

TORAH CONNECTION FOR WEEKDAYS

קריאת התורה לחול



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READING OF THE TORAH ON WEEKDAYS

The Torah is described as the Tree of Life, but only to those who hold onto it. It is not enough to look at it, we must embrace it. Kabbalah is not about blind faith but about action, the Creator's love is expressed through deed, not through emotion or belief. The more we study Torah, the more we are able to see the face of the Creator and the more we are able to get the most out of life.

KI MITZIYON

Ki mi-Tziyon teitzei Torah,
For from out of Zion will come Torah,
ud'var Adonai mi-Y'rushalayim.
and the word of Hashem from Jerusalem.

כִּי מִצִּיּוֹן תֵּיצֵא תּוֹרָה,
וּדְבַר יְהוָה מִירוּשָׁלַיִם.

B'RICH SH'MEIH

The first section is taken from the Zohar, through it we are able to draw down aspects of the original Light through the reading of the Torah. Shimon Bar Yochai said, "When we take out the Torah in public to read, all the gates of mercy in heaven are open, and we awaken a love from above."

B'rich sh'meih d'marei alma,
Blessed is the Name of the Ruler of the world,
b'rich kit-rach v'at-rach.
blessed is Your crown and Your place.
Y'hei r'utach
May Your love exist
im amach Yisrael l'alam,
with Your people Israel for ever,
y'hei ra-ava kadamach
may You be willing
d'toftach liba-i b'orai'ta,
to open my heart to Your teaching,
v'tashlim mish-alin d'liba-i,
and fulfill the wishes of our hearts,
l'tov ul'chayin v'lish-lam.
for good and for life and for peace.

בְּרִיךְ שְׁמֵהּ דְּמָרָא עֲלְמָא,
בְּרִיךְ כְּתָרְךָ וְאַתְרְךָ.
יְהֵא רְעוּתְךָ
עִם עַמְךָ יִשְׂרָאֵל לְעַלְמִים,
יְהֵא רְעוּא קְדָמְךָ
דְּתוּפְתַח לְבָאֵי בְּאוּרֵיתָא,
וְתַשְׁלִים מִשְׁאַלֵּין דְּלְבָאֵי,
לְטַב וּלְחַיִּין וּלְשָׁלָם.

L'cha Adonai hag'dulah v'hag'vurah
Yours Hashem is the greatness and the power
 v'hatif-eret v'haneitzach v'hahod,
and the truth and the victory and the glory,
 ki chol bashamayim uva-aretz,
for all that is in heaven and on earth is Yours,
 l'cha Adonai hamamlachah,
to You Hashem is the reign,
 v'hamitnasei l'chol l'rosh.
You are supreme over all.

Al shloshah d'varim
On three things
 ha-olam omeid:
is the world sustained:
 al ha-Torah v'al ha-avodah
on Torah and on service
 v'al g'milut chasadim.
and on acts of kindness.

לְךָ יְהוָה הַגְּדֹלָה וְהַגְּבוּרָה
 וְהַתְּפָאָרֶת וְהַנִּצְחָה וְהַהוֹד,
 כִּי כֹל בַּשָּׁמַיִם וּבָאָרֶץ,
 לְךָ יְהוָה הַמַּמְלָכָה,
 וְהַמִּתְנַשֵּׂא לְכֹל לְרֹאשׁ.

עַל שְׁלוֹשָׁה דְּבָרִים
 הָעוֹלָם עוֹמֵד:
 עַל הַתּוֹרָה וְעַל הָעֲבוּדָה
 וְעַל גְּמִילוּת חֲסָדִים.

BLESSING BEFORE THE READING OF THE TORAH

Bar'chu et Adonai ham'vorach!
Praise Hashem to Whom praise is due!
 Baruch Adonai ham'vorach
Praised be Hashem to Whom praise is due,
 l'olam va-ed!
now and forever!
 Baruch atah Adonai,
Blessed are You Hashem,
 Eloheinu melech ha-olam,
our Eternal One, Sovereign of the universe,
 asher bachar banu mikol ha-amim
who has chosen us from all the peoples
 v'natan lanu et Torato.
giving us this Teaching.
 Baruch atah Adonai,
Blessed are You Hashem,
 notein ha-Torah.
who gives the Torah.

בְּרַכּוּ אֶת יְהוָה הַמְּבָרָךְ.
 בְּרוּךְ יְהוָה הַמְּבָרָךְ
 לְעוֹלָם וָעֶד.
 בְּרוּךְ אַתָּה יְהוָה
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים
 וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.
 בְּרוּךְ אַתָּה יְהוָה,
 נוֹתֵן הַתּוֹרָה.

BLESSING AFTER THE READING OF THE TORAH

Baruch atah Adonai,
Blessed are You Hashem,
 Eloheinu melech ha-olam,
our Eternal One, Sovereign of the universe,
 asher natan lanu Torat emet,
who has given us a Torah of truth,
 v'chayei olam nata b'tocheinu.
implanting within us eternal life.
 Baruch atah Adonai,
Blessed are You Hashem,
 notein ha-Torah.
who gives the Torah.

בְּרוּךְ אַתָּה יְהוָה
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,
 וַחַיֵּי עוֹלָם נִטַּע בְּתוֹכֵנוּ.
 בְּרוּךְ אַתָּה יְהוָה,
 נוֹתֵן הַתּוֹרָה.

מִי שֶׁבֵרַח

MI SHEBEIRACH

Healing energy is a very powerful force that restores and regenerates us at all levels. We have the power, as we tap into the Light, to create this healing energy for ourselves and for others. Through the Mi Shebeirach, we create a circuit for that healing energy to travel to them. The following sequence of Hebrew letters is one of the 72 Names and is used for healing. We take a moment to meditate on this powerful sequence before we say the Mi Shebeirach.

מִזְהַשׁ

Mi shebeirach avoteinu v'imoteinu,
May the One who blessed our ancestors,
 Avraham Yitzchak v'Ya-akov,
Abraham, Isaac, and Jacob,
 Sarah Rivkah Racheil v'Lei-ah,
Sarah, Rebecca, Rachel, and Leah,
 hu y'vareich et ha-cholim (names)
bles and heal those who are ill (names)
 ben/bat (mother's name).
son/daughter of (mother's name).

מִי שֶׁבֵרַח אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
 אַבְרָהָם יִצְחָק וְיַעֲקֹב,
 שָׂרָה רִבְקָה רָחֵל וְלֵאָה,
 הוּא יְבָרֵךְ אֶת הַחֹלִים (פְּלוֹנִי)
 בֶּן\בַּת (פְּלוֹנִית).

Hakadosh baruch hu

May the Holy Blessed One

yimalei rachamim aleihem,

be filled with compassion towards them,

l'hachalimam ul'rapotam

for their health to be restored

ul'hachazikam.

and their strength to be revived.

V'yishlach la-hem m'heirah r'fu-at

May the Eternal One swiftly send them complete renewal

sh'leimah min hashamayim,

from up above,

r'fu-at hanefesh, ur'fuat haguf,

renewal of soul, and renewal of body,

hashta ba-agala uvizman kariv.

quickly and speedily may it come.

V'nomar amein.

And let us say, amen.

הַקְּדוֹשׁ בְּרוּךְ הוּא

יִמְלֵא רַחֲמִים עֲלֵיהֶם,

לְהַחֲלִימָם וּלְרַפְּאֵתָם

וּלְהַחֲזִיקָם.

וַיִּשְׁלַח לָהֶם מְהֵרָה רְפוּאָה

שְׁלֵמָה מִן הַשָּׁמַיִם,

רְפוּאָה הַנֶּפֶשׁ, וּרְפוּאָת הַגּוּף,

הַשְּׁתָּא בְּעֵגְלָא וּבְזִמְן קָרִיב.

וְנֹאמַר אָמֵן.

V'ZOT HA-TORAH

V'zot ha-Torah asher sam Mosheh

This is the Torah which Moses placed

lifnei b'nei Yisrael,

before the children of Israel,

al pi Adonai b'yad Mosheh.

Hashem's word through the hand of Moses.

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה

לִפְנֵי בְנֵי יִשְׂרָאֵל,

עַל פִּי יְהוָה בְּיַד מֹשֶׁה.

KI LEKACH

Ki lekach tov natati lachem,

For I have given you a good instruction,

Torati al ta-azovu.

do not abandon My Teaching.

כִּי לָקַח טוֹב נָתַתִּי לָכֶם,

תּוֹרַתִּי אַל תַּעֲזוּבוּ.

Eitz chayim hi lamachazikim bah,

It is a tree of life for those who hold fast to it,

v'tom'che-ha m'ushar.

and all its supporters are happy.

D'rache-ha darchei no-am,

Its ways are ways of pleasantness,

עֵץ חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ,

וְתַמְכֶיהָ מְאֹד.

דַּרְכֶיהָ דַּרְכֵי נֹעַם,

v'chol n'tivot^eha shalom.

and all its paths are peace.

וְכֹל נְתִיבוֹתֶיהָ שְׁלוֹם.

Hashiveinu Adonai eilecha v'nashuva,

Return us to You Hashem and we will return,

chadeish yameinu k'kedem.

renew our days as of old.

הַשִּׁיבֵנוּ יְהוָה אֵלֶיךָ וְנָשׁוּבָה,

חַדֵּשׁ יָמֵינוּ כְּקֵדֶם.