

## **Beyt Tikkun Weekday Morning Prayers**

**Modah ani** lefanecha ruach chai vekayam shehechezarta bi nishmati bechemla raba emunatecha.

I am grateful to you, God of life, for remembering me once again. Your grace has awakened by body and soul. For this gift of life, I thank you.

**Elohai Neshama** she'natata bi tehora hi (chant 3x)

My God, the soul you have placed in me is pure. You created it; You fashioned it; You breathed it into me; You safeguard it within me.

**I am grateful** for my body. I am grateful for my intellect. I am grateful for my emotional self. I am grateful for my spirit/soul. Thank you Shechinah, Thank you Adonai, Thank You Quadrinity for the integration of all parts of my being.

I am grateful for my eyes, ears, nose, mouth, teeth, gums, voice box/larynx, jaw - that allow me to talk/sing, see/hear, chew my food.

I am grateful for my digestive system (my pancreas, liver, gallbladder, spleen, kidneys, urethra, anus, and all other parts) that allows me to taste and digest delicious food and turns the food into usable energy and nutrients for my body and disposes of them with ease.

I am grateful for my heart, veins, and arteries and my circulatory system that circulates blood and other materials through my body and keeps going and going whether I am paying attention or not! I am also grateful for my heart that allows me to feel deeply and for my heart's connection with my brain, body, and soul so I can process my feelings.

I am grateful for my lungs and respiratory system that breathes in the air and turns it into oxygen for my body and breathes out carbon dioxide for the trees in a beautiful cycle of giving and receiving.

I am grateful for my bones, muscles, ligaments, tendons, joints, and myofascial that allow me to move my body in any way I can from the tips of my toes, to the tips of my fingers, and to the top of my head.

I am grateful for my skin that holds it all together in a nifty package!

I am grateful for my brain and mind that allow me to think, read, study, and learn. That helps me make sense of things and come up with ideas that I can share and discuss with others and then integrate and learn with and from them.

I am grateful for my endocrine system, nervous system, lymph node system, and all the systems, structures, and parts of my body that I did not name, do not know the names of, etc.!

I am grateful for my friends and family, for colleagues and co-workers, for my communities, for all those who I love and care about and who love and care about me.

Thank you Shechinah, Thank you Adonai, Thank you Eloheynu, thank you for my love, love, love, love, life, life, life, life, life, my love of life and life of love and everything in between!

## **Shema and Her Blessings**

### **As We Bless the Source of Life/Barechu**

As we Bless the Source of Life, so we are blessed  
And our blessings give us strength, and make our visions clear  
And our blessings give us peace, and the courage to dare  
As we Bless the Source of Life, so we are blessed

(words by Faith Rogow)

Barchu et Adonai Hamvorach  
Baruch Adonai Hamvorach Le'olam Va'ed

### **Yotzer Or**

Bruchah at Yah Shekhinah, Ruach Chey ha'olamim, Yotzeret or u'Voreyt choshech,  
Osah shalom, uvoreyt et hakol.  
Blessed are You, Ruling Spirit of the Universe, forming light, creating darkness, making peace, creating the whole.

We are grateful to you Goddess for creating this amazing universe  
with 100 billion galaxies but the milky-way would have been plenty for us.  
And we are grateful for the sun, ha'shemesh ha'zorakhat al p'ney ha-aretz, giving us  
light and giving us warmth, that makes it possible for life to develop in a zillion amazing  
ways.

And we are grateful for the light that makes it possible for us to see the beauty around  
us ... [the sun, the trees, ... Call out the beauty you see].

The Sun, The Sun, we're grateful to you.

And we are grateful for photosynthesis, that gives us delicious fruits and veggies that  
nourish our bodies;  
And we are grateful to you Goddess for renewing every day the events of creation.

Hameh'khadeshet b'tuva b'khol yom tamid ma-asey b'reysheet.

Or hadash al tzion v'al kol ha'olam ta'ir, v'nizkeh khulano m'heyra l'oro B'rukha at Yah  
Shekhinah, yotzeret ha'me'orot.

## Ahava Raba

Ahava raba ahavtanu, Adonai Eloheinu, hemlah g'dolah viteyra, hamalta aleynu, Avinu mal-keynu, ba'avur horeynu, she'bat-hu v'kha she'bat-hu v'kha, horeynu moreynu. Va't'lamdeym hukei hayim, keyn t'haneynu ut'lamdeynu, Avinu ha'av ha-rahaman, ham'ra-heim ra'heim aleynu. V'teyn b'libeynu l'haveen, L'haveen ul'haskeel lish'moa, lil'mod u'lelameid, lishmor v'la'asot.

Ul'kayeim et kol div'rei, Talmud Tora-tekha b'ahava.

V'ha-eir ei-nei-nu, b'Tora-tekha, v'da-beik li-bei-nu b'mitz-vo-tekha V'ya-cheid l'va-veinu, l'ahavah ul'yir-ah et Sh'meh-kha.

V'lo nei-vosh, l'olam va'ed, v'lo nei-vosh, l'olam va'ed.

Enlighten our eyes, to Your Torah,

Let our hearts cleave to Your mitzvot.

And unify ... our consciousness ... to love and to be in awe of You. We will not be embarrassed (no way!), to declare the possibility, of a world based on love, kindness, and generosity,

Social and economic justice, environmental sanity,

Evolution of the consciousness of all humanity. Ya la la...

Brukha At Shekhina, ha'boheret b'ama Yisrael, b'ama Yishmael, v'kol yoshvey tey'veyl b'ahava.

Sh'ma Yisra'eil, Adonai Eloheynu, Adonai Echad

Sh'ma Yisra'eil, Shekhina Eloteynu, Shechina Achat

Silent: Barukh Shem K'vod Malkhuto Le'olam Va'ed

V'ahavta et Adonai Elohekha, b'khol levav'kha, uv'khol naf'she-kha, uv'khol m'odekha.

Vehayu ha-de'varim ha-eyleh asher Anokhi me-tzav'kha hayom al

levavekha. Ve'shinantam levanekha, vedibarta bahm, beshiv'te-kha b'vey'tekha,

uv'lekh'tekha vaderekh, uv'shokh'bekha uv'ku-mekha. Uk'shar'tam le'ot al yah-dekha,

vehayu letotafot beyn ey-neh'kha. Ukh-tav-tahm al mezuzot bey-tekha uvish-arekha.

And you must love YHVH, the Transformative and Healing Power of the Universe, with all your passions, with every breath, with every fiber of your being. Take these words by which I join myself to you today, into your heart. Pattern your days on them so that your children will discover Torah within you. Make your life into a voice of God, both in your stillness and in your movement. Renew these words each evening and morning with devotion. Bind them as t'fillin on your forehead and arm, as symbols of

thoughts and acts sacred to Me. Write them in mezuzot at the entrance to your home, as a sign that all people may discover Me as they enter your home and your life.

### **V'haya Eem Shemoa Tishmeyu:**

And it will come to pass . . . If you love the Transformative Power of the Universe (YHVH) with all your heart, with all your soul, and with all your passions, and using that energy, build a world based on these teachings/mitzvot: A world of love of the stranger/the other, kindness, generosity and care, peace, compassion and nonviolence, social, economic and environmental justice, and ecological sensitivity, then the world will work. The sun will shine, the rain will fall appropriate to its season, the earth will give forth her produce and you and your animals will eat and be satisfied.

But be careful . . . watch out . . . because if you don't build a world based on these teachings/mitzvot and instead build a world based on selfishness and greed, consuming and producing without care for the well-being of the planet or its inhabitants, constantly chasing and hoarding after more money, power, fame, or land, building walls that separate, voting rights for some and not others, economic systems that benefit the few on the backs of the many, then the world will not work. Just as the social, economic, and political systems become unbalanced, so too will the ecological and environmental systems and foundations of the earth and universe become unbalanced. The sun will not shine, the rain will not fall appropriate to its season, the earth will not give forth her produce, there will be a series of environmental catastrophes; we should call them plagues: cities and nations alike will be consumed from bursting waters, fires will spread throughout the lands, glaciers will melt, and more. And eventually you and your animals too will be wiped off the face of the earth in one of these catastrophic plagues.

So . . . teach this to your children; talk about it in public, even when your voice cracks and your knees shake; talk about it in your home with friends and family, even if they think you're being too serious; talk about it when you walk by the way so that strangers hear this message. *Why?* Because this, *this* is the greatest spiritual need and calling of our time. Talk about it when you go to sleep at night and when you get up in the morning because you'll forget and want to hide from this message. Bind it for a sign upon your arm so it seeps into your heart and guides your actions and a sign upon your third eye so it seeps deep into your unconscious permeating every cell and pore of your being. Write it for a sign upon your doorposts and upon your gates so that you remember and all those who come into your home know the values by which you live. If you do these things, and build a loving and just world, then you and your children, and all children will have a long life on this earth that God promised you.

God spoke to Moses and said, Put tzitzit in the corners of your garments, include a blue thread in your tzitzit to awaken you out of your complacency. Look at your tzitzit, not

only as reminders of these mitzvot, but to inspire you to actually perform these mitzvot so you do not whore yourself after the idols of your day – money, power, and land. I, Yud Hey Vav Hey, the Transformative Power of the Universe brought you out of the narrow consciousness of constriction. I showed you that systems and structures of oppression are not fundamental to the universe itself and therefore can (and must) be overturned by you human beings. I am that force in truth.

Pitchu Li sha'arey tzedek avo vam, odeh Yah.

Zeh hash-a-r L'YHVH tzadikim yavo-u vo.

Open to me the gates of righteousness,

I will enter therein and praise Yah.

This is the gateway to YHVH,

The righteous enter herein.

## **Weekday Amidah**

**Fountain of Blessings are You, Compassionate Transformative Energy of the Universe.** Goddess of our ancestors, Sarah, Abraham, Rebekah, Isaac, Leah, Rachel, Bilah, Zilpah, and Jacob. I remember *all* the God-wrestlers who courageously responded to Your call to build a loving just world. May I be worthy of their inheritance. [Today I think particularly of...]

Fountain of Blessings are You who shelters and helps those seeking to build a loving and just world.

**Blessed are You Restorative Energy of the Universe who nourishes, transforms, lifts, heals, and frees.** Awaken our hearts and souls so our handiwork reflects Your Divinity – to free the enslaved and imprisoned, provide safe passage for refugees, lift up those who are fallen and hurt, heal those who are wounded. With your love that permeates the world we can join with You to transform, lift, heal, awaken, and free.

Fountain of Blessings are You who awakens the dead and lifts our souls.

**As I draw down your holiness, I search for and find the holiness that lives within me and see the holiness in all of Your creations.** Through that connection may I contribute to bringing holiness into the world.

The Holy One is a Fountain of Blessings.

**You provide perception, discernment, knowledge, and wisdom.** May we understand Your teachings and passionately pursue them in the most loving, generous, life giving and sustaining ways possible.

Grace us Compassionate One with Your Divine perception.

**Return us to the teachings of your Torah** – to love the stranger, the other, the refugee; to be generous and just; to live in ethical and ecologically sensitive ways; to truly be of service. Remind us to repent for our mis-steps so we can fully serve You.

Blessed are you Shechinah who carries us under your wings back to your loving embrace.

**Forgive us for we have certainly missed the mark and lost our way.** We've been pulled and distracted by the trappings of our world, seeking power and security over love, justice, and generosity.

Fountain of Blessings are You, who reminds us that forgiveness is always possible.

**See our troubles and challenges dear One and join in our efforts as we seek to heal this world.** We are in search of You, as You are in search of us.

Blessed are You, Transformative and Loving Energy, that offers salvation.

**Loving and Healing Force, please heal us in body, mind, and spirit** so we can bring our fully healed selves to the tasks that need our attention and the people that need our solidarity and actions. Help free us from our entrapments and negative patterns.

Fountain of Blessings are You, who heals our brokenness and the broken amongst us.

**May *this* be the year when all of our goods and products are produced in ways that truly nourish the planet and all beings, and are distributed so that everyone has enough to eat and live on.** May *this* be the year when all peoples are paid living wages for their work and when all work is safe and serves life. May *this* be the year the earth is replenished and everyone's needs for a loving, just, sustainable, and healthy life and world are met.

Blessings flow abundantly, may this be so.

**Sound the blasts and cries of those in need** so all those striving to be straight to the Compassionate, Transformative Power of the Universe hear those blasts and cries and come together in unison from the four corners of the earth and respond with loving compassion and actions. Help us gather the broken pieces of ourselves and those in our community; help us unite all those working for social justice from our separate silos and broken places so we can find our way back to wholeness and solidarity.

Blessed are You Holy Source who gathers the dispersed in service of holy work.

**Restore our judges** so that instead of passing judgment and blame, and meting out punishments and rewards, they are in fact truly restoring justice, repairing breaks in our families, communities, and nations; and return our counselors so they too are providing wise counsel for healing and reparation of our world.

Fountain of Blessings are You who loves righteousness and justice.

**For those parts within me and within others that seek to distract**, undermine, doubt, or destroy, let them be embraced in your loving energy and experience a mikvah of healing and transformation so that instead of turning to anger, hatred, and fear to soothe their (our) pain, they (we) instead embrace compassion, love, acceptance, and generosity. Let this happen quickly in our days, now.

Fountain of Blessings are You who makes cleansing and transformation possible at all times.

**Lift up the righteous and kind ones of our community and throughout the world to join together.** May all righteous and peace-loving people of the world soar to new heights building love and justice *and* be safe and protected under the wings of the Shechinah. May your compassion and our actions be aroused on behalf of the righteous strangers.

Fountain of Blessings are You, the uplifter and unifier of the justice seekers amongst us.

**Restore your city Jerusalem to *in fact* be a city of love and justice** embracing the stranger, feeding the hungry, protecting the vulnerable, caring for the needy, and ensuring the well-being of all. May there be equity, in practice and in law, for Israelis and Palestinians; only then will she be a model to others.

May Your blessings flow abundantly and Jerusalem be rebuilt in Your name of Justice.

**May You plant within us the artistic seed** kindled within David such that our minds open, hearts soften, souls are uplifted, and spirits healed. May we and all those in power hear the voices of the prophets, heed their calls, admit our mistakes, act with humility, show vulnerability, and seek forgiveness.

Blessed are You Holy Source who plants seeds of transformation.

**Hear our voices** and grace us with compassion, accept our prayers and support our efforts so our words can become our prayerful actions.

Blessed are You Holy Source who hears our prayers and calls us to action.

**May these prayers be meaningful and real;** may they speak to the needs of our time; call us to action now; and may we serve You in love so You find pleasure in our actions.

May we see the return of the Shechinah, Your Embracing, Compassionate, Welcoming Energy to Zion and the whole world.

**We give thanks to You,** Transformative Power of the Universe, for all the blessings in our lives, I think particularly today of . . .

Fountain of Blessings are You, we sing your praises with gratitude and remember our blessings.

**Bring peace,** goodness, grace, lovingkindness, and compassion upon us and upon the whole world. May we all be blessed to live in a peaceful, loving, and just world.

Fountain of Blessings are You, who showers down peace upon us.

**May the words of the mouth and the meditation of my heart** deeply guide my actions going forward from this moment. May I remember the calls, prayers, and blessings to live with love, seek justice, be compassionate, care for the stranger, embrace the other, serve the needy, feed the hungry, clothe the naked, house the homeless, work daily to build a truly loving and just world. And may those parts within and outside of me that are fearful, bring doubt, undermine my efforts, and weaken my resolve be washed in loving God-infused waters and mikvahed to wholeness. May I always walk humbly, yet strongly, balancing chesed and gevurah to serve and partner with You, the Loving, Transformative Power of the Universe that makes transformation from that which is to that which ought to be possible. And may You flow through my words and actions to the greatest extent possible given my current understanding and consciousness.

### **Aleynu**

Aleynu le-shabeyach la adon hakol, latet gdula le-yotzer bereysheet, she-loe asanu  
ke'goyey ha' aratzot,  
ve'loe samanu eem mispechot ha'adamah,  
she'loe same chelkeynu ema-hem,  
vegoraleynu eem kol ha'olam  
va'anacnu koreem  
u' meesh'tachaveem u'moe-deem  
leefney Melech Malchey Ham'lachim

O come let us praise the Light of the world, and add to the greatness of the Shaper of Life, who made every people a spark divine, and blessed each one in its own special way; who gave to us a Torah of truth, and destined us to hallow this world.

Let us lift up our hearts, in praise and joy and thanks, receiving the spirit, the Life within all life, the Holy Blessed One.

And we hope  
how we hope  
that all the many gods  
of divisiveness and distortion,  
of pride and destruction,  
that all these gods,  
broken pieces of the whole, will find their way back  
into the single vessel of life, that the One  
might become truly One.

We pray for a Tikkun Olam, a universal healing and transformation of our world:

\*for peace

\*social justice

\*ecological sanity

\*reconciliation of antagonists

\*repentance and forgiveness

\*joyful celebration

\*gentleness

\*pleasure and fun

\*fulfilling relationships \*fulfillment in our work \*meaning to our lives \*evolution of  
consciousness

\*expansion of our understanding \*recognizing the Unity of All Being Love Permeating All

May we hold to this vision  
which seems so incomprehensible, despite history,  
in the face of despair,  
that someday  
the Source of all being  
will be the center of all being forever and ever.

On that day the Source will be known as One  
by all the faces of its glory!

Vene'emar: "ve'haya Adonai lemelech al kol ha'aretz: bayom hahu (bayom hahu)  
yih'yeh Adonai echad ushemo (ushemo u' shemo) echad."

On that day the Source will be known as One by all the faces of its glory.

## Kaddish

Yitgadal veyitkadash shemay rabah be' almah divrah chirutay veyamlich malchutay  
becha'yaychon uv'yomaychon uvchayay dechol bayt Yisrael ba' agala uvizman kariv  
ve'imru amen.

Yehay shmay raba mevorach le' olam ulalmay almaya.

Yitbarach veyishtabach veyitpa'ar veyitromam veyitnasay veyithadar  
veyitaleh veyit' halal shemay dekudeshah brich hu.

Le' ayla ulayla mikol birchatah veshirata tush'bechatah venechematah  
d a amiran be' almah ve' imru amen.

Ye'hay shlama raba min shemaya vechayim alaynu ve' al kol Yisrael ve'imru  
amen.

Oseh shalom bimromav hu ya'aseh shalom alaynu ve'al kol Yisrael ve' al kol yosh'vay  
tayvel ve' imru a'men.

May the great essence flower in our lives and expand throughout the world. May we  
learn to let it shine through so we can augment its glory. We praise, we continue to  
praise, and yet, whatever it is that we praise, is quite beyond the grasp of all these  
words and symbols that point us toward it. We know, and yet we do not know.  
May great peace pour forth from the heavens for us, for all Israel, for all who struggle  
toward truth. May that which makes harmony in the cosmos above, bring peace within  
us and between us, and to all who dwell on this earth, and let us say, Amen.