressors Your ways,
 v'chata-im eilecha yashuvu.
and those who do negative deeds will return to You.
 Hatzileini midamim,
Rescue me from blood-guilt,
 Elohim; Elohei t'shu-ati,
O Eternal One, Eternal One of my salvation,
 t'ranein l'shoni tzidkatecha.
then my tongue would sing joyously of Your righteousness.
 Adonai s'fatai tiftach,
Eternal One open my lips,
 ufi yagid t'hilatecha.
that my mouth may declare Your praise.
 Ki lo tach-potz zevah v'eteinah,
For You do not desire a sacrifice, else I would give it,
 olah lo tir-tzeh.
a burnt-offering You do not want.
 Zivchei Elohim ru-ach nishbarah;
The sacrifices the Eternal One desires are a broken spirit;
 leiv nishbar v'nidkeh,
a broken and humbled heart,
 Elohim lo tivzeh.
O Eternal One You will not despise.
 Heitivah vi-r'tzon'cha et Tziyon,
Do good in Your favor unto Zion,
 tivneh chomot Y'rushalayim.
build the walls of Jerusalem.
 Az tach-fotz zivchei tzedek,
Then You will desire the offerings of righteousness,
 olah v'chalil;
burnt offering and whole offering;
 az ya-alu al mizbachacha farim.
then bulls will be offered up upon Your altar.

אֲלֹמְדָה פִּשְׁעִים דְּרַכֶּיךָ,
 וְחַטָּאִים אֵלֶיךָ יָשׁוּבוּ.
 הַצִּילֵנִי מִדַּמִּים,
 אֱלֹהִים; אֱלֹהֵי תְשׁוּעָתִי,
 תְּרַנֵּן לְשׁוֹנֵי צְדִקְתֶּךָ.
 אֲדַנִּי שִׁפְתֵי תִפְתַּח,
 וּפִי יַגִּיד תְּהִלָּתֶךָ.
 כִּי לֹא תַחֲפֹץ זֶבַח וְאֶתְנָה,
 עֹלָה לֹא תִרְצֶה.
 זִבְחֵי אֱלֹהִים רוּחַ נְשֻׁבָרָה;
 לֵב נִשְׁבָּר וְנִדְכָה,
 אֱלֹהִים לֹא תִבְזֶה.
 הִיטִיבָה בְּרַצוֹנְךָ אֶת צִיּוֹן,
 תִּבְנֶה חוֹמוֹת יְרוּשָׁלָּיִם.
 אַז תַּחֲפֹץ זִבְחֵי צְדָקָה,
 עֹלָה וְכֹלִיל;
 אַז יֵעָלוּ עַל מִזְבֵּיחֶךָ פָּרִים.

אֲדוֹן עוֹלָם

ADON OLAM

Through this song of praise we emphasize that the Creator is timeless, infinite and omnipotent. Adon Olam has the same numerical value as Ain Sof. Each verse connects us to the S'firot and reminds us that though Ain Sof is great and beyond our reach, Its Light descends to our world and enables us to say "Hashem is with me, I shall not fear."

כתר KETER

Adon olam asher malach,
You are the Ruler of the Universe,
b'terem kol y'tzir nivra.
who ruled before anything was created.

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,
בְּטֶרֶם כֹּל יִצְרֵר נִבְרָא.

חכמה CHOCHMAH

L'ait na-asah v'cheftso kol,
When everything was created according to Your will,
azai melech sh'mo nikra.
then the sovereignty of Your Name was declared.

לַעֲת נַעֲשָׂה בְּחִפְצוֹ כֹּל,
אִזִּי מֶלֶךְ שְׁמוֹ נִקְרָא.

בינה BINAH

V'acharei kichlot hakol,
And after everything ceases to be,
l'vado yimloch nora.
You will majestically reign alone.

וְאַחֲרֵי כְּכֹלֹת הַכֹּל,
לְבַדּוֹ יִמְלֹךְ נוֹרָא.

חסד CHESED

V'hu hayah v'hu hoveh,
And You were and You are,
v'hu yih'yeh b'tifarah.
and You will be forever in grandeur.

וְהוּא הָיָה, וְהוּא הוֹיָה,
וְהוּא יִהְיֶה בְּתִפְאָרָה.

גבורה GEVURAH

V'hu echad v'ain sheini,
And You are One and there is no second one,
l'hamshil lo l'hachbirah.
You are incomparable and unique.

וְהוּא אֶחָד וְאֵין שֵׁנִי,
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.

תפארת TIFERET

B'li reishit b'li tachlit,
You are without beginning or end,
 v'lo ha-oz v'hamisrah.
and to You alone are power and dominion.

בְּלִי רֵאשִׁית בְּלִי תַחֲלִית,
 וְלֹוּ הָעֹז וְהַמְּשָׁרָה.

נצח NETZACH

V'hu Eili v'chai go-ali,
You are my Creator and my living Redeemer,
 v'tzur chevli b'eit tzarah.
and You are my Rock in times of trouble and distress.

וְהוּא אֱלֹהֵי וְחַי גֹּאֲלִי,
 וְצוּר חֲבֻלִי בְּעֵת צָרָה.

הוד HOD

V'hu nisi umanos li,
You are my banner and refuge,
 m'nat kosi b'yom ekra.
a generous benefactor when I call upon You.

וְהוּא נֹסִי וּמְנוּס לִי,
 מְנַת כּוֹסִי בְּיוֹם אֶקְרָא.

יסוד YESOD

B'yado afkid ruchi,
Into Your hands I entrust my spirit,
 b'eit ishan v'a-irah.
when I sleep and when I wake.

בְּיָדוֹ אֶפְקִיד רוּחִי,
 בְּעֵת אִישָׁן וְאֶעֱרָה.

מלכות MALCHUT

V'im ruchi g'viyati,
And with my spirit my body also,
 Adonai li v'lo ira.
Hashem is with me and I shall not fear.

וְעִם רוּחִי גְוִיַּתִּי,
 יְהוּה לִי וְלֹא אִירָא.