

Sacred Hebrew Chanting Shakharit (morning service)

Opening in Gratitude

מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ לְפָנֶיךָ

Modeh (masc.) / Modah (fem.) ani l'fanya'ich/ l'fanecha.
(I am grateful before You (fem/masc Divine energy).)

Entering into the Larger Goodness

מַה טָּבוּ אֱהָלֶיךָ יַעֲקֹב, מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.
וְאֲנִי בָרַב חֲסִדֶיךָ אָבוֹא בֵּיתֶךָ.

Ma tovu ohalecha Ya'akov; mish'k'notekha Yisrael. (2x)

Va'ani b'rov khas'decha avo veitecha (2x)

(How good are your tents Ya'akov; your dwelling places, Yisrael. By your grace I will enter your house.)

Openings & Closings

<i>N'kavim n'kavim,</i>	נְקַבִּים נְקַבִּים,
<i>khalulim khalulim...</i>	חֲלוּלִים חֲלוּלִים....
<i>sh'im ifate'akh ekhad me'hem,</i>	שָׂאֵם יִפְתַּח אֶחָד מֵהֶם,
<i>o yisatem ekhad me'hem</i>	אוּ יִסְתֵּם אֶחָד מֵהֶם,
<i>i efshar l'hit'kayem</i>	אִי אֶפְשֵׁר לְהִתְקַיֵּם
<i>v'la'amod l'fanekha (m)/l'fanayikh (f)</i>	וְלֵעֲמוֹד לְפָנֶיךָ / לְפָנֶיךָ.

(Openings- if one of them should be stopped up instead of open, or

opened instead of closed, it would be impossible to exist and stand before You
(masc/fem)- Source of All.) (Music- R. Daria Jacobs-Velde)

Opening to the Source of Flow/ Creation

וְנָהַר יוֹצֵא מֵעֵדֶן לְהַשְׁקוֹת אֶת הַגֶּן

V'nahar yotzei me'Eden l'hashkot et ha'gan.

(A river comes forth from Eden to water the garden. Gen 2:10)

Creation

וַיִּקַּח יי אֱלֹהִים אֶת-הָאָדָם וַיִּנְחֵהוּ בְּגַן-עֵדֶן לְעֲבֹדָהּ וּלְשֹׁמְרָהּ:
בְּרֵאשִׁית בָּרָא אֱלֹהִים אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ!

Va'yikakh Adonai Elohim et ha'adam, et ha'adam

va'yanikhehu v'Gan Eden l'ovda u'l'shomra!

Breishit bara Elohim et ha'shamayim v'et ha'arets!

(YHVH, God of creation, took the earthling and placed him in the Garden to serve it and to guard it;

With wisdom/ In the beginning, God of creation created the heavens and the earth!

Gen 2:15, 1:1) (Music- R. Daria Jacobs-Velde)

Singing Out with our Whole Self

הַלְּלִי נַפְשִׁי אֶת יי. אֶהְלֵלָהּ יי בְּחַיִּי, אֲזַמְרָהּ לֵאלֹהֵי בְעוֹדִי.

Halleli naf'shi et Yah/Adonai, ahal'la Havaya/Adonai b'kha'yai,

Azamra l'Elohai b'odi (2x). Halleluya!

(My soul sings out hallel for Adonai.

I sing out to Elohim with all my might. Halleluya! Ps 148)

Singing out with all Beings

כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה הַלְלוּ יְהוָה:

Kol ha'neshama t'hallel Yah! Halleluyah!

(My entire soul/neshama/breath/being offers praise with all beings! Ps. 150)

(Music- R. Daria Jacobs-Velde)

Source of Blessing Exists Eternally

בְּרַכּוּ אֶת יְיָ הַמְּבָרֵךְ.
בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד.

Baruch Adonai/Yah/Havayah ham'vorach/ham'vorechet l'olam va'ed

Unifying the Heart

וַיַּחַד לְבַבֵּנוּ לְאַהֲבָה וּלְיִרְאָה אֶת שְׁמֶךָ \ שְׁמֶךָ
V'yakhed l'vaveynu (2x) l'ahava, u'lirah et sh'mekhah/shmekh.
(Unify our hearts to love and to be in awe of Your Name/Essence)

Oneness

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.
Shema Yisrael Adonai/ Havaya/ Yah Eloheynu.
Adonai/ Havaya/ Yah ekhad/akhat.

Personal Prayers

Silent Amidah / עֲמִידָה

Healing

(אָנָּה) אֵל נָא רְפֵא נָא לָהּ
Ana el na (3x) r'fa na la
(Please God, heal [her]; Ex. 12:13)

Torah

כָּל־אֱהוּבִים, כָּל־בְּרוּרִים, כָּל־גִּבּוֹרִים
All love, all clarity, all power!
Kulam ahuvim, kulam b'ru'rim, kulam giborim.

(All love, all clarity, all power! May Torah help us act in the world in this way;
from “Sitting kedushah”)

Comfort/ Kaddish

Closing

Rising from the Wilderness

מִי זֹאת עֹלָה מִן־הַמִּדְבָּר

Mi zot olah min ha'midbar?

(Who is that rising from the wilderness? ~Song of Songs 3:6)

With gratitude to Rabbis Shefa Gold, Jarah Greenfield, and Miriam Margles for these powerful melodies! For links to Rabbi Shefa Gold's chants, go to rabbishefagold.com.