

# Chants to Unlock the Secrets

-1 אֶהְלֵלָה יְהוָה בְּחַיֵי אֲזַמְרָה לֵאלֹהֵי בְעוֹדַי:

Ahallelah Yah b'chayai - ahallelah

Azamra l'Elohai b'odi - b'odi ahallelah

*(I will praise Yah with my life, and sing praises to my God with my whole Self)*

Psalm 146:2 chant: Rabbi Nadya Gross

-2 אַחַת שְׁאַלְתִּי מֵאֵת יְהוָה אוֹתָהּ אֶבְקֵשׁ שְׁבִתִּי בְּבֵית יְהוָה כָּל יְמֵי חַיֵּי

Achat sha'alti m'et HavaYah otah avakesh

Shivti b'veit HavaYah kol y'mei chayai

*One thing I ask of you, Yah, my beloved Friend - only one thing I desire*

*I long to dwell with you, Yah, all the days of my life*

Psalm 27:4 chant: Rabbi Nadya Gross

-3 אֵין עוֹד מִלְּבָדוֹ - יְהוָה הוּא הָאֱלֹהִים

Ein od mil-vado - HaShem hu haElohim

*(HaShem, YHVH, is God - there is no other)*

Ein od milvado

3a

La illaha illalah ~ Alla hu

oo-oo in the Unity of the Holy Spirit

oo One God, forever and ever and ever and ever

Deuteronomy 4:35 1a: H. Steve Klaper & Br. Al Mascia

-4 אָנָּה בְּכַח גְּדֻלַּת יְמִינְךָ תַּתִּיר צְרוּרָה

Ana b'choach gedulat y'mincha, Tatir tzurrah!

*(Please, with the strength of your right hand, untie our tangles.)*

Liturgy chant: R. Shefa Gold

-5 אֵשָׁא עֵינַי אֶל־הַהַרִּים מֵאֵין יְבֵא עֲזָרִי

Esa eynai el heharim, me'ayin yavo ezri

*My help comes from the One, Creator of heaven and earth*

Psalms 121:1 chant: R. Shefa Gold

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6- אֲשֶׁר־יִשְׁמַע לִי

Ashrei adam shome'a lee  
(Happy is the one who listens to me)  
Proverbs 8:34 chant: R. Shefa Gold

7- אֲשֶׁר־יֹשְׁבֵי בֵיתְךָ עוֹד יִהְלְלוּךָ

Ashrei yoshvei veitecha, od y'hal'lucha  
(Happy are they who dwell in Your house, Oh how they praise!)  
Psalms 84:5 chant: Rabbi Shefa Gold

8- אֲשֶׁר־יֹשְׁבֵי בֵיתְךָ, עוֹד יִהְלְלוּךָ סֵלָה

Ashrei yoshvei veitecha, od y'hal'lucha selah  
*Joyous, Dwelling in the One, Home is in my heart*  
music & English: Rabbi Hanna Tiferet Siegel

9- אֲשֶׁר־יֹשְׁבֵי בֵיתְךָ, עוֹד יִהְלְלוּךָ סֵלָה  
פּוֹתַח אֶת יָדְךָ, וּמַשְׂבִּיעַ לְכָל חַי רָצוֹן

Ashrei yoshvei veitecha, od y'hal'lucha selah  
Poteach et yadecha u-mas-bi'a l'chol chai ratzon  
(Happy are they who dwell in Your house, Oh how they praise!  
You open Your hand and satisfy the will of all life)  
music: Sheldon Sands

10- אֲשֶׁר־יִנּוּ, מֵה טוֹב חֶלְקֵינוּ, וּמֵה נְעִים גּוֹרְלֵנוּ, וּמֵה יָפָה יְרוּשָׁתֵנוּ

Ashrenu, mah tov chel-kenu, u-mah na'im goralenu, u-mah yafah y'rushatenu  
*How happy we are...how good is our portion...and how pleasant our destiny... and how lovely our inheritance...*  
chant: R. Shefa Gold

11- אַתָּה עוֹזִי, אַתָּה חַיִּי, אַתָּה אוֹרִי, אַתָּה לְפָנָי

Atah Ozi, Atah Chayai, Atah Ori, Atah L'fanai  
*You are my Strength, You are my Life, You are my Light, Ever before me*  
inspired by Psalm 27 Rabbi Shefa Gold

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12- בָּאֲתִי בְּמִגִּלַּת סֵפֶר כְּתוּב עָלַי:  
לַעֲשׂוֹת רְצוֹנְךָ אֱלֹהֵי חֶפְצֵתִי וְתוֹרַתְךָ בְּתוֹךְ מַעֲי:

Bahti bim-gilat sefer katuv alai  
La'asot r'tzon-cha elohai chafatz-ti v'toraht-cha b'toch me'ai  
*I have come with my whole life written upon me  
To do Your pleasure, my God  
My own desire and Your Torah are mingled within me*

Psalms 40:8-9 chant: Rabbi Shefa Gold

13- בְּיַדְךָ אֶפְקִיד רִיחִי, בְּעֵת אִישׁוֹן וְאֶעֱרָהּ. וְעַם רוּחִי גִוִּיתִי, יְיָ לִי וְלֹא אִירָא

B'yadech afkid ruchi, b'et ishan v'a-irah.  
V'im ruchi g'viyati, Havayah li v'lo ira'  
*(Into Your hand I entrust my Spirit, at the time of sleep and when awake.  
And with my Spirit, my body too. God is for me, I do not fear.)*

liturgy chant: Rabbi Nadya Gross

14- בֵּין הַחֹשֶׁךְ לְאוֹר אֶלֶךְ תִּמְיֵד וּבְכֹל מְקוֹם שְׂאֵלְךָ  
אֶפְתַּח חֲלוֹן חֲלוֹן שֶׁל אוֹר וְאֶזְרַע זֵרַעִי אֶהְבֵּה

Bein ha-choshekh la'or elekh tamid  
U'v'khol makom she'elekh  
Eftach chalon, chalon shel or  
V'ezra zir'ei ahava  
*Between darkness and light I will always walk  
And wherever I will go  
I will open a window of Light  
And will plant the seeds of love*  
Baynal atma wal nur sa-amshi da'iman  
Wa bikul makan sa-amshi  
Sa-aftach shubak shubak a-nur  
Wa sa-azra buzur-a hoob  
Nava Tehila

15- בְּכֹל יוֹם אֲבָרְכֶךָ, וְאֶהְלֵלָה שְׁמֶךָ לְעוֹלָם וָעֶד

B'chol yom avar-cheka, va'ahallela shim-cha l'olam va'ed  
*(Every day I will bless You, and I will praise Your Name for ever and ever)*  
Ashrei/liturgy chant: R' Nadya Gross

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16- בְּשׁוּבָה וְנַחַת תִּגְשַׁעוּן

B'shuvah vanachat tivashe'un  
(with ease and rest, you will be saved)  
Isaiah 30:15 chant: Rabbi Nadya Gross

17- הַגְּלֵה נָא וּפְרֹשׁ, חֲבִיבִי, עָלַי אֶת סֻכַּת שְׁלוֹמְךָ

Higaleh nah u-f'ros, chavivi, alai  
et sukkat sh'lomecha  
(Please, my beloved, reveal Yourself, and spread your sukkah of peace over me)  
liturgy chant: Shir Yaakov Feit

18- הוֹדִיעֵנִי יְהוָה קְצֵי וּמִדַּת יָמַי מַה־הִיא

Hodi'eni Yah keetzee, u-midat yamai mah hee  
(Yah, let me know my end, and the measure of my days, what it is)  
Psalm 39:5 chant: R. Shefa Gold

19- הִנֵּה יְהוָה בֵּינִי וּבֵינְךָ עַד־עוֹלָם

Hiney YAH, beini u-vein-cha - Ad Olam  
(Yah is here, between me and you, forever)  
Samuel I 20:23 chant: R. Shefa Gold

20- הִנֵּךְ יָפָה רַעֲיָתִי

Hinach yafah ra'yati  
(How beautiful you are, my friend)  
Song of Songs 1:15 chant: R. Shefa Gold

21- הֲרֵאֵנִי נָא אֶת־כְּבוֹדְךָ

Har-eini na et k'vodecha  
(Let me behold Your Presence)  
Exodus 33:18 chant: R Nadya Gros

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22- השְׁמִיעֵנִי אֶת־קוֹלְךָ כִּי־קוֹלְךָ עָרֵב וּמְרִאִיךָ נְאוּהַ:

Hash-mi'ini et kolech, ki kolech ahrev u-mar'ech nahveh

*(let me hear your voice, for your voice is sweet and your appearance is lovely)*

Song of Songs 2:14 chant: R. Nadya Gross

23- וְאַהֲבַת לְרַעַף כְּמוֹךָ

וְאַהֲבַת לְרַעֲיִתְךָ כְּמוֹךָ, אֲנִי ה'שֵׁם

V'ahav-ta l're'acha kamocho

V'ahavt l'ra'ayatech kamoch, Ani HaShem

*When you love another as yourself,*

*with open heart and graceful spirit.*

*You allow My Presence to be met,*

*your love reveals creation as I will it.*

R. Nadya Gross

24- וְאַרְשִׁיתִיךָ לִי לְעוֹלָם וְאַרְשִׁיתִיךָ לִי בְצֶדֶק וּבְמִשְׁפָּט וּבְחֶסֶד וּבְרַחֲמִים:

וְאַרְשִׁיתִיךָ לִי בְאַמּוּנָה וְנִדְעַתְּ אֶת־יְהוָה:

V'erastich li l'olam V'erastich li b'tzedek u'v'mishpat u'v'chesed u'v'rachamim:

V'erastich li b'emunah v'yada'at et Yah:

*(I will betroth you to me forever. I will betroth you to me with righteousness, and impeccability,*

*and with love and compassion. I will betroth you to me with faith (trust), And you shall know Yah.)*

Hosea 2:21-22 chant: Rabbi Shefa Gold

25- וְאַשָּׂא אֶתְכֶם עַל־כַּנְפֵי נְשָׂרִים וְאַבֵּא אֶתְכֶם אֵלַי

Va-esa et-chem al kan-fei nesharim

Va-avi et-chem elai

*(I will carry you on eagles wings, and bring you to Me)*

Ex. 19:4 chant: R. Nadya Gross

26- וַיָּבֹא בְכָל־אַוֹת נַפְשׁוֹ אֶל־הַמָּקוֹם

U-vah b'chol avat naf-sho el HaMakom

*(...and he comes with all the desire of his being to The Place)*

Deut. 18:6 chant: R. Shefa Gold

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27- וְהָיָה כְּעֵץ שֶׁתוֹלַע עַל-פְּלָגֵי מַיִם אֲשֶׁר פִּרְיוֹ יִתֵּן בְּעֵתוֹ וְעָלְהוּ לֹא יִבּוֹל

v'Hayah k'etz shatul al pal-gei mayim (2)

Asher pir-yo yiten b'ito v'alehu lo yibol

*(and (you) are like a tree planted beside streams of water,  
which yields its fruit in season and whose foliage never fades)*

Psalms 1: 3 chant: R Nadya Gross

28- וְכָרַתִּי לָהֶם בְּרִית בַּיּוֹם הַהוּא

עַם-חַיִּית הַשָּׂדֶה וְעַם-עוֹף הַשָּׁמַיִם וְרִמָּשׁ הַאֲדָמָה

וְקִשֶׁת וְחַרֵּב וּמִלְחָמָה אֲשֶׁבֶר מִן-הָאָרֶץ

וְהַשְׁכַּבְתִּים לְבֶטַח:

V'charati lahem brit bayom ha-hu

im chayot ha-sadeh v'im ohf ha-shamayim v'remes ha'adamah

v'keshet v'cherev u-milchama eshbor min ha'aretz

v'hishkavtim lavetach

*In that day I make a covenant*

*With the beasts and the birds*

*With all creatures that walk on the Earth*

*And bow and sword and battle disappear from the land*

*So That All may safely rest*

Hoshea 2:20 music: Gabriel Meyer Halevi

29- וְנָהָר יֵצֵא מֵעֵדֶן לְהַשְׁקוֹת אֶת-הַגֶּן

V'nahar yotzeh me'Eden l'hash-kot et hagan

*(A river comes forth from Eden to water the garden)*

Genesis 2:10 chant: R. Shefa Gold

30- וְרוּחַ נְכוֹן חֲדָשׁ בְּקִרְבִּי

V'ruach nachon chadesh b'kirbi

*(Renew within me a spirit of 'Yes!')*

Psalms 51:12 chant: Rabbi Shefa Gold

31- זֶה דּוּדִי וְזֶה רַעִי

Zeh dodi v'zeh re'i

*(This is my beloved and this is my friend)*

Song of Songs 5:16 chant: R. Shefa Gold

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32- חסדי יהוה עולם אשירה

Chasdei Adonai olam ashira

*(I will sing forth from the hidden infinite, the loving-kindness of God)*

Psalms 89:2 chant: R. Shefa Gold

33- חקרני אל ודע לבבי בחנני ודע שרעפי וראה אסדרך לעצב בי ונחני בדך עולם

Chok-reni El v'da levavi b'chaneni v'da sar-apai

u-re'eh im derech otzev bi u-n'cheni b'derech olam

*(Search me, EL, and know my heart, test me and know my thoughts:*

*See if I carry sadness within, and guide me to know the path of mysteries)*

Psalms 139: 23-24 chant: R Nadya Gross (inspired by the Skye Boat Song - Scottish ballad)

34- יהוה מתיר אסורים

יהוה פקח עורים

יהוה זקף כפופים

יהוה אהב צדיקים

Adonai matir asurim, Adonai poke'ach ivrim

Adonai zokef k'fufim, Adonai ohev tzadikim

אהלה יהוה בחיי

Ahal'lah Yah b'chayai

*Oh God, who sets the captive free, who opens the eyes of the blind to see,  
who heals the lame and loves the just.*

*I will praise Yah with my life!*

Psalms 146: 2,7,8 chant: R. Shefa Gold

35- כי עמך מקור חיים באורך נראה אור

Kee im-cha m'kor chayim b'or-cha nir'eh or

*For with You is the Source of Life, in Your light we see light*

Psalms 36:10

36- כל הנשמה תהלל יה הללויה

Kol Ha'n'shama t'halelYah; Halleluyah!

*Every soul praises Yah with every breath,*

*From the moment of birth until death.*

Psalms 150:6 chant: R. Shefa Gold

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37- כִּן אֲבָרַךְ בְּחַיֵּי בְשִׁמְךָ אֵשָׁא כִפִּי

Ken avarech'cha v'chayai; b'shim-cha esa chapai  
(I will bless You with my very life; in/through Your Name  
I will raise my hands)  
Ps. 63:5 chant: R. Shefa Gold

38- לֹא לָנוּ יְהוָה לֹא לָנוּ  
כִּי לְשִׁמְךָ תֵּן כְּבוֹד עַל־חַסְדֶּךָ עַל־אֱמֻנָתְךָ

Lo lanu, Shaddai, lo lanu  
Ki l'shim-cha ten kavod al chas-d'cha al amitecha  
(Don't do it for us, Shaddai, not only for us...  
But to Your character give the glory; for Your kindness and Your integrity.)  
Psalms 115:1 chant: Jhos Singer

39- לֵב טָהוֹר בְּרָא־לִי אֱלֹהִים וְרוּחַ נְכוֹן חֲדָשׁ בְּקִרְבִּי

Lev tahor b'ra li Elohim, b'ra li lev tahor  
v'ruach nachon chadesh (chadesh) b'kir-bi  
Create a pure heart in me, Great Spirit (2)  
And renew a true soul within me, and renew a true soul within (2)  
Psalms 51:12 music & English: Yoel Sykes, Nava Tehila

40- לֵךְ אָמַר לִבִּי בְקִשׁוּ פָנַי אֶת־פְּנֵיךָ יְהוָה אֲבִקֶשׁ

Lach, amar libi, bak-shu fanai  
Et panayich, HaVaYah, avakesh  
(My heart says to you, seek my face. Your face, Yah, I seek.)  
Psalm 27 music: Nava Tehila

41- מוֹדֵה/מוֹדָה אָנִי לְפָנֶיךָ רוּחַ חַי וְקַיָּם  
שְׁהַחֲזַרְתָּ בִּי לְשִׁמְתִּי בְחַמְלָה רַבָּה אֱמוּנָתְךָ

modeh/modah ani l'fanecha ru'ach chai v'kayam  
she-hechezar'ta bi nish-mati b'chem-lah rabah emunatecha  
(I am grateful as I face You, alive and potent Source of Creative Power  
Who has returned my soul to me with loyal love, Great is Your faithfulness!)  
liturgy chant: various



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42- נֶר־לְרַגְלֵי דְבַרְךָ וְאוֹר לְנִתְיָבוֹתַי: נִשְׁבַּעְתִּי וְאַקְיָמָהּ לִשְׁמֹר מִשְׁפָּטֶי צְדָקָךָ

Ner l'rag-li d'varecha, v'or lin'tivati

nish-ba'ti va-akayema lish-mor mish-p'tei tzid-kecha

*(Your word is a lamp to my feet, and a light for my path. I promise and will stand by my word to honor your just guidance.)*

Ps 119: 105-106 chant: R. Nadya Gross

43- נָתַתִּי אֶת־תּוֹרֹתֶי בְּקִרְבָּם וְעַל־לִבָּם אֶכְתְּבֶנָּה

Natati et Torah-ti b'kirbam

v'al libam echtavena

*(I will put my Torah into their inmost being and I will inscribe it on their hearts.)*

Jeremiah 31:32 chant: R. Shefa Gold

44- עוֹלָם חֶסֶד יִבְנֶה

Olam Chesed Yibaneh

*I will build this world with love*

*And you must build this world with love*

*And if we build this world with love*

*Then God will build this world with love*

Psalms 89:3 R' Menachem Creditor

45- עֲנֵנִי יְהוָה אֱלֹהֵי הָאָרֶז עֵינַי

Aneni Yah, Elohai ha'irah einai

*(Answer me, Yah, my God; lighten my eyes)*

Psalms 13:4 chant: R. Shefa Gold

46- עֲשֵׂה מְהֵרָא לְמִצְאוֹתֶיךָ  
וְהוּא יִגְלֶה לְךָ אֶת עֲצָמְךָ

Aseh m'haEl m'tzi'ut-cha

V'hu y'galeh l'cha et atz-m'cha

*Make of the One your Intimate Reality*

*And your truest Self will shine within the Divine*

Gabriel Meyer haLevi

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47- קומי אורי כי־בא אורך וְכבוד יהוה עליך זָרַח

Kumi ori ki-va orech u-ch'vod Adonai alayich zarach  
*Arise and shine for your light has come,  
and in your light is the Holy One  
Arise and shine (2) for your light has come, it's the Holy One*  
Isaiah 60:1 chant: R. Shefa Gold

48- קומי לך רעיתי יפתי ולכי־לך

Kumi lach ra'yati yafati, u-l'chi lach  
*(Arise, my friend, oh beautiful one - and go to yourself)*  
Song of Songs 2:10 chant: R. Shefa Gold

49- ריח־ניחוח ליהוה

re'ach nicho'ach l'Yah  
*Let my prayer arise through me  
the voice of my true Being  
Let my prayer be received  
its essence sweet and pleasing*  
Lev. 1:9 Eng & chant: R. Nadya Gros

50- שְׁהַחֲיֵנוּ וְקִיְמָנוּ וְהַגִּיעֵנוּ לְזִמְנוּ הַזֶּה

shehecheyanu v'kiymanu v'higi'anu laz-man hazeh  
*Oh, Mystery, Grace unfolding  
Oh, Miracle It's You alone..  
Oh, Mystery, Grace unfolding  
Oh, Miracle, Who brings us home.*  
liturgy Eng & chant: R. Shefa Gold

51- שוֹיִתִּי יְהוָה לְנֶגְדֵי תַמִּיד  
הוֹיָה ~ אַהֲבָה

Shiviti HavaYah l'neg-di tamid  
HavaYah ~ Ahavah  
*(I place Yah before me always. Havayah ~ Love)*  
Psalms 16:8 Nava Tehila

# Chants to Unlock the Secrets

52- תַּבְּחוּ תְּפִלַּתִּי קְטֹרֶת לְפָנֶיךָ

Tikon t'filati k'toret l'fanecha  
(Let my prayer be incense before You)  
Psalm 141:2 chant: R. Shefa Gold

53- תִּקַּן עוֹלָם בְּמַלְכוּת שְׁדַי

Tahken olam b'malchut Shaddai  
To heal the world, you must feel the world,  
(then) heal the world with the power of Shaddai  
**AMEN**

Heb: liturgy Eng & chant: Desert Wind, adapted by: R. Tirzah Firestone, Lisa Antosofsky & Sheldon Sands

-54

Take off, take off your shoes  
This place you're standing, it's holy ground  
Take off, take off your shoes  
The spot you're standing, its holy ground

Take off your shoes and pray  
This ground you walk it's holy ground  
Take off your shoes and pray  
This ground you walk it's holy ground

These words I heard in my burning bush  
This place you're standing, it's holy ground  
I heard my fiery voice speak to me  
This spot you're standing, it's holy ground

Every spot on earth I traipse around  
Every spot I walk it's holy ground  
Every spot on earth I traipse around  
Every spot I walk it's holy ground

That spot is holy holy ground  
That place you stand it's holy ground  
This place you tread, it's holy ground  
God made this place his holy ground

Every spot it's holy ground  
Every little inch it's holy ground  
Every grain of dirt it's holy ground  
Every spot I walk it's holy ground

words: Woody Guthrie music: Frank London

-55

Dear One, prepare me to be a Sanctuary  
Pure and holy, tried and true  
And with thanksgiving I'll be a living Sanctuary for You

וְעָשׂוּ לִי מִקְדָּשׁ וְשִׁכְנָתִי בְּתוֹכְכֶם

v'asu li mik-dash v'shachan-ti b'tocham

וְאַנְחֵנוּ נִבְרָךְ יְהוָה, מֵעַתָּה וְעַד עוֹלָם

va'anach-nu n'varech Yah, me'atah v'ad olam  
Randy Scruggs & John Thompson - Heb: Ex 25:8 & Liturgy/Ashrei

# Chants to Unlock the Secrets

-56

Holy (4)  
Holy is the silence and holy is the sound  
Holy is each one of us and holy is the ground

Holy Holy (3) Holy (4)

קְדוֹשׁ, קְדוֹשׁ, קְדוֹשׁ, יְיָ צְבָאוֹת, מְלֵא כֹל הָאָרֶץ כְּבוֹדוֹ

Kadosh Kadosh (3) Kadosh (4)  
HavaYah tz'va-ot me-lo chol  
Ha'Aretz k'vodo  
Taya Shere

-57

*Strong wind, Deep water, Tall trees, Warm fire  
I can feel it in my body; I can feel it in my soul  
yai da dai ...*

אדמה ושמים, חום האש צליל המים  
אני מרגיש זאת בגופי, ברוחי, בנשמת

Adamah v'shamayim, chom ha'esh, tz'lil ha-mayim  
ani margish zot b'gufi, b'ruchi, b'nish-mati  
Heya heya heya heya heya heya ho (2)  
yai da dai...

*Love the earth, love the sky  
Heat of fire, drop of water  
I can feel it in my body, in my spirit, in my soul  
Heya heya ...*  
Rainbow Gathering song Heb: Shimon Lev-Tahor

-58 אם בתוך אש אם בתוך הים תפילתי עולה  
אל מקום שוכן אל מקום שכינה אל המעיין  
בשורת חי שטה אל האור נשמה גדולה

Im b'toch ha-esh, im b'toch hayam, t'filati olah  
el m'kom shochen el m'kom sh'chinah el hama'ayan  
b'sorat chai shatah el ha-or Neshamah G'dolah  
(whether in the fire or the sea, my prayer rises  
to a dwelling place, the Place of Shechinah, to the Spring/Source  
a living message sails toward the Light - Great Soul)  
Amir Pais and Avishai BarNatan