

# Chants to Unlock the Secrets

Yerusha's Signature Wisdom School

1- אַהֲלֵלָהּ יְהוָה בְּחַיֵּי אִזְמֶרָה 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: R' 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 3a: H. Steve Klaper & Br. Al Mascia

4- אָנָּה בְּכַח גְּדֻלַּת יְמִינְךָ תַּתִּיר צְרוּרָה

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

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

Liturgy chant: R' Shefa Gold

5- אֵשָׁא עֵינַי אֶל־הַהַרִים 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־אָדָם שָׁמַע לִי

Ashrei adam shome'a lee

*(Happy is the one who listens to me)*

Proverbs 8:34 chant: R' Shefa Gold

7- אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ עוֹד יְהַלְלוּךָ

Ashrei yoshvei veitecha, od y'hal'lucha

*(Happy are they who dwell in Your house, Oh how they praise!)*

Psalms 84:5 chant: R' Shefa Gold

8- אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ, עוֹד יְהַלְלוּךָ סֵלָה

Ashrei yoshvei veitecha, od y'hal'lucha selah

*Joyous, Dwelling in the One, Home is in my heart*

music & English: R' Hanna Tiferet Siegel

9- אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ, עוֹד יְהַלְלוּךָ סֵלָה

פּוֹתַח אֶת יָדְךָ, וּמִשְׁבִּיעַ לְכָל חַי רְצוֹן

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- אֲשֶׁרִינוּ, מַה טוֹב חֶלְקֵינוּ, וּמַה נְעִים גּוֹרְלֵנוּ, וּמַה 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

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11- בָּאתִי בְּמִגִּילַת־סֵפֶר כְּתוּב עָלַי:

לַעֲשׂוֹת רְצוֹנְךָ אֱלֹהֵי חֲפָצָתִי וְתוֹרָתְךָ 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: R' Shefa Gold

12- בְּיַדְךָ אֶפְקִיד רוּחִי, בְּעֵת אִישׁוֹן וְאֶעֱיָרָה. וְעַם רוּחִי גִוַּיְתִי, 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: R' Nadya Gross

13- בֵּין הַחֹשֶׁךְ לְאוֹר אֶלְךָ תָּמִיד וּבְכֹל מְקוֹם שְׂאֵלְךָ

אֶפְתַּח חֲלוֹן חֲלוֹן שֶׁל אוֹר וְאֶזְרַע זְרָעֵי אֱהָבָה

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

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14- בְּכֹל יוֹם אֲבָרְכֶךָ, וְאֶהְלֵלָה שְׁמִיךָ 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

15- בְּשׁוּבָה וְנַחַת תִּנְשָׂעוּן

B'shuvah vanachat tivashe'un

*(with ease and rest, you will be saved)*

Isaiah 30:15 chant: R' Nadya Gross

16- גַּל-עֵינַי וְאֲבִיטָה נִפְלְאוֹת

Gal eynai v'abitah nif-la'ot

*Open my eyes to the wonders of this world*

*Open my eyes to see*

*Open my eyes to the miracles that You have wrought for me*

Psalms 119:18 chant: R' Nadya Gross

17- הִגַּלְהָ נָא וּפְרֹשׁ, חֲבִיבִי, עָלַי אֶת סִכַּת שְׁלוֹמֶךָ

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: R' Shir Meira Feit

18- הוֹדִיעֵנִי יְהוָה קֶצֶי 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)*

Psalms 39:5 chant: R' Shefa Gold

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19- הַנָּךְ יִפָּה רַעֲיָתִי

Hinach yafah ra'yati

*(How beautiful you are, my friend)*

Song of Songs 1:15 chant: R' Shefa Gold

20- הֲרֵאֵנִי נָא אֶת־כְּבוֹדְךָ

Har-eini na et k'vodecha

*(Let me behold Your Presence)*

Exodus 33:18 chant: R' Nadya Gros

21- הַרוּפָא לְשִׁבוּרֵי לֵב וּמְחַבֵּשׁ לְעֵצְבוֹתָם:  
מוֹנֵה מִסְפָּר לְכוֹכָבִים לְכֻלָּם שְׁמוֹת יִקְרָא:

Harofe lish-vurei lev u-m'chabesh l'atz-votam

moneh mis-par la-kochavim l'chulam shemot yik-ra

*Healer of the broken-hearted; Binder of their wounds*

*Counter of uncountable stars; You know where they are*

*Healer of the broken-hearted; Binder of our wounds*

*Counter of uncountable stars; You know who we are*

*Halleluyah*

*Ana el na, r'fa na lah*

Psalm 147:2-3 Shir Meira Feit

22- הַשְּׁמִיעֵנִי אֶת־קוֹלְךָ כִּי־קוֹלְךָ עָרֵב וּמְרֵאִידֶךָ נְאוּהָ:

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 לְרַעַךְ כְּמוֹדֶךָ  
וְאַהֲבַת לְרַעֲיָתְךָ כְּמוֹדֶךָ, אֲנִי הַשֵּׁם

V'ahav-ta l're'acha kamocha

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

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24-וְאֶרְשָׁתִּיךָ לִי לְעוֹלָם וְאֶרְשָׁתִּיךָ לִי בְצֶדֶק וּבְמִשְׁפָּט וּבְחֶסֶד וּבְרַחֲמִים:  
וְאֶרְשָׁתִּיךָ לִי בְאֱמוּנָה וְיָדַעְתָּ 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: R' Shefa Gold

25-וְאָשָׂא אֶתְכֶם עַל־כַּנְפֵי נְשָׁרִים וְאָבָא 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-וּבָא 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

27-וְהָיָה כְּעֵץ שָׁתוּל עַל־פְּלִי מֵיִם אֲשֶׁר פְּרִיֹו 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

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28- וְכָרַתִּי לָהֶם בְּרִית בַּיּוֹם הַהוּא

עַם-חַיֵּי הַשָּׂדֶה וְעַם-עוֹף הַשָּׁמַיִם וְרִמַּשׁ הָאֲדָמָה  
וְקִשֶׁת וְחֶרֶב וּמִלְחָמָה אֲשַׁבֵּר מִן-הָאָרֶץ  
וְהַשְּׂכָבִתִּים 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 נְכוּן חֲדָשׁ בְּקִרְבִּי

V'ruach nachon chadesh b'kirbi

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

Psalms 51:12 chant: R' Shefa Gold

31- זֶה דּוּדֵי 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

32- זֶה-הַיּוֹם עָשָׂה יְיָ נִגִּילָה וְנִשְׂמְחָה בּוֹ

Zeh hayom asah HaVaYaH, nagilah v'nis-m'chah vo

*(This is the day that YHVH has made, let's celebrate and be joyful!)*

Psalms 118:24 chant: R' Nadya Gross

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33- חסדי יהוה עולם אשירה

Chasdei Adonai olam ashira

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

Psalm 89:2 chant: R' Shefa Gold

34- חקרני אל ודע לבבי בתנני ודע שרעפי: וראה אם דרך-עצב בי ונחני בדרך 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 - disconnect - 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)

35- יהוה מתיר אסורים

יהוה פקח עורים

יהוה זקף כפופים

יהוה אהב צדיקים

HaVaYaH matir asurim, HaVaYaH poke'ach ivrim

HaVaYaH zokef k'fufim, HaVaYaH 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!*

Psalm 146: 2,7,8 chant: R' Shefa Gold

36- כיעמך 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 music: David Zeller



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כל הנשמה תהלל יה הללויה -37

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

כִּי אֶבְרַךְךָ בְּחַיֵּי בְּשִׂמְךָ אֲשֶׁר כָּפִי -38

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

לֹא לָנוּ יְהוָה לֹא לָנוּ -39

כִּי לְשִׁמְךָ תֵּן כְּבוֹד עַל־חַסְדֶּיךָ עַל־אֲמִתְּךָ

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

לֵב טָהוֹר בְּרָא־לִי אֱלֹהִים וְרוּחַ נְכוֹן חִדָּשׁ בְּקִרְבִּי -40

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

לֵךְ אָמַר לִבִּי בְּקִשׁוֹ פָּנֵי אֶת־פָּנֶיךָ יְהוָה אֲבַקֵּשׁ -41

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

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42- לְעֵלָא [וּלְעֵלָא] מִן כָּל בְּרַכְתָּא וְשִׁירָתָא,  
תְּשַׁבְּחָתָא וְנִחַמְתָּא

l'eilah u-l'eilah  
min kol birchata v'shirata  
tush-b'chata v'nechemata  
*(Way beyond your input of worshipful song and praise...)*  
from the Mourner's Kaddish chant: R' David Curiel

43- מוֹדֵה/מוֹדָה אֲנִי לְפָנֶיךָ רוּחַ חַי וְקַיִם  
שְׁהַחֲזַרְתָּ בִּי נְשַׁמְתִּי בְּחַמְלָה רַבָּה אֲמוּנָתְךָ

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

44- נֶר-לְרַגְלִי דְבָרְךָ וְאוֹר לְנִתְיָבְתִּי: נִשְׁבַּעְתִּי וְאַקְיָמָה לְשֹׁמֵר מִשְׁפָּטֶי צְדִיקְךָ

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

45- נָתַתִּי אֶת-תּוֹרָתִי 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

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46- עולם חסד יבנה

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

47- ענני יהוה אלהי האירה עיני

Aneni Yah, Elohai ha'irah einai

*(Answer me, Yah, my God; open/enlighten my eyes)*

Psalms 13:4 chant: R' Shefa Gold

48- עשה מהאל מצאותך

והוא יגלה לך את עצמך

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

49- צמאה נפשי לאלהים לאל חי לבי ובשרי ירננו אל-אל חי

Tzam'a nafshi L'Elohim l'El Chai

Libi u'vesari yeranenu

El-El Chai

*(My soul thirsts for God, for the Source of Life*

*My heart and my flesh sing To the Source of Life)*

Shabbat Z'mirot chant: R' David Curiel

# Chants to Unlock the Secrets

Yerusha's Signature Wisdom School

50- קומי אורי כי-בא אורך וכבוד יהוה עליך זרח

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

51-קומי לך רעייתי 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

52- 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 Gross

53- שְׁהֶחַיְנו וְקִיַּמְנוּ וְהִגִּיעַנוּ לְזִמְנוֹ 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

# Chants to Unlock the Secrets

Yerusha's Signature Wisdom School

54- שְׁוִיִּתִּי יְהוָה לְנֶגְדֵי תָמִיד  
הוִיָּה ~ אַהֲבָה

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

55- תִּכּוֹן תְּפִלַּתִּי קִטְרוֹת לְפָנֶיךָ

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

56- 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

-57

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

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

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

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

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

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

# Chants to Unlock the Secrets

-58

*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 וְשַׁכַּנְתִּי בְּתוֹכְכֶם

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

וְאֶנְחִנּוּ נְבִרָךְ 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

-59

*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)*

קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ, יְיָ צְבָאוֹת, מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ

Kadosh Kadosh (3) Kadosh (4)

HavaYah tz'va-ot me-lo chol

Ha'Aretz k'vodo

Taya Ma Shere

-60

It is perfect  
You are loved  
All is clear, and  
I Am Holy  
Reb Zalman