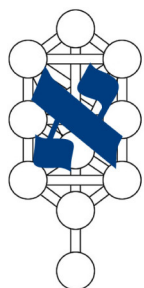


תיקון הכללי

TIKUN HAKLALI

The General Correction



Kabbalah4All Siddur

About Our Siddur

As an international online Sephardic Jewish community, it was important to create a siddur that would meet the needs of those who join us from all around the world and could be downloaded to a computer or tablet. Our Siddur follows Nusach Ari and Nusach Edot HaMizrach (Sephardic). We welcome you to use our siddur whether you are joining us for services or praying on your own.

Kabbalah4All Transliteration Guidelines

- a** as in father
- ai** or **ay** as in aisle
- e** as in red
- ei** as in eight
- i** as in pizza
- o** as in no
- 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 siddur.

מֵלֶךְ

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.

Please do not publish or distribute without permission.

All prefaces to prayers written and adapted by David Aharon L. Curtis for Kabbalah4All.
Translated by David Aharon L. Curtis.
Edited by David Aharon L. Curtis.

Copyright © Kabbalah4All.com.

תיקון הכללי

TIKUN HAKLALI

Rebbe Nachman taught that the Tikun HaKlali can rectify all spiritual and physical flaws or maladies. He stated:

כִּי יֵשׁ מְקוֹמוֹת צָרִים וְדַקִּים שְׂאֵי אֶפְשָׁר לָבוֹא לָשֵׁם שׁוּם
תִּקּוּן כִּי אִם עַל־יְדֵי תִקּוּן הַכֹּלְלִי, שֶׁהוּא זוֹרֵק לְבִנְיָנִית
וְתִקּוּנִים גַּם לְמְקוֹמוֹת הַצָּרִים וְהַדַּקִּים.

For there are places that are so narrow and tiny that no tikun can reach there except the Tikun HaKlali (General Correction) which shoots whiteness and rectification even to the narrow and tiny places. -Likutei Moharan I 29:4.

We can use the Tikun HaKlali for either personal teshuvah (return to Hashem) or to help bring about the Tikun Olam (correction of the world.) The ten Tehilim correspond to the Ten Sefirot and can assist in restoring happiness and connection to the Creator's Light.

לְכוּ נְרַנְנֵה לַיהוָה יֵאֱהוּדוּנָהּ, נְרִיעָה לְצוּר יִשְׁעֵנוּ.

L'chu n'ran'nah Ladonai, nariyah l'tzur yishenu.

Come let us sing with joy to Adonai, let us call out to the Rock of our salvation.

N'kad'mah fanav b'todah,

Let us greet Him with thanksgiving,

bizmirot nari-a lo.

with song let us call out to Him.

Ki El gadol Adonai,

For a great Almighty One is Adonai,

umelech gadol al kol elohim.

and a great Sovereign above divine beings.

נְקַדְמָה פָּנָיו בְּתוֹדָה,

בְּזִמְרוֹת נְרִיעֵ לוֹ.

כִּי אֵל גָּדוֹל יְהוָה יֵאֱהוּדוּנָהּ,

וּמֶלֶךְ גָּדוֹל עַל כָּל אֱלֹהִים.

Hareini m'zamen et pi l'hodot

Behold I prepare my mouth to thank

ul-halel ul'shabe-ach et bor'i,

and praise and honor my Creator,

l'shem yichud kudsha,

for the sake of the unification of the Holy One,

b'rich hu ushchinteh,

blessed be He and His Shechinah,

bidchilu urchimu,

in awe and love,

al y'dei hahu tamir v'nelam,

through the hand that is concealed and hidden,

b'shem kol Yisra-el.

in the name of all of Israel.

Hareini m'kasher atzmi ba-amirat

Behold I connect myself by saying

ha-asarah mizmorim elu

these ten chapters of Tehilim

l'chol hatzadikim ha-amitiyim

to all the true tzadikim

sheb'dorenu.

that are in our generation.

Ul-chol hatzadikim

And to all the tzadikim

ha-amitim shochnei afar.

resting in the dust.

K'doshim asher ba-aretz hemah.

Holy ones who are in the land of the dead.

Uvfrat l'rabenu hakadosh

And especially to our holy Rabbi,

tzadik y'sod olam

Tzadik Yesod Olam,

nachal nove-a m'kor chochmah

"Flowing brook, a fount of wisdom"

rabenu Nachman ben Feige.

our Rabbi, Nachman ben Feiga.

Z'chutam yagen aleinu

May his merit protect us

v'al kol Yisra-el. Amen.

and all of Israel. Amen.

הַרִינִי מְזַמֵּן אֶת פִּי לְהוֹדוֹת

וּלְהַלֵּל וּלְשַׁבַּח אֶת בּוֹרְאִי,

לְשֵׁם יְחִוּד קְדוֹשָׁא,

בְּרִיךְ הוּא וּשְׁכִינָתָה,

בְּדַחִילוֹ וּרְחִימוֹ,

עַל יְדֵי הַהוּא טָמִיר וְנֶעְלָם,

בְּשֵׁם כָּל יִשְׂרָאֵל.

הַרִינִי מְקַשֵּׁר עֲצָמִי בְּאֲמִירַת

הָעֲשָׂרָה מְזֻמְרִים אֵלָיו

לְכָל הַצְּדִיקִים הָאֲמִיתִים

שֶׁבְּדוֹרֵנוֹ.

וּלְכָל הַצְּדִיקִים

הָאֲמִיתִים שׁוֹכְנֵי עָפָר.

קְדוֹשִׁים אֲשֶׁר בְּאֶרֶץ הַמָּתָה.

וּבְפֶרֶט לְרַבְּנוֹ הַקְּדוֹשׁ

צְדִיק יְסוֹד עוֹלָם

נַחַל נוֹבֵעַ מְקוֹר חֲכָמָה

רַבְּנוֹ נַחֲמָן בֶּן פִּיגָא.

זְכוּתָם יִגֵּן עָלֵינוּ

וְעַל כָּל יִשְׂרָאֵל. אָמֵן.

FOR MEDITATION:

תהלים = אל אלהים

Tehilim = El + Elohim

אלף למד - אלף למד הי יוד ממ

Releasing captured sparks from the Klipot and elevating them into the realm of Kedushah.

Meditate to Correct

בינה

BINAH

יהוה

י יה יהו יהוה

תהלים טז - ברכה
TEHILIM 16 - BERACHAH

יְלִי

מִכְתָּם לְדָוִד, שְׁמֹרֵנִי אֵל כִּי חָסִיתִי בְךָ.

Michtam l'David, shomreni El ki chasiti vach.

A Miktam of David, Protect me, O Almighty One, for I have taken refuge in You.

Amart Ladonai,

I said to Adonai,

Adonai atah,

You are My Ruler,

tovati bal alecha.

You are not obligated to benefit me.

אָמַרְתָּ לַיהוָה יֵאֱהוּנָהי,

אֲדֹנָי אַתָּה,

טוֹבָתִי בַל עֲלֶיךָ.

יְלִי

לְקְדוֹשִׁים אֲשֶׁר בָּאָרֶץ הַמָּה, וְאֲדִירֵי כֹל חֶפְצֵי בָם.

Likdoshim asher ba-aretz hemah, v'adirei kol cheftzi vam.

But for the holy ones who are (buried) in the earth, and for the mighty, all my desires are because of them.

Yirbu atz'votam acher maharu,

May their sorrows multiply, those who hurry after other gods,

bal asich niskeihem midam,

I shall not pour out their libations of blood,

uval esa et sh'motam

and I will not carry their names

al s'fatai.

upon my lips.

Adonai m'nat chelki v'chosi,

Adonai is my allotted portion and my cup,

atah tomich gorali.

You guide my destiny.

יִרְבוּ עֲצָבוֹתָם אַחַר מְהָרוּ,

בַּל אֶסִּיךְ נִסְכֵיהֶם מִדָּם,

וְבַל אֶשָּׂא אֶת שְׁמוֹתָם

עַל שִׁפְתָי.

יְהוָה יֵאֱהוּנָהי מְנַת חֶלְקִי וְכוֹסִי,

אַתָּה תוֹמִיךְ גּוֹרְלִי.

Chavalim naflu li banimim,
 Portions have fallen to me in pleasant places,
 af nachalat shaf-rah alai.
 indeed my heritage is beautiful to me.

חֲבָלִים נָפְלוּ לִי בְּנְעָמִים,
 אַף נַחֲלַת שְׁפָרָה עָלַי.

אֲבָרֵךְ אֶת יְהוָה יֵאֱהוּנְהִי אֲשֶׁר יַעֲצָנִי, אַף לַיְלֹת יִסְרוּנִי כְּלִיּוֹתַי.

Avarech et Adonai asher y'atzani, af leilot yis'runi chil-yotai.
 I will bless Adonai Who has advised me, even in the nights I am counseled by my intellect.

יְכִי

שְׁוִיֹתִי יְהוָה יֵאֱהוּנְהִי לְנֶגְדִי תָמִיד, כִּי מִיְמִינִי בַל אֶמוֹט.

Shiviti Adonai l'negdi tamid, ki mimini bal emot.
 I have set Adonai before me always, because He is at my right hand I shall not falter.

יְכִי

לִכֵּן שָׂמַח לְבִי וַיִּגַּל כְּבוֹדִי, אַף בְּשָׂרִי יִשְׁכֵּן לְבִטָּח.

Lachen samach libi vayagel k'vodi, af b'sari yish-kon lavetach.
 Therefore my heart is glad, and my glory (soul) rejoices, also my flesh rests in confidence.

Ki lo ta-azov nafshi lishol,
 For You will not abandon my soul to the grave,
 lo titen chasidcha
 nor allow Your devout one
 lirot shachat.
 to witness destruction.
 Todi-eni orach chayim,
 You will make know to me the path of life,
sova s'machot et panecha,
 the fullness of joys in Your Presence,
 n'imot bimincha netzach.
 there is delight at Your right hand for eternity.

כִּי לֹא תֵעָזֵב נַפְשִׁי לְשָׂאוֹל,
 לֹא תִתֵּן חַסִּידְךָ
 לְרֵאוֹת שַׁחַת.
 תוֹדִיעֵנִי אֲרַח חַיִּים,
 שִׁבַּע שְׂמָחוֹת אֶת פְּנִיךָ,
 נְעֻמוֹת בְּיְמִינְךָ נֶצַח.

FOR MEDITATION:

תהלים = אל אלהים

Tehilim = El + Elohim

אלף למד - אלף למד הי יוד ממ

Releasing captured sparks from the Klipot and elevating them into the realm of Kedushah.

Meditate to Correct

כתר

KETER

יהוה

יה יהו יהוה

תהלים לב - אשׁרי

TEHILIM 32 - ASHREI

לְדָוִד מִשְׁכִּיל. אֲשֶׁרִי נְשׁוּי פֶשַׁע, כְּסוּי חַטָּאָה.

L'David maskil. Ashrei n'shuy p^usha, k'suy chata-ah.

By David, a maskil. Happy is the one who is forgiven their transgression, whose sin is covered.

יְכִי

אֲשֶׁרִי אָדָם לֹא יַחְשׁוֹב יְהוָה יֵאֱהוּדוֹנָהּ לֹו עֶזְוֹן, וְאֵינְ בְּרוּחוֹ רְמִיָּהּ.

Ashrei adam lo yachshov Adonai lo avon, v'ein b'rucho r'miyah.

Happy is the person to whom Adonai does not account iniquity to them, and in whose spirit there is no deceit.

יְכִי

כִּי הֶחֱרַשְׁתִּי בְּלוּ עֲצָמַי, בְּשִׂאֲגַתִּי כָּל הַיּוֹם.

Ki hecherashti balu atzamai, b'sha-agati kol hayom.

When I kept silent my bones wasted away, because of my anguished roar all day long.

Ki yomam valailah tichbad

For day and night heavily

alai yadecha,

was Your hand upon me,

neh-pach l'shadi b'charvonei

my freshness was transformed by the drought

kayitz selah.

of summer, Selah.

כִּי יוֹמָם וְלַיְלָה תִכְבַּד

עַלֵי יָדְךָ,

נְהַפֵּךְ לְשִׁדִּי בְּחַרְבְּנִי

קִיץ סֵלָה.

היי

חַטָּאתִי אֹדִיעֶךָ, וְעֹנִי לֹא כִסִּיתִי, אֲמַרְתִּי אֹדֶה עֲלֵי פְשָׁעִי

Chatati odi-acha, va-avoni lo chisiti, amarti odeh alei f'sha-ai
My sin I make known to You, and my iniquity I do not hide, I said I will confess for my transgressions

יזהה

פְּשָׁעִי לִיהוָה יֵאֱהוּנְהִי, וְאַתָּה נִשְׂאתָ עֲוֹן חַטָּאתִי סְלַח.

f'sha-ai Ladonai, v'atah nasata avon chatati selah.
my transgressions to Adonai, and You have always forgiven the iniquity of my sin Selah.

Al zot yitpalel kol chasid
For this shall every one who is pious pray
elecha l'et m'tzo,
to You at a time when You may be found,
rak l'shetef mayim rabim
only that the flooding mighty waters
elav lo yagi-u.
not overtake them.

עַל זֹאת יִתְפַּלֵּל כָּל חָסִיד
אֵלֶיךָ לְעֵת מְצָא,
רַק לְשִׁטְף מַיִם רַבִּים
אֵלָיו לֹא יִגִּיעוּ.

הרי

אַתָּה סֵתֶר לִי,

Atah seter li,
You are a shelter for me,

ר י

מִצָּר תִּצְרֵנִי, רָנִי פֵלֵט תְּסוּבְּנֵי סֵלָה.

Atah seter li, mitzar titz'reni, ranei falet t'sov'veni selah.

You are a shelter for me, from distress You preserve me, with glad song of deliverance You envelop me, Selah.

Askil'cha v'or'cha

I will make you wise and enlighten you

b'derech zu telech,

in the path which you shall go,

iyatzah alecha eini.

I will counsel you with my eye.

Al tih-yu k'sus

Be not like a horse

k'fered ein havin,

or like a mule uncomprehending,

b'meteg varesen edyo livlom,

restrained with bit and bridle when being adorned,

bal k'rov elecha.

so to keep them from approaching you.

Rabim machovim larasha,

Many are the afflictions of the wicked,

v'habote-ach Badonai

but the one who trusts in Adonai

chesed y'sov'venu.

kindness surrounds them.

אֲשַׁכִּילְךָ וְאוֹרְךָ

בְּדֶרֶךְ זֶה תֵּלֵךְ,

אֵינִי עֹלֶיךָ עֵינִי.

אֵל תִּהְיוּ כָסוּס

כְּפֶרֶד אֵין הָבִין,

בְּמִתְגַּ וְרֶסֶן עֲדִיו לְבָלוֹם,

בַּל קָרֹב אֵלֶיךָ.

רַבִּים מִכְּאוֹבִים לְרָשָׁע,

וְהַבּוֹטָח בִּיהוָה יֵאֱהוֹנֵהוּ

חֶסֶד יְסוּבְּבָנָו.

ו ד ה ו

שִׂמְחוּ בִיהוָה יֵאֱהוֹנֵהוּ וְגִילוּ צְדִיקִים, וְהִרְנִינוּ כָּל יִשְׂרָאֵל לֵב.

Simchu Badonai v'gilu tzadikim, v'harninu kol yishrei lev.

Be glad in Adonai and rejoice O righteous, and shout for joy, all upright of heart.

FOR MEDITATION:

תהלים = אל אלהים

Tehilim = El + Elohim

אלף למד - אלף למד הי יוד ממ

Releasing captured sparks from the Klipot and elevating them into the realm of Kedushah.

Meditate to Correct

יסוד

YESOD

יפה פה פה

י יפה יהו יהוה

תהלים מא - משכיל

TEHILIM 41 - MASKIL

לְמַנְצֵחַ מִזְמוֹר לְדָוִד.

אַשְׁרֵי מִשְׁכִּיל אֶל דָּל, בְּיוֹם רָעָה יִמְלֹטֵהוּ יְהוָה יֵאֱהוֹנֵהוּ.

Lam'natze-ach mizmor l'David.

Ashrei maskil el dal, b'yom ra-ah y'mal'tehu Adonai.

To the chief Musician, a tehilim by David.

Praiseworthy is the one who cares wisely for the sick, on the day of evil Adonai will liberate them.

Adonai yishm'rehu vicha-yehu,
Adonai will preserve them and restore them to life,
v'ushar ba-aretz,
and they will be happy on earth,
v'al tit'nehu b'nefesh oy'vav.
and You will not deliver them to the desire of their enemies.

Adonai yisadenu
Adonai will fortify them
al eres d'vai,
on their bed of misery,
kol mishkavo chafachta v'cholyo.
all their restfulness has been upset by their illness.

יְהוָה יֵאֱהוֹנֵהוּ יִשְׁמְרֵהוּ וְיַחֲיֵהוּ,
וְאֲשֶׁר בְּאֶרֶץ,
וְאֵל תִּתְּנֵהוּ בְּנַפְשׁ אֵיבָיו.
יְהוָה יֵאֱהוֹנֵהוּ יִסְעֲדֵנוּ
עַל עֵרֶשׁ דָּוִי,
כֹּל מִשְׁכָּבוֹ הַפְּכֵת בְּחַלְיוֹ.

דַּי יֵי

אֲנִי אֶמְרָתִי: יְהוָה יֵאֱהוֹנֵהוּ חֲנִנִי, רְפָאֵה נַפְשִׁי, כִּי חָטָאתִי לָךְ.

Ani amarti: Adonai choneini, r'fa-ah nafshi, ki chatati lach.

As for me I said: O Adonai show me favor, heal my soul, for I have done negative things against You.

Oy'vai yom'ru ra li,
My enemies speak evil of me:
matai yamut v'avad sh'mo.
When will they die and their name perish?

אוֹיְבֵי יֵאמְרוּ רַע לִי,
מַתִּי יָמוּת וְאָבַד שְׁמוֹ.

יְכִי

וְאִם בָּא לְרֹאוֹת שׁוֹא יְדַבֵּר, לְבוּ יִקְבְּצוּ אָוֶן לוֹ,

V'im ba lirot shav y'daber, libo yikbatz aven lo,
And if one comes to see, insincerely do they speak, their heart seeks to gather evil for itself,

יְכִי

יֵצֵא לְחוּץ יְדַבֵּר.

yeitzei lachutz y'daber.
upon going out they speak it.

Yachad alai yit-lachashu kol son'ai,
Together against me all my enemies whisper,
alai yach-sh'vu ra-ah li.
against me they plot my harm.

D'var b'li-ya-al yatzuk bo,
The result of their wickedness is poured over them,
va-asher shachav lo yosif lakum.
and now that they lie ill may they rise no more.

יַחַד עָלַי יִתְלַחֲשׂוּ כָּל שׂוֹנְאֵי,
עָלַי יַחֲשִׁבוּ רָעָה לִּי.
דַּבֵּר בְּלִיעַל יִצּוֹק בּוֹ,
וְאֲשֶׁר שָׁכַב לֹא יוֹסִיף לְקוּמִים.

יְכִי

גַּם אִישׁ שְׁלוֹמִי אֲשֶׁר בָּטַחְתִּי בּוֹ, אוֹכֵל לֶחֶמִי, הִגְדִּיל עָלַי עֶקֶב.

Gam ish sh'lomi asher batachti vo, ochel lachmi, higdil alai akev.
Even my ally in whom I put my trust, who ate my bread, has lifted up his heel against me.

היי יחזו ווכל

וְאַתָּה יְהוָה יֵאֱהוּדוּנְהִי חֲנֻנִי וְהִקִּימֵנִי, וְאַשְׁלֶמְהָ לָּהֶם.

V'atah Adonai choneni vahakimeni, va-ashal'mah lahem.

But You, O Adonai, show me favor and raise me up, then I shall repay them.

כלי

בְּזֹאת יֵדַעְתִּי כִּי חִפְצָתָ בִּי, כִּי לֹא יִרְיעַ אֵיבִי עָלַי.

B'zot yadati ki chafatzta bi, ki lo yari-a oy'vi alai.

By this I shall know that you favor me, that You will not let my enemy shout in triumph over me.

Va-ani b'tumi tamachta bi,
And I because of my integrity You have supported me,
vatatziveni l'fanecha l'olam.
and let me stand erect before You forever.

Baruch Adonai Elohei Yisra-el
Blessed be Adonai Elohim of Israel

meha-olam v'ad ha-olam,
from this world and the world to come,
amen v'amen.

amen and amen.

וְאֲנִי בְּתַמִּי תִמְכַּת בִּי,
וְתִצִּיבֵנִי לְפָנֶיךָ לְעוֹלָם.
בְּרוּךְ יְהוָה יֵאֱהוּדוּנְהִי אֱלֹהֵי יִשְׂרָאֵל
מִהָעוֹלָם וְעַד הָעוֹלָם,
אָמֵן וְאָמֵן.

FOR MEDITATION:

תהלים = אל אלהים

Tehilim = El + Elohim

אלף למד - אלף למד הי יוד ממ

Releasing captured sparks from the Klipot and elevating them into the realm of Kedushah.

Meditate to Correct

זְכוּמָה

CHOCHMAH

יְהוָה

יְיָ יְהוָה יְהוָה

תְּהִלִּים מַב – שִׁיר

TEHILIM 42 - SHIR

לְמַנְצֵחַ מִשְׁכֵּיל לְבְנֵי קֹרַח.

Lam'natze-ach maskil livnei Korach.

For the conductor, a maskil by the sons of Korach.

K'ayal ta-arog al afikei mayim,
 As the deer yearns for streams of water,
 ken nafshi ta-arog elecha Elohim.
 so my soul yearns for You, Elohim.
 Tzam'ah nafshi Leilohim l'El chai,
 My soul thirsts Elohim, for the living Almighty One,
 matai avo v'era-eh p'nei Elohim.
 when will I come and appear before the face of Elohim.

כְּאַיִל תַּעְרֹג עַל אֲפִיקֵי מַיִם,
 כֵּן נַפְשִׁי תַעְרֹג אֵלֶיךָ אֱלֹהִים.
 צַמְאָה נַפְשִׁי לְאֱלֹהִים לְאֵל חַי,
 מַתִּי אָבוֹא וְאֶרְאֶה פְּנֵי אֱלֹהִים.

הַרִי הָאֵלֵךְ

הֵי־תָה לִי דִמְעָתִי לֶחֶם יוֹמָם וְלַיְלָה,

בְּאֵמֹר אֵלַי כָּל הַיּוֹם, אַיֵּה אֱלֹהֶיךָ.

Hay'tah li dimati lechem yomam valailah,
be-emor elai kol hayom, ayeh Elohecha.

*My tears were for me my bread day and night,
when they said to me all day long, where is your Elohim.*

זֵכְרָהּ הֵי יִי

אֵלֶּה אֶזְכְּרָה וְאֶשְׁפָּכָה עָלַי נַפְשִׁי, כִּי אֶעְבֹּר בַּסָּד,

Eleh ezk'rah v'eshp'chah alai nafshi, ki e-evor basach,

These I will remember and will pour out the burden of my soul, how I passed with the multitude,

מְכִלָּה

אֲדִידֵם עַד בֵּית אֱלֹהִים, בְּקוֹל רִנָּה וְתוֹדָה הַמוֹן חוֹגֵג.

edadem ad beit Elohim, b'kol rinah v'todah hamon chogeg.

proceeding with them unto the House of Elohim, with the voice of song and thanksgiving, many celebrating.

דיי ייי

מה תשתוחחי נפשי, ותהמי עלי, הוחילי לאלהים,

כי עוד אודנו ישועות פניו.

Mah tishtochachi nafshi, vatehemi alai,
hochili Leilohim, ki od odenu y'shu-ot panav.

*Why are you downcast O my soul, and why do you roar within me,
hope in Elohim, for yet shall I thank Him for the salvations of His presence.*

Elohai alai nafshi tishtochach,

O my Elohim, my soul is cast down within me,

al ken ezkarcha me-eretz

because I remember You from the land

yarden v'chermonim,

of Jordan and the peaks of Hermon,

mehar mitzar.

from Mount Mitzar.

T'hom el t'hom

Abyss to abyss

kore l'kol tzinorecha,

calls out to the sound of Your canals,

kol mishbarecha v'galecha

all Your tidal waves and Your surges

alai ayaru.

have overcome me.

אלהי עלי נפשי תשתוחח,

על כן אזכרך מארץ

ירדן וחרמונים,

מהר מצער.

תהום אל תהום

קורא לקול צנורייך,

כל משבריך וגליך

עלי עברו.

ייי ידזן

יומם יצוה יהוה יאהדונהי חסדו, ובלילה שירה עמי,

תפלה לאל חיי.

Yomam y'tzaveh Adonai chasdo, uvalailah shiroh imi,
t'filah l'El chayai.

*By day, Adonai will command His lovingkindness, even by night His song is with me,
a prayer to the Almighty One of my life.*

Om'rah l'El sali,

I will say to the Almighty One, my Rock,

lamah sh'chachtani,

why have You forgotten me,

lamah koder elecha b'lachatz oyev.

why must I walk in gloom under the oppression of the foe.

אוֹמְרָה לְאֵל סֶלְעִי,

לָמָּה שְׁכַחְתָּנִי,

לָמָּה קִדַּר אֵלַיךָ בְּלַחֲץ אוֹיֵב.



בְּרִצַּח בְּעַצְמוֹתַי חִרְפוֹנִי צוֹרְרִי,

B'ritzach b'atzmotai cher'funi tzor'rai,

With murder in my bones, my enemies taunt me,

הֵאמַר

בְּאִמְרָם אֵלַי כֹּל הַיּוֹם, אַיֵּה אֱלֹהֶיךָ.

ba-amram elai kol hayom, ayeh Elohecha.

as they say to me every day, where is your Elohim.

Mah tishtochachi nafshi,

Why are you downcast O my soul,

umah vatehemi alai,

and why do you roar within me,

hochili Leilohim,

hope in Elohim,

ki od odenu y'shu-ot panav

for yet shall I thank Him for the salvations of His presence

Velohai.

and my Elohim.

מָה תִּשְׁתַּוְּחָחִי נַפְשִׁי,

וּמָה תִּוְּחָמִי עָלַי,

הוֹחִילִי לֵאלֹהִים,

כִּי עוֹד אוֹדְנֵנוּ יְשׁוּעוֹת פְּנֵינוּ

וְאֱלֹהֵי.

FOR MEDITATION:

תהלים = אל אלהים

Tehilim = El + Elohim

אלף למד - אלף למד הי יוד ממ

Releasing captured sparks from the Klipot and elevating them into the realm of Kedushah.

Meditate to Correct

נצח

NETZACH

יהוה

י יה יהו יהוה

תהלים נט - ניצוח

TEHILIM 59 - NITZOACH

לְמַנְצַח־אֶל תִּשְׁחֶת, לְדָוִד מִכְתָּם,
בְּשִׁלַּח שָׁאוּל, וַיִּשְׁמְרוּ אֶת הַבַּיִת לְהַמִּיתוֹ.
Lam'natze-ach al tishchet, l'David michtam,
bishlo-ach Sha-ul, vayishm'ru et habayit lahamito.

*For the conductor, do not destroy, by David, a michtam,
when Saul dispatched, and they guarded the house to slay him.*



הַצִּילֵנִי מֵאֵיבֵי אֱלֹהֵי, מִמֵּתְקוֹמַי תִּשְׁגְּבֵנִי.

Hatzileni me-oy'vai Elohai, mimitkom'mai t'sagveni.
Rescue me from my enemies, my Elohim, from those who rise up against me, lift me up.

Hatzileni mipu-alei aven,
Rescue me from those who do evil,
ume-anshei damim hoshi-eni.
and from those who are bloodthirsty, save me.
Ki hineh ar'vu l'nafshi,
For behold they lurk for my soul,
yaguru alai azim,
those who are strong lodge against me,
lo fishi v'lo chatati Adonai.
not for my transgression nor for my sin, Adonai.
B'li avon y'rutzun v'yikonanu,
Without iniquity they run and prepares themselves,
urah likrati ureh.
awaken towards me and see.

הַצִּילֵנִי מִפְּעֵלֵי אוֹן,
וּמֵאֲנָשֵׁי דָמִים הוֹשִׁיעֵנִי.
כִּי הִנֵּה אֲרָבוּ לְנַפְשִׁי,
יִגְוְרוּ עָלַי עֲזִים,
לֹא פִשְׁעִי וְלֹא חַטָּאתִי יְהוּה יֵאֱהַדוֹנָהּ.
בְּלִי עוֹן יְרוּצוּן וַיִּכּוֹנְנוּ,
עוֹרָה לְקִרְאתִי וּרְאָהּ.

יכלה

וְאַתָּה יְהוָה יֵאֱהוּנְהִי אֱלֹהִים צְבָאוֹת אֱלֹהֵי יִשְׂרָאֵל, הַקִּיצָה

לְפָקֹד כָּל הַגּוֹיִם, אַל תַּחֲזַן כָּל בֹּגְדֵי אָוֶן סֵלָה.

V'atah Adonai Elohim tz'va-ot Elohei Yisra-el, hakitzah
lifkod kol hagoyim, al tachon kol bogdei aven selah.

And You, Adonai, Elohim of Hosts, Elohim of Israel, awake
to enumerate all of the nations, do not show favor to any wicked traitors, Selah.

יכלי

יָשׁוּבוּ לָעֶרֶב, יֶהֱמוּ כַכְּלָב, וַיִּסּוּבּוּ עִיר.

Yashuvu la-erev, yehemu chakalev, visov'vu ir.

They return in the evening they howl like a dog, and go round about the city.

Hineh yabi-un b'fihem,
Behold they spew forth with their mouths,
charavot b'siftoteihem,
swords are in their lips,
ki mi shome-a.
for who hears?

V'atah Adonai tis-chak lamo,
But You, Adonai, will laugh at them,
tilag l'chol goyim.
You will mock all the nations.

הִנֵּה יִבִּיעוֹן בְּפִיהֶם,
חַרְבוֹת בְּשִׁפְתוֹתֵיהֶם,
כִּי מִי שֹׁמֵעַ.

וְאַתָּה יְהוָה יֵאֱהוּנְהִי תִשְׁחַק לָמוֹ,
תִּלְעַג לְכָל גּוֹיִם.

אכא

עֲזוּ אֵלַיךְ אֲשֶׁמְרָה, כִּי אֱלֹהִים מְשַׁגְּבִי.

Uzu elecha eshmorah, ki Elohim misgabi.

O my strength, for You do I wait, for Elohim is my fortress.

י י י

אֱלֹהֵי חַסְדֵי יְקַדְּמֵנִי, אֱלֹהִים יִרְאֵנִי בְּשׂוֹרָי.

Elohei chasdi y'kad'meni, Elohim yareni v'shor'rai.

Elohim Who is gracious to me shall precede me, Elohim shall let me see what befalls my watchful foes.

Al tahargem pen yishk'chu ami,
Do not kill them, lest my people forget,
hani-emo v'cheil-cha v'horidemo,
scatter them by Your might and bring them down,
maginenu Adonai.
Adonai our Shield.

אֶל תַּהַרְגֵם פֶּן יִשְׁכְּחוּ עַמִּי,
הַנִּיעַמּוּ בְּחֵילְךָ וְהוֹרִידֵמוּ,
מִגִּנְנוּ אֲדֹנָי.

מ ד ש

חַטָּאת פִּימוּ דְּבַר שְׁפַתֵימוּ,

וַיִּלְכְּדוּ בְּגֵאוֹנָם, וּמֵאֲלָה וּמִכַּחַשׁ יִסְפְּרוּ.

Chatat pimo d'var s'fateimo,
v'yilach-du vignonam, ume-alah umikachash y'saperu.

*The sin of their mouth is the word of their lips,
and may they be captured by their own conceit, and because of the curse and deceit they tell.*

Kaleh v'chemah,
Destroy in wrath,
kaleh v'einemo,
destroy until they are no more,
v'yed'u ki Elohim moshel
and then all shall know that Elohim rules
b'Ya-akov l'afsei ha-aretz selah.
in Jacob to the ends of the earth, Selah.
V'yashuvu la-erev,
And they return in the evening
yehemu chakalev,
they howl like a dog,
visov'vu ir.
and go round about the city.

כָּלָה בְּחֵמָה,
כָּלָה וְאֵינָמוּ,
וַיֵּדְעוּ כִּי אֱלֹהִים מֹשֵׁל
בִּיעֲקֹב לְאַפְסֵי הָאָרֶץ סֵלָה.
וַיָּשׁוּבוּ לָעֶרֶב,
יִהְיוּ כַּכֶּלֶב,
וַיִּסּוּבּוּ עִיר.

Hemah y'ni-un le-echol

Let them wander about to eat,

im lo yisb'u vayalinu.

without being filled, they will sleep.

Va-ani ashir uzecha,

And I will sing of Your strength,

va-aranen laboker chasdecha,

and I will sing with joy of Your lovingkindness toward morning,

ki hayita misgav li,

for You have been a fortress to me,

umanos b'yom tzar li.

and a refuge in the day of my trouble.

הִמָּה יִנְיֵעוּן לְאָכֹל,
אִם לֹא יִשְׂבְּעוּ וַיֵּלִינוּ.
וְאֲנִי אֶשִׁיר עֲזֶךָ,
וְאֶרְנֵן לְבֹקֶר חַסְדֶּךָ,
כִּי הָיִיתָ מִשְׁגָּב לִי,
וּמְנוּס בְּיוֹם צָר לִי.

אכא יי

עֲזִי אֶלֶיךָ אֶזְמַרְהָ, כִּי אֱלֹהִים מִשְׁגָּבִי, אֱלֹהֵי חַסְדֵי.

Uzi elecha azamerah, ki Elohim misgabi, Elohei chasdi.

My Strength, to You shall I sing, for Elohim is my fortress, Elohim Who is gracious to me.

FOR MEDITATION:

תהלים = אל אלהים

Tehilim = El + Elohim

אלף למד - אלף למד הי יוד ממ

Releasing captured sparks from the Klipot and elevating them into the realm of Kedushah.

Meditate to Correct

גְּבוּרָה

GEVURAH

יְהוָה

י יְהוָה יְהוָה

תהלים עז - ציגון

TEHILIM 77 - NIGUN

לְמַנְצֵחַ עַל יְדוּתוֹן לְאַסָּף מִזְמוֹר.

Lam'natze-ach al y'dutun l'Asaf mizmor.

For the conductor, on yedutun, by Asaf, a song.

Koli El Elohim v'etzakah,

My voice is to the Almighty One, Elohim when I cry out,

koli El Elohim,

my voice is to the Almighty One, Elohim,

v'ha-azin elai.

that He may listen to me.

קוֹלִי אֶל אֱלֹהִים וְאַצְעָקָה,

קוֹלִי אֶל אֱלֹהִים,

וְהֶאֱזִין אֵלַי.

יִי יְהוָה

בְּיוֹם צָרָתִי אֲדֹנָי דְרַשְׁתִּי, יְדֵי לַיְלָה נִגְרָה וְלֹא תִפּוּג,
מֵאַנָּה הִנָּחֵם נַפְשִׁי.

B'yom tzarati Adonai darashti, yadi lailah nigrah v'lo tafug,
me-anah hinachem nafshi.

*On the day of my trouble, I sought Adonai, my wound oozes through the night and does not abate,
my soul refuses to be comforted.*

Ezk'rah Elohim v'ehemayah,
I remember Elohim and I moan,
asichah v'titatef ruchi selah.
I speak and my spirit becomes faint, Selah.

אֲזַכֶּרָה אֱלֹהִים וְאַהֲמִיָּה,
אֲשִׁיחָה וְתִתְעַטֵּף רוּחִי סֵלָה.

עֵצוּ

אֲחַזְתָּ שְׁמוֹרוֹת עֵינָי, נִפְעַמְתִּי וְלֹא אֲדַבֵּר.

Achazta sh'murot einai, nifamti v'lo adaber.

You held my eyes from closing, I am so troubled that I am unable to speak.

Chishavti yamim mikedem,
I consider days of old,
sh'not olamim.
years of ancient times.

חֲשַׁבְתִּי יָמִים מִקֶּדֶם,
שְׁנוֹת עוֹלָמִים.

מִיָּדָה לֵאלֹהִים

אֲזַכֶּרָה נְגִינָתִי בַלַּיְלָה, עִם לְבָבִי אֲשִׁיחָה, וְיַחֲפֵשׂ רוּחִי.

Ezk'rah n'ginati balailah, im l'vavi asichah, vay-chafes ruchi.

I remember my music at night, I speak with my heart, and my spirit searches.

מזזי

הֶלְעוֹלָמִים יִזְנַח אֲדוֹנָי, וְלֹא יִסִּיף לְרַצוֹת עוֹד.

Hal'olamim yiznach Adonai, v'lo yosif lirtzot od.

Will Adonai abandon me forever? nevermore to be appeased again?

He-afes lanetzach chasdo,

Has His lovingkindness ended forever,

gamar omer l'dor vador.

has He sealed the decree from generation to generation?

Hashachach chanot El,

Has the Almighty One forgotten His graciousness,

im kafatz b'af rachamav selah.

has He shut off His mercy in anger? Selah.

Va-omar chaloti hi,

And I said, It is my sickness,

sh'not y'min Elyon.

the right hand of the Most High has changed.

הָאֶפֶס לְנִצַּח חַסְדּוֹ,

גָּמַר אָמַר לְדוֹר וָדוֹר.

הִשְׁכַּח חַנּוּת אֵל,

אִם קִפֵּץ בְּאֵף רַחֲמָיו סֵלָה.

וְאָמַר חֲלוֹתִי הִיא,

שְׁנוֹת יְמִין עֲלִיוֹן.

מִיךְ

אֶזְכּוֹר מַעֲלֵי יְהוָה, כִּי אֶזְכָּרָה מִקֶּדֶם פְּלֵאָךְ.

Ezkor ma-al'lei Yah, ki ezk'rach mikedem pilecha.

I recall the works of Yah, I will surely remember Your wonders of old.

V'hagiti v'chol pa-alecha,

And I shall meditate on all Your works,

uva-alilotecha asichah.

and I shall speak of Your deeds.

Elohim bakodesh darkecha,

O Elohim, holy are Your ways,

mi el gadol Kelohim.

what power is as great as Elohim?

Atah ha-El oseh fele,

You are the Almighty One Who works wonders,

hodata va-amim uzecha.

You have declared Your strength among nations.

וְהִגִּיתִי בְּכֹל פְּעֻלָּךְ,

וּבְעֲלִילוֹתֶיךָ אֲשִׁיחָה.

אֱלֹהִים בְּקֹדֶשׁ דְּרָכְךָ,

מִי אֵל גָּדוֹל כְּאֱלֹהִים.

אַתָּה הָאֵל עֹשֶׂה פְּלֵאָה,

הוֹדַעְתָּ בְּעַמִּים עֲזָךְ.

Ga-alta bizro-a amecha,
You redeemed Your people with Your arm,
 b'nei Ya-akov v'Yosef selah.
the children of Jacob and Joseph, Selah.
 Ra-ucha mayim Elohim,
The waters perceived You, Elohim,
 ra-ucha mayim yachilu,
the waters perceived You, they trembled,
 af yirg'zu t'homot.
even the depths were agitated.
Zormu mayim avot,
Water poured from the clouds,
 kol nat'nu sh'chakim,
sound issued from the heavens,
 af chatzatecha yit-halachu.
even Your arrows went out on every side.

גַּאֲלֹתָ בְזְרוּעַ עַמְךָ,
 בְּנֵי יַעֲקֹב וְיוֹסֵף סֵלָה.
 רְאוּךָ מַיִם אֱלֹהִים,
 רְאוּךָ מַיִם יַחֲלִילוּ,
 אֶף יִרְגְּזוּ תְהוֹמוֹת.
 זֹרְמוּ מַיִם עָבוֹת,
 קוֹל נִתְּנוּ שְׁחָקִים,
 אֶף חֲצֵצֵיךָ יִתְהַלְכוּ.

מילה

קוֹל רַעַמְךָ בַּגְּלִגָּל, הַאֲירוּ בְרָקִים תְּבִל, רַגְזָה
 וַתִּרְעַשׂ הָאָרֶץ.

Kol ra-amcha bagalgal, he-iru v'rakim tevel, rag'zah
 vatirash ha-aretz.

*The voice of Your thunder was in the rolling wind, the world was illuminated with lightning bolts,
 the earth trembled and shook.*

Bayam darkecha,
Your way was through the sea,
 ushvilcha b'mayim rabim,
and your path through the great waters,
 v'ikvotecha lo noda-u.
and your footsteps were not known.
 Nachita chatzon amecha,
You led Your people like a flock,
 b'yad Moshe v'Aharon.
by the hand of Moses and Aaron.

בַּיַם דַּרְכְּךָ,
 וּשְׁבִילְךָ בְּמַיִם רַבִּים,
 וְעַקְבוֹתֶיךָ לֹא נִדְעוּ.
 נַחֲיִיתָ כְּצֹאן עַמְךָ,
 בְּיַד מֹשֶׁה וְאַהֲרֹן.

FOR MEDITATION:

תהלים = אל אלהים

Tehilim = El + Elohim

אלף למד - אלף למד הי יוד ממ

Releasing captured sparks from the Klipot and elevating them into the realm of Kedushah.

Meditate to Correct

מלכות

MALCHUT

יהוה יהוה יאהדו צה

י יהו יהוה

תהלים צ – תפלה

TEHILIM 90 - TEFILAH

תפלה למשה איש האלהים, אדני,

מעון אתה היית לנו בדר ודר.

T'filah I'Mosheh ish ha-Elohim, Adonai,
ma-on atah hayita lanu b'dor vador.

*A prayer by Moses the man of Elohim, O Adonai,
You have been a shelter in generation after generation.*

B'terem harim yuladu

Before the mountains were born

vat'cholel erez v'tevel,

and You had not fashioned the earth and its inhabitants,

ume-olam ad olam atah El.

and from this world to the next You are Almighty.

Tashev enosh ad daka,

You turn people back from being crushed,

vatomer shuvu v'nei adam.

and say, Return O children of humankind.

Ki elef shanim b'einecha

For a thousand years in Your eyes

k'yom etmol ki ya-avor,

are like yesterday that passes,

v'ashmurah valailah.

and like a watch in the night.

Z'ramtam shenah yih-yu,

You flood them away and they become sleeplike,

baboker kechatzir yachalof.

by morning they are like grass that withers.

Baboker yatzitz v'chalaf,

In the morning it blossoms and is rejuvenated,

la-erev y'molel v'yavesh.

by evening it is cut down and dried out.

Ki chalinu v'apecha,

For we are consumed by Your anger,

uva-chamat'cha nivhalnu.

and by Your wrath we are confounded.

Shatah avonotenu l'negdecha,

You have set our iniquities before Yourself,

alumenu limor panecha.

our immaturity before the Light of Your Countenance.

בטרם הרים ילדו

ותחולל ארץ ותבל,

ומעולם עד עולם אתה אל.

תשב אנוש עד דכא,

ותאמר שובו בני אדם.

כי אלף שנים בעיניך

כיום אתמול כי יעבר,

ואשמורה בלילה.

זרמתם שנה יהיו,

בבקר כחציר יחלף.

בבקר יציץ וחלף,

לערב ימולל ויבש.

כי כלינו באפק,

ובחמתך נבהלנו.

שתה עונותינו לנגדך,

עלמנו למאור פניך.

לוי

כִּי כֹל יַמֵּינוּ פָּנוּ בְּעִבְרַתְךָ, כְּלִינוּ שְׁנֵינוּ כְּמוֹ הֶגְהָה.

Ki kol yameinu panu v'evratecha, kilinu shoneinu ch'mo hegeh.
For all our days pass away in Your rage, we consumed our years like a fleeting thought.

Y'mei sh'noteinu vahem

The days of our years among them

shivim shanah,

are seventy years,

v'im bigvurot sh'monim shanah,

and in case of strength, eighty years,

v'rah-bam amal va-aven,

yet their greatness is but toil and pain,

ki gaz chish vana-ufah.

for it is cut off swiftly and we fly away.

Mi yode-a oz apecha,

Who can grasp the power of Your anger,

uch-yirat'cha evratecha.

as You are feared so is Your rage.

Limnot yameinu ken hoda,

So teach us to count our days,

v'navi l'vav chochmah.

then we shall acquire a heart of wisdom.

Shuvah Adonai ad matai,

Return Adonai! O for how much longer?

v'hinachem al avadecha.

Relent concerning Your servants.

Sab'enu vaboker chasdecha,

Satisfy us in the morning with Your kindness,

unran'nah v'nism'chah b'chol yameinu.

then shall we sing out and rejoice all of our days.

Sam'chenu kimot initanu,

Make us glad just like the days You afflicted us,

sh'not ra-inu ra-ah.

the years when we saw evil.

Yera-eh el avadecha fa-olecha,

May Your deeds be visible to Your servants,

vahadarcha al b'neihem.

and Your glory over their children.

יְמֵי שְׁנוֹתֵינוּ בָּהֶם

שִׁבְעִים שָׁנָה,

וְאִם בְּגִבּוֹרֵת שְׁמוֹנִים שָׁנָה,

וְרַהֲבָם עֵמֶל וְאוֹן,

כִּי גַז חִישׁ וְנִעְפָּה.

מִי יוֹדֵעַ עַז אַפְּךָ,

וְכִירְאַתְךָ עִבְרַתְךָ.

לְמִנּוֹת יַמֵּינוּ כִּן הוֹדַע,

וְנִבֵּא לְבַב חֲכָמָה.

שׁוֹבָה יְהוָה יֵאֱהוּנָה עַד מָתִי,

וְהִנָּחֵם עַל עֲבָדֶיךָ.

שִׁבְעֵנוּ בְּבֹקֶר חַסְדֶּךָ,

וְנִרְנְנָה וְנִשְׂמַחָה בְּכֹל יַמֵּינוּ.

שְׂמַחְנוּ כִּימוֹת עֲנִיתָנוּ,

שְׁנוֹת רְאִינוּ רָעָה.

יֵרָאֶה אֶל עֲבָדֶיךָ פְּעֻלָּךְ,

וְהִדְרֶךָ עַל בְּנֵיהֶם.

וְהוֹ

וְיִהְיֶה נֶעֱמַם אֲדֹנָי אֱלֹהֵינוּ עָלֵינוּ,

וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָה עָלֵינוּ,

וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָהּ.

Vihi no-am Adonai Eloheinu aleinu,
uma-aseh yadeinu kon'nah aleinu,
uma-aseh yadeinu kon'nehu.

*May the pleasantness of Adonai our Elohim be upon us,
and establish the work of our hands upon us,
and establish the work of our hands.*

FOR MEDITATION:

תְּהִלִּים = אֵל אֱלֹהִים

Tehilim = El + Elohim

אֵלָּה לְמַד - אֵלָּה לְמַד הִי יוֹד מִמֶּנּוּ

Releasing captured sparks from the Klipot and elevating them into the realm of Kedushah.

Meditate to Correct

הוד

HOD

יְהוָה

יְיָ יְהוָה יְהוָה

תהלים קה - הודאה

TEHILIM 105 - HODA-AH

ודהו

הודו ליהוה יאהדוניה קראו בשמו, הודיעו בעמים עלילותיו.

Hodu Ladonai kiru bishmo, hodi-u va-amim alilotav.

Give thanks to Adonai, declare His Name, make His deeds known among the peoples.

וּכְלֵ

שירו לו זמרו לו, שיחו בכל נפלאותיו.

Shiru lo zam'ru lo, sichu b'chol nifl'otav.

Sing to Him, make music to Him, speak of all His wonders.

Hit-hal'lu b'shem kodsho,
Glory in the Name of His Holiness,
 yismach lev m'vak'shei Adonai.
those who seek Adonai, their hearts will rejoice.

הַתְהַלְלוּ בְשֵׁם קֹדְשׁוֹ,
 יִשְׂמַח לֵב מִבְּקָשֵׁי יְהוָה יֵאֱהָדוּנָהּ.

וְהוֹ

דְּרִשׁוּ יְהוָה יֵאֱהָדוּנָהּ וְעִזּוֹ, בִּבְקָשׁוֹ פְּנֵי תָמִיד.

Dirshu Adonai v'uzo, bak'shu fanav tamid.
Search out Adonai and His might, seek His Presence always.

Zichru nifl'otav asher asah,
Remember His wonders that He performed,
 mof'tav umishp'tei fiv.
His marvels and the judgements of His mouth.
 Zera Avraham avdo,
O seed of Abraham, His servant,
 b'nei Ya-akov b'chirav.
O children of Jacob, His chosen ones.
 Hu Adonai Eloheinu,
He is Adonai our Elohim,
 b'chol ha-aretz mishpatav.
His judgements are over all the earth.
 Zachar l'olam b'rito,
He has remembered His covenant forever,
 davar tzivah l'elef dor.
the Word He commanded for a thousand generations.
 Asher karat et Avraham,
That He made with Abraham,
 ushvu-ato l'Yis-chak.
and His oath to Isaac.
 Vaya-amideha l'Ya-akov l'chok,
And He established it as a decree for Jacob,
 l'Yisra-el b'rit olam.
for Israel as an everlasting covenant.
 Lemor l'cha eten,
Saying: To you I shall give,
 et eretz k'na-an,
the land of Canaan,
 chevel nachalatchem.
the lot of your inheritance.

זָכְרוּ נִפְלְאוֹתָיו אֲשֶׁר עָשָׂה,
 מִפְּתָיו וּמִשְׁפְּטֵי פִּיו.
 זֶרַע אַבְרָהָם עַבְדּוֹ,
 בְּנֵי יַעֲקֹב בְּחִירָיו.
 הוּא יְהוָה יֵאֱהָדוּנָהּ אֱלֹהֵינוּ,
 בְּכֹל הָאָרֶץ מִשְׁפָּטָיו.
 זָכַר לְעוֹלָם בְּרִיתוֹ,
 דָּבָר צִוָּה לְאַלְף דּוֹר.
 אֲשֶׁר כָּרַת אֶת אַבְרָהָם,
 וּשְׁבוּעָתוֹ לְיִשְׁחָק.
 וַיַּעֲמִידָהּ לְיַעֲקֹב לְחֹק,
 לְיִשְׂרָאֵל בְּרִית עוֹלָם.
 לֵאמֹר לְךָ אֶתֶן
 אֶת אֶרֶץ כְּנָעַן,
 חֵבֶל נַחֲלַתְכֶם.

Bih-yotam m'tei mispar,
When they were but few in number,
 kimat v'garim bah.
hardly dwelling there.

בְּהִיוֹתָם מְתֵי מִסְפָּר,
 כִּמְעַט וְגָרִים בָּהּ.

יְכִי

וַיִּתְהַלְכוּ מִגּוֹי אֶל גּוֹי, מִמַּמְלָכָה אֶל עַם אֲחֵר.

Vayit-hal'chu migoy el goy, mimamlachah el am acher.
And they wandered from nation to nation, from one kingdom to another people.

Lo hini-ach adam l'askam,
He did not allow any person to rob them,
 vayochach aleihem m'lachim.
and for their sake He rebuked sovereigns.

לֹא הִנִּיחַ אָדָם לְעֲשׂוֹקָם,
 וַיּוֹכַח עֲלֵיהֶם מְלָכִים.

יְכִי

אַל תִּגְעוּ בְּמִשְׁחֵי, וְלֹנְבִיאי אֶל תִּרְעוּ.

Al tig'u vimshichai, v'linvi-ai al tare-u.
Dare not touch My anointed ones, and do no harm to My prophets.

Vayikra ra-av al ha-aretz,
He declared a famine upon the land,
 kol mateh lechem shavar.
He broke every staff of bread.
 Shalach lifneihem ish,
He sent before them a man,
 l'eved nimkar Yosef.
Joseph, who was sold as a slave.
 Inu vakevel raglo,
They hurt his leg with fetters,
 barzel ba-ah nafsho.
his soul was laid in irons.
 Ad et bo d'varo,
Until the time His word was fulfilled,

וַיִּקְרָא רָעַב עַל הָאָרֶץ,
 כָּל מַטֵּה לֶחֶם שָׁבַר.
 שָׁלַח לְפָנֵיהֶם אִישׁ,
 לְעֶבֶד נִמְכָּר יוֹסֵף.
 עָנּוּ בַכָּבֶל רַגְלוֹ,
 בַּרְזֶל בָּאָה נַפְשׁוֹ.
 עַד עֵת בֵּא דְבָרוֹ,

imrat Adonai tz'rafat-hu.
the decree that Adonai had purified him.

אִמְרַת יְהוָה יֵאֱהָדוֹנָהּי צָרְפָתָהּוּ.

מוֹם

שָׁלַח מֶלֶךְ וַיִּתִּירֶהוּ, מֹשֶׁל עַמִּים וַיִּפְתָּחֶהוּ.

Shalach melech vayatirehu, moshel amim vayfat'chehu.

He sent a king who released him, a ruler of peoples who freed him.

Samo adon l'veito,
He appointed him master of his palace,
umoshel b'chol kinyano.
and ruler of all his wealth.

Lesor sarav b'nafsho,
To bind his princes at his pleasure,
uzkenav y'chakem.
and teach his elders wisdom.

Vayavo Yisra-el mitzrayim,
And Israel came to Egypt,
v'Ya-akov gar b'erezt cham.
and Jacob dwelled in the land of Ham.

שָׁמוֹ אָדוֹן לְבֵיתוֹ,
וּמֹשֶׁל בְּכֹל קִינְיָנוֹ.
לְאַסֹּר שָׂרָיו בְּנַפְשׁוֹ,
וּזְקֵנָיו יְחַכֵּם.
וַיָּבֹא יִשְׂרָאֵל מִצְרַיִם,
וַיַּעֲקֹב גָּר בְּאֶרֶץ חָם.

מוֹם

וַיַּפֵּר אֶת עַמּוֹ מְאֹד, וַיַּעֲצִמֶהוּ מִצָּרָיו.

Vayefer et amo m'od, vaya-atzimehu mitzarav.

And He increased His people greatly, and made them stronger than their enemies.

Hafach libam lisno amo,
He turned their hearts to hate His people,
l'hitnakel ba-avadav.
to deceive His servants.

הִפָּךְ לִבָּם לְשׂנֵא עַמּוֹ,
לְהִתְנַכֵּל בַּעֲבָדָיו.

חזרה

שֶׁלַח מֹשֶׁה עֶבְדוֹ, אֶהֱרֹן אֲשֶׁר בָּחַר בּוֹ.

Shalach Mosheh avdo, Aharon asher bachar bo.

He sent Moses, His servant, Aaron whom He had chosen.

Samu vam divrei ototav,
They placed among them the words of His signs,
umof'tim b'erezt cham.

and marvels in the land of Ham.

Shalach choshech vayachshich,

He sent darkness and made it dark,

v'lo maru et d'varo.

and they did not disobey His word.

Hafach et meimeihem l'dam,

He turned their waters into blood,

vayamet et d'gatam.

and He killed their fish.

Sharatz artzam tz'fard'im,

Their land swarmed with frogs,

b'chadrei malcheihem.

in the chambers of their kings.

Amar vayavo arov,

He spoke and a mixture of noxious beasts came,

kinim b'chol g'vulam.

lice throughout all their borders.

Natan gishmeihem barad,

He made their rains into hail,

esh lehavot b'artzam.

flaming fires in their land.

Vayach gafnam ut-enatam,

And it struck their vines and their fig trees,

vayshaber etz g'vulam.

and it broke the trees of their borders.

שָׁמוּ בָם דְּבַרֵי אֶתוֹתָיו,

וּמִלְפֹתֵימָם בְּאֶרֶץ חָם.

שָׁלַח חֹשֶׁךְ וַיַּחֲשֹׁךְ,

וְלֹא מָרוּ אֶת דְּבָרָיו.

הִפָּךְ אֶת מִימֵיהֶם לְדָם,

וַיָּמַת אֶת דְּגָתָם.

שָׂרַץ אֶרֶץ חָם צְפַרְדֵּי עִים,

בְּחַדְרֵי מַלְכֵיהֶם.

אָמַר וַיָּבֵא עָרֹב,

כְּנִים בְּכֹל גְּבוּלָם.

נָתַן גִּשְׁמֵיהֶם בָּרָד,

אֵשׁ לְהַבּוֹת בְּאֶרֶץ חָם.

וַיַּךְ גַּפְנֵם וְתַאֲנָתָם,

וַיִּשְׁבֵּר עֵץ גְּבוּלָם.

רָאָה

אָמַר וַיְבֹא אֲרֵבָה, וַיֵּלֶק וַאֲיֵן מִסְפָּר.

Amar vayavo arbeh, v'yelek v'ain mispar.
He spoke and the locusts came, and the hopping locusts without number.

Vayochal kol esev b'artzam,

And it consumed all the grass in their land,

vayochal p'ri admatam.

and consumed all the fruit of their soil.

Vayach kol b'chor b'artzam,

Then He smote every firstborn in their land,

reshit l'chol onam.

the first of all their strength.

Vayotzi-em b'chesef v'zahav,

And He took them out with silver and gold,

v'ain bishvatav koshel.

and among His tribes there was not one who failed.

Samach mitzrayim b'tzetam,

Egypt rejoiced at their departure,

ki nafal pachdam aleihem.

for their fear had fallen upon them.

Paras anan l'masach,

He spread out a cloud for shelter,

v'esh l'ha-ir lailah.

and fire to illuminate the night.

וַיֹּאכַל כָּל עֵשֶׂב בְּאֶרְצָם,

וַיֹּאכַל פְּרֵי אֲדָמָתָם.

וַיַּךְ כָּל בְּכוֹר בְּאֶרְצָם,

רֵאשִׁית לְכֹל אוֹנָם.

וַיּוֹצִיאֵם בְּכֶסֶף וְזָהָב,

וַאֲיֵן בִּשְׂבָטָו כוֹשֵׁל.

שָׂמַח מִצְרַיִם בְּצֵאתָם,

כִּי נָפַל פַּחְדָּם עֲלֵיהֶם.

פָּרַשׁ עָנָן לְמִסַּךְ,

וַאֲשׁ לְהָאִיר לַיְלָה.

כִּלְאוֹ אוֹם

שָׁאֵל וַיְבֹא שָׁלוֹ, וַלְחֵם שָׁמַיִם יִשְׂבִּיעֵם.

Sha-al vayave s'lav, v'lechem shamayim yasbi-em.

They asked and He brought quail, and satisfied them with bread from heaven.

Patach tzur vayazuvu mayim,
He opened a rock and waters gushed out,
hal'chu batziyot nahar.
it ran in the dry places like a river.

פְּתַח צוּר וַיִּזְוּבוּ מַיִם,
הֵלְכוּ בַצִּיּוֹת נְהָר.

יִרְדָּת

כִּי זָכַר אֶת דְּבַר קְדֻשּׁוֹ, אֶת אַבְרָהָם עֶבְדּוֹ.

Ki zachar et d'var kodsho, et Avraham avdo.

For He remembered His holy promise, to Abraham, His servant.

Vayotzi amo v'sason,
And He brought out His people with joy,
b'rinah et b'chirav.
His chosen ones with joyful song.

Vayiten lahem artzot goyim,
And He gave them the lands of nations,
va-amal l'umim yirashu.
and they inherited the toil of the people.

Ba-avur yism'ru chukav,
So that they might safeguard His statutes,
v'Torotav yintzoru, hal'lu-Yah.
and preserve His Torah, praise Yah.

וַיּוֹצֵא עַמּוֹ בְּשִׂשׂוֹן,
בְּרִנָּה אֶת בְּחִירָיו.
וַיִּתֵּן לָהֶם אַרְצוֹת גּוֹיִם,
וַעֲמַל לְאֻמִּים יִירָשׁוּ.
בְּעֲבוּר יִשְׁמְרוּ חֻקָּיו,
וְתוֹרֹתָיו יִנְצְרוּ, הַלְלוּיָהּ.

FOR MEDITATION:

תְּהִלִּים = אֵל אֱלֹהִים

Tehilim = El + Elohim

אֵלֶּף לָמַד – אֵלֶּף לָמַד הִי יוֹד מֵם

Releasing captured sparks from the Klipot and elevating them into the realm of Kedushah.

Meditate to Correct

זָסֵד

CHESED

יְהוָה

יְהוָה יְהוָה

תהלים קל"ז - מזמור

TEHILIM 137 - MIZMOR

מוֹם

עַל נְהַרֹת בָּבֶל, שָׁם יִשְׁבְּנוּ גַם בְּכִינֵנוּ, בְּזָכְרֵנוּ אֶת צִיּוֹן.

Al naharot bavel, sham yashavnu gam bachinu, b'zochrenu et Tziyon.

By the rivers of Babylon, we sat there and also we wept when we remembered Zion.

Al aravim b'tochah,
On the willows within it,
 talinu kinoroteinu.
we hung our lyres.

עַל עֲרָבִים בְּתוֹכָהּ,
 תְּלִינוּ כִנּוֹרֹתֵינוּ.

וְהוֹ

כִּי שָׁם שְׁאַלּוּנוּ שׁוֹבֵינֵנוּ דְבַרֵי שִׁיר וְתוֹלְלֵינוּ שִׂמְחָה, שִׁיר לָנוּ
 מִשִּׁיר צִיּוֹן.

Ki sham sh'elunu shoyeinu divrei shir v'tolaleinu simchah, shiru lanu
 mishir Tziyon.

*For there our captors requested from us words of song with our lyres playing joyously,
 "Sing for us from songs of Zion."*

Eich nashir et shir Adonai,
How can we sing the song of Adonai
 al admat nechar.
upon alien soil?
 Im eshcachech Y'rushala-im,
If I should forget you O Jerusalem,
 tishkach y'mini.
then may my right hand forget its skill.

אֵיךְ נִשְׁיֵר אֶת שִׁיר יְהוָה יֵאֱהוֹנָהּ,
 עַל אֲדַמַּת נֶכָר.
 אִם אֶשְׁכַּחךְ יְרוּשָׁלַם,
 תִּשְׁכַּח יְמִינִי.

אֵיֵ

תִּדְבַק לְשׁוֹנֵי לְחֻפֵי, אִם לֹא אֶזְכְּרֶכִי, אִם לֹא אֶעֱלֶה
 אֶת יְרוּשָׁלַם עַל רֹאשׁ שִׂמְחָתִי.

Tidbak l'shoni l'chiki, im lo ezkrechi, im lo a-aleh
 et Y'rushala-im al rosh simchati.

*May my tongue cling to my palate, if I fail to remember you, if I should fail to elevate
 Jerusalem at the beginning of my joy.*

Z'chor Adonai livnei edom

Remember Adonai, the sons of Edom,

et yom Y'rushala-im,

the day of Jersusalem,

ha-om'rim aru,

those who say, "Destroy

aru ad haysod bah.

destroy! to its foundation."

Bat bavel hash'dudah,

O daughter of Babylon who is destined to be plundered,

ashrei shey'shalem lach

praiseworthy is the one who repays you

et g'mulech shegamalt lanu.

your recompense for how you treated us.

Ashrei sheyochez v'nifetz

Praiseworthy will be the one who will take and dash

et olalayich el hasala.

your infants against the rock.

זְכוֹר יְהוָה יֵאֱהוּנָה לְבְנֵי אֲדוֹם

אֶת יוֹם יְרוּשָׁלַם,

הָאֹמְרִים עָרוּ,

עָרוּ עַד הַיְסוּד בָּהּ.

בַּת בָּבֶל הַשְׂדוּדָה,

אֲשֶׁרִי שִׁשְׁלַם לָךְ

אֶת גְּמוּלָךְ שֶׁגַּמְלַתְ לָנוּ.

אֲשֶׁרִי שִׁיאַחַז וְנִפֵּץ

אֶת עַלְלִיךְ אֶל הַסֵּלַע.

FOR MEDITATION:

תְּהִלִּים = אֵל אֱלֹהִים

Tehilim = El + Elohim

אֵלָּה לְמַד - אֵלָּה לְמַד הִי יוֹד מִמֶּ

Releasing captured sparks from the Klipot and elevating them into the realm of Kedushah.

Meditate to Correct

תפארת

TIFERET

יהוה

י יהוה יהוה

תהלים קנ - הללויה

TEHILIM 150 - HALLELUYAH

לו

הַלְלוּיָהּ, הַלְלוּ אֵל בְּקֹדֶשׁוֹ, הַלְלוּהוּ בְּרִקְיעַ עֲזוֹ.

Hal'lu-Yah, Hal'lu El b'kodsho, hal'luhu birki-a uzo.

Praise Yah, Praise to the Almighty One in His sanctuary, praise Him Whose power the heavens proclaim.

Hal'luhu bigvurotav,

Praise Him for powerful deeds,

hal'luhu k'rov gudlo.

praise Him for surpassing greatness.

Hal'luhu b'teka shofar,

Praise Him with the blast of the shofar,

hal'luhu b'nevel v'chinar.

praise Him with the lyre and harp.

הַלְלוּהוּ בְּגְבוּרָתוֹ,

הַלְלוּהוּ כְּרֹב גְּדָלוֹ.

הַלְלוּהוּ בְּתַקַּע שׁוֹפָר,

הַלְלוּהוּ בְּנֵבֶל וְכִנּוֹר.

ומב

הַלְלוּהוּ בְּתוֹף וּמַחֹל, הַלְלוּהוּ בְּמִנִּים וְעָגָב.

Hal'luhu b'tof umachol, hal'luhu b'minim v'ugav.

Praise Him with drums and dancing, praise Him with the lute and pipe.

Hal'luhu b'tzil-tz'lei shama,

Praise Him with cymbals sounding,

hal'luhu b'tzil-tz'lei t'ru-ah.

Praise Him with cymbals resounding.

הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע,

הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.

כדת

כֹּל הַנְּשָׁמָה תְּהַלֵּל יְיָ הַלְלוּיָהּ.

Kol han'shamah t'halel Yah, Hal'lu-Yah.

Let everything that has breath praise Yah, praise Yah.

Mi yiten mi-Tziyon y'shu-at Yisra-el,

Oh that out of Zion would come the salvation of Israel,

b'shuv Adonai sh'vut amo,

when Adonai shall restore the capacity of His people,

yagel Ya-akov, yismach Yisra-el.

Jacob will exult, Israel will rejoice.

Utshu-at tzadikim

And the salvation of the righteous

me-Adonai,

is from Adonai,

ma-uzam b'et tzarah.

their might in time of trouble.

Vayaz'rem Adonai vayfal'tem,

Adonai helped them and caused them to escape,

y'fal'tem mer'sha-im v'yoshi-em,

He will cause them to escape from the wicked and save them,

ki chasu vo.

for they took refuge in Him.

מִי יִתֵּן מִצִּיּוֹן יְשׁוּעַת יִשְׂרָאֵל,

בְּשׁוּב יְהוָה יֵאָהֲדוּנָהּ שְׁבוּת עַמּוֹ,

יִגַּל יַעֲקֹב יִשְׂמַח יִשְׂרָאֵל.

וְתִשׁוּעַת צְדִיקִים

מִיְהוָה יֵאָהֲדוּנָהּ,

מָעוֹזָם בְּעֵת צָרָה.

וַיַּעֲזְרֵם יְהוָה וַיִּפְלְטֵם,

יִפְלְטֵם מִרְשָׁעִים וַיּוֹשִׁיעֵם,

כִּי חָסוּ בּוֹ.

Ribono shel olam,
Ruler of the world,
 ilat ha-ilot
Primal Cause
 v'sibat kol hasibot,
and Driver of all things,
 ant l'ela l'ela min kola,
You are above, transcendent above everything,
 v'leit l'ela minach,
and nothing is higher than You,
 d'leit machashavah t'fisa
for thought cannot have any grasp
 vach k'lal,
of You whatsoever,
 ulcha dumiyah t'hilah,
and for You silence is more praise,
 umromam al kol b'rachah ut-hilah.
and loftier than all blessings and praises.
 Ot'cha edrosh ot'cha avakesh,
You I seek, You I request,
 shetachtor chatirah
that You breach an opening
 derech k'vushah me-it'cha,
for a paved channel from You
 derech kol ha-olamot,
a path through all the worlds,
 ad hahishtal-sh'lot
down to
 sheli bamakom she-ani omed,
my place where I am standing,
 k'fi asher niglah l'cha
as it is revealed to You,
 yode-a ta-alumot,
Who knows all hidden things,
 uvderech untiv hazeh
and through this path and this channel
 ta-ir alai or'cha,
shine Your light on me,
 l'hachasireni bitshuvah sh'lemah
to bring me back in complete return
 l'fanecha be-emet,
before Your presence in truth,
 k'fi r'tzon'cha be-emet,
in accord with Your will, in truth,
 k'fi r'tzon mivchar hab'ru-im,
in accord with the will of the Choicest of all Your creatures,
 livli lachashov b'machshavti
so that I should not entertain in my thinking,

רבונו של עולם,
 עלת העלות
 וסבת כל הסבות,
 אנת לעלא לעלא מן כלא,
 ולית לעלא מנך,
 דלית מחשבה תפיסא
 בך כלל,
 ולך דמיה תהלה,
 ומרומם על כל ברכה ותהלה.
 אותך אדרש אותך אבקש,
 שתחתך חתירה
 דרך כבושה מאתך,
 דרך כל העולמות,
 עד ההשתלשלות
 שלי במקום שאני עומד,
 כפי אשר נגלה לך
 ידע תעלמות,
 ובדרך ונתיב הזה
 תאיר עלי אורך,
 להחזירני בתשובה שלמה
 לפניך באמת,
 כפי רצונך באמת,
 כפי רצון מבחר הכרואים,
 לבלי לחשב במחשבתי

Shum machashevet chutz,
any extraneous thought
 v'shum machashavah uvilbul
or any confusion
 shehu neged r'tzonecha,
that is contrary to Your will,
 rak lidabek b'machashavot zachot
but only cleave to thoughts that are clear,
 tzachot ukdoshot ba-avodat'cha
lucid, and holy in Your service,
 be-emet b'hasagat'cha uv-Torat'cha.
in truth, in perception of You and in Your Torah.
 Hat libi el edotecha,
Incline my heart unto Your testimonies,
 v'ten li lev tahor
and give me a pure heart
 l'ovd'cha be-emet.
to serve You in truth.
 Umimtzulot yam totzi-eni
And take me out from the abyss of the sea
 l'or gadol chish kal m'herah,
unto great light very speedily and soon,
 t'shuvat Adonai k'heref ayin,
the salvation of Adonai in the blink of an eye,
 le-or b'or hachayim kol y'mei
to illuminate all my days in the Light of Life
 heyoti al p'nei ha-adamah.
while I am upon the face of the earth.
 V'ezkeh l'chadesh n'urai
And make me privileged to renew my youth,
 hayamim she-avru bachoshech,
the days which transpired in darkness,
 l'hachaziram el hak'dushah,
to bring them back into holiness,
 v'tih-yeh y'tzi-ati min ha-olam
and let my going from this world
 k'vi-ati b'lo chet.
be like my coming, without any negative deeds.
 V'ezkeh lachazot
And let me be privileged
 b'no-am Adonai
to gaze upon Adonai's loveliness
 ulvaker b'heichalo,
and visit His Temple
 kulo omer kavod,
where all proclaim His Kavod (glory),
 amen netzach selah va-ed.
amen, eternal, selah, forever.

שׁוּם מַחֲשֵׁבֶת חוּץ,
 וְשׁוּם מַחֲשָׁבָה וּבְלִבּוּל
 שֶׁהוּא נֶגֶד רְצוֹנְךָ,
 רַק לְדַבֵּק בְּמַחֲשָׁבוֹת זָכוֹת
 צַחוֹת וְקְדוּשׁוֹת בְּעִבּוֹדְתֶךָ
 בְּאֵמֶת בְּהַשְׁגָּתֶךָ וּבְתוֹרַתֶךָ.
 הֵט לְבִי אֶל עֵדוֹתֶיךָ,
 וְתֵן לִי לֵב טָהוֹר
 לְעֹבְדֶךָ בְּאֵמֶת.
 וּמִמְצֻלוֹת יָם תּוֹצִיאֵנִי
 לְאוֹר גָּדוֹל חֵישׁ קַל מְהֵרָה,
 תְּשׁוּעַת יְהוָה יֵאֱהָרֶנְהִי כְּהֶרֶף עַיִן,
 לְאוֹר בְּאוֹר הַחַיִּים כָּל יְמֵי
 הַיּוֹתֵי עַל פְּנֵי הָאָדָמָה.
 וְאֶזְכֶּה לְחַדֵּשׁ נְעוּרַי
 הַיָּמִים שֶׁעָבְרוּ בְּחֹשֶׁךְ,
 לְהַחְזִירָם אֶל הַקְּדוּשָׁה,
 וְתִהְיֶה יְצִיאָתִי מִן הָעוֹלָם
 כְּבִיאָתִי בְּלֹא חַטָּא.
 וְאֶזְכֶּה לְחַזוֹת
 בְּנֹעַם יְהוָה יֵאֱהָרֶנְהִי
 וּלְבַקֵּר בְּהִיכָלוֹ,
 כְּלוֹ אֹמֵר כְּבוֹד,
 אֲמֵן נֶצַח סֶלָה וְעַד.