### Modeh/Modah Ani

**Modeh/Modah Ani** lefanekha ruah hai v’kayam

I am grateful before You living and enduring spirit

(Variation on Shul an Arukh ch. 1)

### Ma Tovu

Ma Tovu ohalekha Ya’akov mishkenotekha Yisrael

How good are your tents Ya’akov, your dwelling places, Yisrael!

(Numbers 24:5)

### Barukh atah


Blessed are you, YHVH our g!d, cosmic majesty, who gives sight to the blind. Blessed are you, YHVH our g!d, king of the world, who created me in the divine image. Blessed are you, YHVH our g!d, spirit of the world, who clothes the naked. Blessed are you, Shekhina our g!ddess, queen of the world, who releases the bound.

(Shul an Arukh ch. 1, adapted from morning blessings)

### Elohai Neshama

Elohai Neshama shenatat bee, t’horah hee

God, the Soul that you have given me is pure.

(Babylonian Talmud, Berakhot 60b)

### Hareyni Mekabel/et Alai

Hareyni Mekabel/et Alai et mitsvat asei (ha’borei) v’ahavata l’reyakha kamokha

It is upon me to receive the connection (of the Creator), obligating me to “love your fellow as yourself.”

(Rav Yitz ak Luria, circa 16th century, on Leviticus 19:18)

### Barukh she’amar

Barukh she’amra ha’olam barukh hu.

Blessed is the One who spoke and the world came to be. Blessed is G?D. Blessed is G?D and blessed is G?D’s Name.

(R’ Moshe Gaon, circa 825 C.E., adapted by R’ Levi Weiman-Kelman, 20th century)

### Ashrei

Ashrei youshei veytekha, od yehallelukha selah

Happy are those who dwell in Your house, may they always praise You. Selah! (Psalm 84:5)

### Hallelu

Hallelu, Hallelu, Hallelu,

Let the entire soul praise Yah, y’all! (Psalms 150:6)

### Ozi

Ozi, v’zimrat Yah, va’yehee lee leeshuah

My strength and my song is Yah; Yah has become for me salvation. (Shirat haYam, Exodus 15:2)

### Shema

Shema Yisrael Adonai Eloheinu Adonai Ehad

Listen up, Israel! Hashem (YHVH) is our g!d. YHVH is one. (Deut. 6:4)

### Barukh Shem

Barukh Shem Kavod Malkhuto l’Olam va’ed

[whisper] Blessed is the name of G?D’s radiant kingdom in every age. (Cf. Mishnah Yoma 3:8)
12 **V’ahavta**, eyt Adonai Eloheka, bekhol levav’kha, u’vekhol naf’sheka, u’vekhol me’odekha. V’hayu ha’devarim ha’eyleh asher anokhi metsavekha hayom al levavekha.


You shall love Adonai your G?D with all your heart, with all your soul, and with all your being.

Set these words, which I command you this day, upon your heart. Teach them faithfully to your children; speak of them in your home and on your way, when you lie down and when you rise up. Bind them as a sign upon your hand; let them, be a symbol before your eyes; inscribe them on the doorposts of your house, and on your gates. (Deuteronomy 6:5–9)

<table>
<thead>
<tr>
<th>13</th>
<th>Adonai Sfatai Tiitah</th>
<th>Adonai, open up my mouth so that my mouth may speak your praise. (Psalms 51:17)</th>
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14 **Od Yavo Shalom Aleynu**, od yavo shalom aleynu, od yavo shalom aleynu v’al kulum. Salam, Aleynu v’al kol ha’olam, Salam, Salam.

Let there be peace on us and the world. (x3)

Peace, on us and on the World. Peace, Peace. (adapted from Kaddish)

[In Arabic] Sawfa Yaati a-Salam Aleyna. (x3)

15 **Oseh Shalom** bimromav hu ya’aseh shalom aleynu, v’al kol Yisrael v’al kol Yishmael, v’al K’ol Ha’olam.

Maker of Peace on high, may You make peace upon us and all Israel, and all the people of Ishmael and all the world.

(An adaptation from the Full Kaddish)

16 **B’shem Hashem** Elohei Yisrael, Mimini Mikhail, mismoli Gavriel, u’milfanai Oriel, me’ahorai Refael. V’al roshi, v’al roshi shekhanet El.

In the name of G?D, god of Yisra-El. On my right is Mikha-El, in front of me Ori-El, behind me Refa-El. Above my head and inside me, is the presence of the Source.

17 **Yehi Shalom** b’helek shalva, b’armno’tayikh.

Let there be peace with your ramparts, tranquility within Your fortresses. (Psalms 122:7)

18 **K’ayal Ta’arog** al afikai mayyim ken nafshee, ta’arog eylekha Elohim. Tsaama nafshi l’Elohim l’El hai matal avoh v’era’eh pnai ha’Elohim.

As a gazelle yearns for streaming waters, so does my soul year for you, God. My soul, it thirsts for G?D. When will I be seen before G?D? (Psalms 42:2–3, attributed to the children of Korah)


Create in me a pure heart, God, and renew a true spirit inside of me. Don’t cast me away from before you, and don’t take your holy spirit away from me! Restore to me the joy of your salvation, and uphold a generous spirit in me. (Psalms 51:12–14)


Child of humanity, why are you asleep? Awake and pour out your prayers. Child of humanity, why are you asleep? Awake and call out to your creator! (Rav Yehudah Ibn Balaam, 11th century, Seville)