

MODEH ANI

Morning Prayer

Every evening the four Archangels, Michael, Gabriel, Raphael, and Uriel, take our soul, protect it, and every morning it is returned to us. These are the first words we utter every morning—while still lying in bed. Our first conscious moments are spent thanking God for the gift of life, for returning our soul to us.

Mo-deh ani le-fa-nech-a Me-lech chai v'ka-yam
Mo-deh ani le-fa-nech-a Me-lech chai v'ka-yam

She-he-che-zar----ta bi nish-ma--ti
Be-chem-lah rab-bah e-mu-na-tech-a
She-he-che-zar----ta bi nish-ma--ti
Be-chem-lah rab-bah e-mu-na-tech-a

*I give thanks to You, O God,
Eternal and living ruler, who in mercy
Has returned my soul to me
Great is your faithfulness*

SHEMA

“Hear o Israel, the Lord our God, the Lord is One”

When sounded individually, it gives the person making the sound a connection with its meaning. Listen not with your ears but with your heart to hear the small still voice.

We begin by sounding each character very slowly.

Take a breath and exhale very slowly on Shhh

Take a breath and exhale very slowly on Mmm

1. Take a breath and exhale very slowly on Ahhh

Shhh--- **Mmmm---** **Ahhh---**

2. Now we sing the Shema very slowly, remembering to breathe between each word:

She---	ma	Yis---	ra---	el		
A---	do---	nai	E---	lo---	hei---	nu,
A---	do---	nai	e---	chad		

3. Finally, we chant repeatedly, while turning our head to the left, right, nod forward, and back acknowledging that God is everywhere. This can be done quietly, or begin louder and chant softer and softer each time until it becomes a silent chant in your head.

Shema Yisrael	left
Adonai Eloheinu,	right
Adonai echad,	center forward
Adonai echad	center back

ELOHEI NISHAMA SHENATA TABI T'HORA HI/ NER ADONAI NISHMAT ADAM

There are 5 different parts of the soul. The Nishama is the part that God gives us, it is eternal. The other 4 parts we can nurture ourselves by being kind, by studying and by prayer.

The only way to nurture the Nishama, is by getting in touch with it. First, you must acknowledge it, and then address it by practicing this chant.

Imagine your heart filled with light and the threads (the rays) that connect us all together. "I visualize my heart light, and connect with all my loved ones. Without visualization, there is no benefit!"

"El-o-hei nish'- a- ma She -na -ta ta - bi T'-hor -a- hi"

"The soul which you gave me God, came pure from Thee
It is eternal!"

I find this is enhanced when I add this wonderful text from the Book of Proverbs:

"Ner A-do-nai nish-mat A-dam"

"The light of the Lord is my soul"

Sung together:

**"El-o-hei nish'- a- ma She -na -ta ta - bi T'-hor -a-
hee"**

**"El-o-hei nish'- a- ma She -na -ta ta - bi T'-hor -a-
hee"**

"Ner A-do-nai nish-mat A-dam"

"Ner A-do-nai nish-mat A-dam"

SHIVITI

“I place Yud hey vav hey before me always”

As we chant the Shiviti, “I place Adonai before me always”, we change the vowels. These different vowels of “yud hey vav hey” represent the different sephirot, our different energy centers. We sing Shiviti this way to connect with those areas:

Sh-i-vi-ti A-a-do-nai l'-neg di-ta-mid **4x**

Sh-i-vi-ti Yud hey vav hey l'-neg di-ta-mid **4x**

Sh-i-vi-ti **Ya** ha va ha l'-neg di-ta-mid **4x**

Sh-i-vi-ti **Yo** ho vo ho l'-neg di-ta-mid **4x**

Sh-i-vi-ti **Ye** he ve he l'-neg di-ta-mid **4x**

Sh-i-vi-ti **Yu** hu vu hu l'-neg di-ta-mid **4x**

Sh-i-vi-ti A-a-do-nai l'-neg di-ta-mid **4x**