ELOHAI NESHAMAH (AWAKE MY SOUL)

Elohai neshamah she’natata bi
Tehora hi, tehora hi

Awake my soul

EVERY DAY (PRECIOUS HUMAN LIFE)
Words by the Dalai Lama

Every day, think as you wake up: today I am fortunate to have woken up. I am alive, I have a precious human life, and I’m not gonna waste it, no.

TODAY
By Mary Oliver

I don’t know where the prayers go, or what they do. Do cats pray, while they sleep half-asleep in the sun? Does the opossum pray as it crosses the street? The sunflowers? The old black oak growing older every year? I know I can walk through the world, along the shore or under the trees, with my mind filled with things of little importance, in full self-attendance. A condition I can’t really call being alive. Is a prayer a gift, or a petition, or does it matter? The sunflowers blaze, maybe that’s their way. Maybe the cats are sound asleep. Maybe not.

While I was thinking this I happened to be standing just outside my door, with my notebook open, which is the way I begin every morning. Then a wren in the privet began to sing. He was positively drenched in enthusiasm, I don’t know why.
And yet, why not.
I wouldn’t persuade you from whatever you believe or whatever you don’t.
That’s your business.
But I thought, of the wren’s singing, what could this be if it isn’t a prayer?
So I just listened, my pen in the air.

KOSI RIVAYA

Part 1: Kosi Rivaya
Part 2: We give thanks, for the unknown blessings already on their way (x2)
Part 3: We will not look back in anger or forward in fear, but around with awareness.
We are thankful for the unknown blessings already on their way.

WHEN I AM WAITING OUT A STORM

Pt. 1: Mm-a-day-oh
Pt. 2: When I am waiting out a storm, I come back to my breath.
When I am waiting out a storm, I come back to my heartbeat.

MIN HAMEITZAR
Words from psalm 118
Melody by Shir Yaakov

Min ha’meitzar kara’ti ya
Anani ba’merchav yah

From the narrow I call Yah
Answer me from the expanses, Yah!
HEALING PRAYER

Ana el na refah na lah

PSALM 150
Melody by Rick Recht

Hallelujah
Kol Hanshemah, Tehalelya Hallelu Hallelujah