

פארדס לואוואט

Pardes Levavot Contemplative Shabbat Practices

1- אהלהלה יהוה בְּחַיִּי אֶזְמְרָה לְאֱלֹהֵי בְּעוֹדִי:

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 אֶבְקֶשׁ שְׁבִתִּי בְּבֵית יְהוָה כָּל יְמֵי חַיִּי

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
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

3a

4- אָנָּה בְּכַח גְּדֻלַּת יְמִינְךָ תִּתִּיר 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

פארדס ללבבות

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5- אַשָּׁא עֵינַי אֶל־הַהָרִים מֵאֵין יָבֵא 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

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: Rabbi 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: Rabbi Hanna Tiferet Siegel

9- אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ, עוֹד יְהַלְלוּךָ סֵלָה
פּוֹתַח אֶת יָדְךָ, וּמְשַׁבֵּיעַ לְכֹל 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- אֲשֶׁרִינוּ, מַה טוֹב חֶלְקֵינוּ, וּמַה נְעִים גּוֹרְלֵנוּ, וּמַה יְפֵה 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 Go

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11- אתה עוזי, אתה חיי, אתה אורי, אתה לפני

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

12- באתי במגילת ספר כתוב עלי:

לעשות רצונך אלהי חפצתי ותורתך בתוך מעי:

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- בידך אפקיד רוחי, בעת אישן ואעיר. ועם רוחי גונתי, יי לי ולא אירא

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- בין החושך לאור אלך תמיד ובכל מקום שאלך

אפתח חלון חלון של אור ואזרע זרעי אהבה

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

פארשען

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15- בכל יום אברכה, ואהללה שמך לעולם ועד

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

16- בשובה ונחת תושעון

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

17- הגלה נא ופרש, חביבי, עלי את סכת שלומך

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- הודיעני יהוה קצי ומדת ימי מה-היא

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- הנה יהוה ביני ובינך עד-עולם

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

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20- הַנָּדָה יָפָה רָעִיתִי

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

21- הַשְּׂמִיעֵינִי אֶת-קוֹלְךָ כִּי-קוֹלְךָ עָרֵב וּמְרִאִיךָ נְאוּהָהּ:

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

22- וְאַהֲבַת לְרַעֲךָ כְּמוֹד
וְאַהֲבַת לְרַעֲיָתְךָ כְּמוֹד, אֲנִי ה'שֵׁם

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

23- וְאַרְשָׁתִּיךָ לִי לְעוֹלָם וְאַרְשָׁתִּיךָ לִי בְצַדִּיק וּבְמִשְׁפָּט וּבְחֶסֶד וּבְרַחֲמִים:
וְאַרְשָׁתִּיךָ לִי בְאֵמוּנָה וְיָדַעַת אֶת-יְהוָה:

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

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24- וַאֲשָׂא אֶתְכֶם עַל־כַּנְפֵי נְשָׁרִים וָאָבָא 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

25- וּבָא בְּכָל־אֹתוֹת נִפְשׁוֹ 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

26- וַיְכַרְתִּי לָהֶם בְּרִית בַּיּוֹם הַהוּא

עַם־חַיִּית הַשָּׂדֶה וְעַם־עוֹף הַשָּׁמַיִם וְרִמָּשׁ הַאֲדָמָה

וְקִשְׁתׁ וְחֶרֶב וּמִלְחָמָה אֲשַׁבֵּר מִן־הָאָרֶץ

וְהַשְּׂכַבְתִּים 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

27- 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

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28- וְרוּחַ נְכוֹן חֲדָשׁ בְּקִרְבִּי

V'ruach nachon chadesh b'kirbi
(Renew within me a spirit of 'Yes!')
Psalm 51:12 chant: Rabbi Shefa Gold

29- זֶה דּוּדִי וְזֶה רֵעִי

Zeh dodi v'zeh re'i
(This is my beloved and this is my friend)
Song of Songs 5:16 chant: R. Shefa Gold

30- חֲסֵדֵי יְהוָה עוֹלָם אֲשִׁירָה

Chasdei Adonai olam ashira
(I will sing forth from the hidden infinite, the loving-kindness of God)
Psalm 89:2 chant: R. Shefa Gold

31- יְהוָה מוֹתִיר אֲסוּרִים
יְהוָה פֹּקֵחַ עִוְרִים
יְהוָה זֹקֵף כְּפוּפִים
יְהוָה אֹהֵב צְדִיקִים

Adonai matir asurim, Adonai poke'ach ivrim
Adonai zokef k'fufim, Adonai ohev tzadikim

אֶהְלֵלָה יְהוָה בְּחַיֵּי

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

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32-כּי־עִמָּךְ מְקוֹר חַיִּים בְּאוֹרְךָ נִרְאֶה־אוֹר

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

33- כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה הַלְלוּיָהּ

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

34- כִּן אֲבָרְכֶךָ בְּחַיֵּי בְשִׁמְךָ אֲשֶׁא כָפִי

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

35- לֹא לָנוּ יְהוָה לֹא לָנוּ

כִּי לְשִׁמְךָ תֵּן כְּבוֹד עַל־חֲסִדְךָ עַל־אֱמֻנְתְּךָ

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

פארש פארש

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36- לך אמר לבי בקשו פני את-פניך? הנה אבקש

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

37- מודה/מודה אני לפניך רוח חי וקים
שהחזרת בי נשמתי בחמלה רבה אמונתך

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

38- נתתי את-תורתך בקרבם ועל-לבם אכתבנה

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

39- 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

פארדס לואות

Pardes Levavot Contemplative Shabbat Practices

40- עגני יהוה אלהי האירה עיני

Aneni Yah, Elohai ha'irah einai
(Answer me, Yah, my God; lighten my eyes)
Psalms 13:4 chant: R. Shefa Gold

41- 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

42- 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

43- 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

44- ריתניחוח 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

פארדס לזבאט

Pardes Levavot

Contemplative Shabbat Practices

45- 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

46- שְׂוִיתִי יְהוָה לְנֶגְדִי תָמִיד

הוֹיָה ~ אַהַבָּה

Shiviti HavaYah l'neg-di tamid

HavaYah ~ Ahavah

(I place Yah before me always. Havayah ~ Love)

Psalms 16:8 Nava Tehila

47- תִּכּוֹן תִּפְלֵתִי קְטֹרֶת לְפָנֶיךָ

Tikon t'filati k'toret l'fanecha

(Let my prayer be incense before You)

Psalm 141:2 chant: R. Shefa Gold

48- תִּקַּן עוֹלָם בְּמַלְכוּת שְׂדֵי

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

פארדס לעבאָט

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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

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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 וְשָׁכַנְתִּי בְּתוֹכְכֶם

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

וְאֶנְחֵנוּ 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

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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

פארדס לבלות

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

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 heyah heyah heyah heyah heyah ho (2)
Heya heyah ... heyah heyah ... heyah heyah heyah ho

*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 heyah ...*

Rainbow Gathering song Heb: Shimon Lev-Tahor

-53 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 shochan 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