

Chayeí Sarah—Life of Sarah

הלא חי אני

ומי/ומה/ואיך הוא/היא החיות שלי

הלא הבורא יתברך

Hah-lo chái ah-ní

U-meechu hu (or) u-mah he (or) v'aych he

hachayut sheh-lee Hah-lo haBoray yit-bah-rahch

I am alive

And who/what/how is this aliveness I am, is it not the Wholy Blessed One

שִׁיתִי יְהוָה לְנֶגְדִי תָמִיד

Shi-vee-tee Havayah l'negdee tameed. (ps. 16)

Havayah/ahavah

I place God before me at all times.

I'm praying for compassion to lead me at all times

מַה טּוֹב אֱהָלֶיךָ יַעֲקֹב, מִשְׁכְּנֶיךָ יִשְׂרָאֵל.
וְאֲנִי בָרוּב חֶסֶדְךָ אָבוֹא בֵּיתְךָ

Mah tovu ohalecha Ya'akov, mish'k'notecha Yisra'eyl.

Va'aní b'rov chas'd'cha, avo betecha.

How good are your tents, Jacob; your Divine dwelling places, Israel. (Numbers 24:5)

By your grace, I will enter your house. (Psalm 5:8)

גַּלְעֵינִי וְאַבִּיטָה נִפְלְאוֹת מִתּוֹרָתְךָ

Gal aynai v'abitah nifla'ot mí'toratecha (Psalm 119:18)

Unveil my eyes that I might see the miracles of Your Torah

לְסִסְתִּי בְּרִיחַי פָּרְעָה דְּמִיתֶיךָ רַעֲיָתִי

L'susati b'richvay faro dímitích rayati

I see you, my love, as a mare,

Among Pharaoh's chariots. (S.ofS. 1:9)

Heart Meditation

עִם־לִבִּי אֲשִׁיחָה וַיַּחפֹּשׂ רוּחִי

Im l'avai asicha, va'yichapaís ruchi (Psalm 77:7)

With my heart, I meditate (converse) and my spirit searches.

Ahavah rabbah ahavtanu

with boundless love You have loved us

Shma yisra'el havaya/adonai elohainu havaya/adonai echad

Listen! you who struggle with the Infinite,
the Ground of Being is Oneness and that is our God

V'AHAVTA et Adonai Elohecha,
b'chol l'av'cha uv'chol nafih'cha uv'chol
m'odecha. V'hayu had'varim ha-eileh
asher anochi mitzavecha hayom al
l'avvecha. V'hinantan l'avnecha v'dibarta
bani b'havi'cha b'veitecha uv'lechi'cha
vaderech uv'hochi'cha uv'kumecha.
Ulohartam l'ot al yadecha v'hayu
l'otafot bein eimecha. Uch'tavtam
al m'izunot beitecha uvish'arecha.

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ
בְּכָל־לִבְּךָ וּבְכָל־נַפְשְׁךָ וּבְכָל־
מַאֲדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה
אֲשֶׁר אֲנֹכִי מִצְוֶה הַיּוֹם עֲלֶיךָ
לִבְּךָ: וְשִׁנַּנְתָּם לְבָנֶיךָ וְדִבַּרְתָּ
בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ
בְּדֶרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:
וְקָשַׁרְתָּם לְאוֹת עַל־יָדְךָ וְהָיוּ
לְטֹטְפוֹת בֵּין עֵינֶיךָ: וְכָתַבְתָּם
עַל־מִזְוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

Let these words by which I join myself to you this day enter your heart.

Pattern your days on them so that your children may discover Torah within you.

Make your life into a voice of the Holy One both in your stillness and in your movement.

Renew these words each evening and each morning in devotion. Bind them as a hand signal and as
t'fillin between your eyes as symbols of acts and thoughts consecrated to Me.

Write them in mezuzzot at the entrance of your home as a sign that all people may discover Me as they
enter your home and your life. (R. Burt Jacobson)

מִמָּלָא כָּל עוֹלָמִין, סוֹבֵב כָּל עוֹלָמִין וּמִבְּלָעָדֶיךָ עֵין שׁוֹם מְצִיאוֹת כָּלֵל

M'malay kol al-meem, v'sovayv kol al-meem

Oo-me-bal-a-deha, ayn shoom mitzi-oot klal (Zohar)

You fill all worlds, You surround all worlds

And without you, there is no world at all

From deep within the home of my soul, now let the healing, let the healing begin

Ana ayl na refanah la

Heal all bodies, Open all hearts
Awaken all minds, Eheyeh/Sheckinah

Kaddish

Olam hesed y'baneh

I will build this world from Love
And you must build this world from Love
And if we build this world from Love
Then God will build this world from Love