

1. OPENING NIGGUN

2. MAY I BE EMPTY

May I be empty and open to receive the light,
 May I be empty and open to receive.
 May I be full and open to receive the light,
 May I be full and open to receive.

3. TALLIT (Shaharit)

נִפְשֵׁי רוּחֵי נִשְׁמָתֵי וּתְפִלָּתֵי
Naf-shi ru-ḥi nish-ma-ti u-t'fi-la-ti
 Spread your wings and protect me
 Wrap me in your warmth and your care
 Hover over me, like you would to shield your young
 My soul and my body in your care

4. ELOHAI NESHAMAH (Shaharit)

אֱלֹהֵי נִשְׁמָה שְׁנַתַּתָּ בִּי טְהוֹרָה הִיא
E-lo-hai ne-sha-mah she-na-ta-ta bi t'ho-rah hi
 My God, the soul you've given me is pure

5. PURE HEART (Psalms)

Create a pure heart in me, Great Spirit
 Create a pure heart in me
 And renew a true soul within me
 And renew a true soul within

6. ASHIRA (Shaharit)

וְאָנִי בְּחַסְדֶּיךָ בְּטוֹחַתִּי יְגַל לְבִי בִישׁוּעָתֶךָ
 אֲשִׁירָה לַיְיָ כִּי גָמַל עָלַי
Va-a-ni b' has-d'kha ba-tah-ti
ya-gel li-bi bi-shu-a-te-kha
A-shi-ra la-Shem ki ga-mal a-lai
 But I in Your faithful love do trust,
 my heart will exult in Your deliverance.
 Let me sing to the LORD, for God has been good to me.

7. MODEH ANI (Shaharit)

מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם
Mo-deh/Mo-dah a-ni l'fa-ne-kha, me-lekh hai v'kai-yam
 I am grateful to You, living and eternal Sovereign.

8. AZAMRA (Shaharit)

אֶהְלֵלָהּ יְהוָה בְּחַיִּי אֲזַמְרָה לְאֱלֹהֵי בְעוֹדִי
A-ha-l'la A-do-nai b'hai-yai, a-zam-m'rah le-lo-hai b'o-di
 I will praise the ONE through my aliveness,
 I will sing to my God with all my being.

9. RABBAH EMUNATEKHA (Shaharit)

רַבָּה אֱמוּנָתֶךָ
Rab-bah e-mu-na-te-kha
 The Divine flow is abundantly present in our lives.

10. HALLELUYAH – PSALM 148 (Shaharit)

הַלְלוּ-יָהּ
Ha-l'lu-ya (see p. 56, rainbow, p. 99, blue)

11. RAHEM (Birkat Hamazon)

רַחֵם נָא, יְיָ אֱלֹהֵינוּ, עַל יִשְׂרָאֵל עַמְּךָ,
 וְעַל יְרוּשָׁלַיִם עִירֶךָ
Ra-ḥem na, Ha-shem E-lo-hei-nu, al Yis-ra-el
a-me-kha, v'al Y'ru-sha-lai-im i-re-kha
 Have mercy, Hashem our God, on Israel your
 people, and on Jerusalem your city.

12. HINEI MAH TOV / SANCTUARY

(Siddur, Psalms)
 הִנֵּה מַה-טוֹב, וּמַה-נְּעִים
 שָׁבֵת אֲחִים גַּם-יַחַד
Hi-nei mah tov u-ma-na-im,
she-vet a-ḥim gam ya-ḥad
 How awesome is it that we have each other?
 Friends, to share our lives!
 O Lord prepare me to be a sanctuary
 pure and holy, tried and true.
 And with thanksgiving, I'll be a living
 sanctuary for you.

13. DODILI (Song of Songs)

דוֹדִי לִי וְאֲנִי לוֹ, הִרְעָה בְּשׁוֹשַׁנִּים
Do-di li va-a-ni lo, ha-ro-eh ba-sho-sha-nim
 My beloved is mine and I am my beloved's,
 The one who shepherds amidst the lilies.

14. SHIVITI (Yizkor)

שְׁוִיתִי הַוָּיָה לְנֶגְדֵי תְּמִיד
 הַוָּיָה אֲהֵבָה
Shi-vi-ti Ha-va-ya l'neg-di ta-mid
Ha-va-ya (3x) a-ha-va (3x)
 I hold Havaya (God) before me always.
 Havaya (God), love.

15. OLAM CHESED YIBANEH (Psalms)

עוֹלָם חֶסֶד יִבְנֶה

O-lam he-sed yi-ba-neh ...yai dai dai (4x)

I will build this world from love...yai dai dai

And you must build this world from love...yai dai dai

And if we build this world from love...yai dai dai

Then God will build this world from love...yai dai dai

16. BIRKOT HASHAHAR (Shaḥarit)

See p. 39 (rainbow Siddur).

17. AMEN

אָמֵן

18. KADDISH (Siddur)

p. 224 (rainbow Siddur), p. 82 (blue Siddur)

19. BAR'KHU (Shaḥarit)

Am I awake? Am I prepared?

Are you listening to my prayer?

Can you hear my voice? Can you understand?

Am I awake, am I prepared?

בָּרְכוּ אֶת יְיָ הַמְבַרְךְ

בְּרוּךְ יְיָ הַמְבַרְךְ לְעוֹלָם וָעַד

Ba-r'khu et A-do-nai ha-m'vo-rakh

Ba-rukḥ A-do-nai ha-m'vo-rakh l'o-lam va-ed

Praise ADONAI, to whom all praise is directed.

Praised is ADONAI, to whom all praise is directed
forever and ever.

20. KAROV (Shaḥarit)

קָרוֹב יְיָ לְכָל־קוֹרְאָיו,

לְכָל־אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת

Ka-rov Ha-shem l'khol ko-r'av,

L'khol a-sheṛ yik-ra-u-hu ve-e-met

Close is Hashem to all who call

To all who call to God in truth

21. GALEI (Musaf)

גִּלְיֵה כְּבוֹד מַלְכוּתְךָ עָלֵינוּ

Ga-lei k'vod mal-khu-t'kha a-lei-nu

Reveal Your presence to us

22. MIN HA-MEITZAR (Hallel)

מִן-הַמִּצָּר, קִרְאתִי יְיָ; עֲנֵנִי בְּמִרְחַב יְיָ

הוֹדוּ לַיְיָ כִּי-טוֹב; כִּי לְעוֹלָם חֶסֶד

Min ha-mei-tzar ka-ra-ti ya; a-na-ni va-mer-ḥav ya

Ho-du la-do-nai ki tov: ki l'o-lam ḥas-do

From the straits I called to Yah;

Yah answered me in a wide-open place.

Give thanks to ADONAI for G-d is good;

forever is God's kindness.

23. EMET (Shaḥarit)

אֱמֶת אֶתָּה הוּא רִאשׁוֹן, אֶתָּה הוּא אַחֲרוֹן

וּמִבְּלִעְדֵיךָ

אֵין לָנוּ מִלְּךָ, אֵין לָנוּ גּוֹאֵל

וּמוֹשִׁיעַ, וּמוֹשִׁיעַ

E-met (4x)

E-met a-tah hu ri-shon, a-tah hu a-ḥa-ron

u-mi-bal-a-de-kha...

ein la-nu me-lekh, ein la-nu go-el,

u-mo-shi-ah, u-mo-shi-ah

Truth, You are first. You are last. And without you,
there is no nobility, no redemption, no salvation.

24. LAKH AMAR LIBI (Psalms)

לָךְ אָמַר לְבִי בִקְשׁוּ פָנַי אֶת-פָּנֶיךָ יְיָ אֲבִיבֶשׁ

Lakh a-mar li-bi bak-shu fa-nai

Et pa-na-yich Ha-va-ya a-va-kesh

Of You says my heart: "Seek my face!"

Your face Havaya (God) do I seek.

25. AHAVAH RABBAH (Shaḥarit)

אֲהַבָּה רַבָּה אֲהַבְתֵּנוּ יְהוָה אֱלֹהֵינוּ

A-ha-vah rab-bah a-hav-ta-nu A-do-nai E-lo-hei-nu

How deeply you have loved us, ADONAI Eloheinu

(ADONAI our God)

26. SHEMA / V'AHAVTA (Shaḥarit)

שְׁמַע | יִשְׂרָאֵל, יְיָ | אֱלֹהֵינוּ, יְיָ | אֶחָד

Sh'ma Yis-ra-el, A-do-nai E-lo-hei-nu, A-do-nai E-ḥad

Hear, O Israel, the Lord is our God, the Lord is One.

For v'ahavta, see p. 75 (rainbow Siddur), p. 112 (blue Siddur)

27. AMIDAH (Shaḥarit)

p. 87 (rainbow Siddur), p. 115 (blue Siddur)

28. SIM SHALOM (Shaḥarit)

שִׁים שְׁלוֹם טוֹבָה וּבִרְכָה

חַן וְחֶסֶד וְרַחֲמִים

Sim sha-lom to-vah uv-ra-kha

ḥen va-ḥesed v'ra-ḥa-mim

Grant peace, goodness, and blessing,

favor, kindness, and compassion

29. CLOSING NIGGUN