

# The Magic of Hebrew Chant

## Healing the Spirit

וְאֲנִי תָמִיד עִמָּךְ

*Va'aní Tamíd Imach* (Psalm 73:23)

I am always with You.

Though my heart is troubled and I'm filled with dread, I turn to face Your Mystery  
Though I've been lost inside my head, I open to Eternity.

נַחֲמוּ נַחֲמוּ עַמִּי

*Nachamu, Nachamu Ammí*

Comfort, comfort my people! (Isaiah 40:1)

כִּי-תַעֲבֹר בַּמַּיִם אֶתְךָ-אֲנִי וּבִנְהָרוֹת לֹא יִשְׁטָפוּךָ

*Kí ta'avor bamayyim itcha aní, u'va'n'harot lo yishtafucha* (Isaiah 43:2)

When you pass through the waters, I am with you, yes, I am with you;  
I won't let the rivers overwhelm you, I will be with you.

אֶתְהַלֵּךְ בְּתֵם-לִבִּי בְּקֶרֶב בֵּיתִי

*Et-halaych b'tom l'vavi, b'kerev bayti* (Psalm 101:2)

I will walk within my house in the integrity of my heart.

גַּם כִּי-אֵלֶךְ בְּגִיא צַלְמוֹת לֹא-אִירָא רָע

*Gam kí elech b'gay tzalmavet, lo íra ra* (Psalm 23:4)

Though I walk through the Valley of Death, I will not fear,  
Though I walk through the Valley of Death, my God is near.

# Transforming the Mind

מִן הַמֵּצָר קָרָאתִי יְהוָה עֲנֵנִי בְּמִרְחֵב יְהוָה

*Mín HaMetzar karatí Yah, Ananí vamerchavYah (Psalm 118:5)*

From the Narrow place I called out to God who answered me with the  
Divine Expanse.

שִׁמְעוּ שְׂמוֹעַ אֵלַי וְאִכְלוּ-טוֹב

*Shím'u shamoah aylai, v'ichlu-tov*

If you really listen to Me, then you will eat what is good.

(And your souls will delight in richness.) Isaiah 55:2

וְרוּחַ נְכוֹן חֲדָשׁ בְּקִרְבִּי

*V'Ruach nachon chadaysh b'kirbí (Psalm 51:12)*

Renew within me a Spirit of "Yes!"

שֶׁהַחַיָּנוּ וְקִיְמָנוּ וְהִגִּיעָנוּ לְזִמְן הַזֶּה.

*Shehechíyanu, v'kiymanu, v'higíyanu lazman haZeh*

Oh Mystery, Grace unfolding, Oh Miracle, it's You alone,

Oh Mystery, Grace unfolding, Oh Miracle, Who brings us Home.

סָמוּךְ לִבּוֹ לֹא יִירָא

*Samuch libo lo yíra (Psalm 112:8) Samuch liba lo tíra*

Heart supported, fearless.

עֹזִי וְזִמְרַת יְהוָה וְיִהְיֶה-לִּי לִישׁוּעָה

*Ozí v'Zimrat Yah Vayahí lí lishuah (Psalm 118:14 and Exodus 15:2)*

My Strength (balanced) with the Song of God will be my salvation.

# Deepening Love

לְתַקַּן עוֹלָם בְּמַלְכוּת שְׁדַי

*L'takayn Olam b'malchut Shaddai*

Healing the World through the Majesty of Nurture

יוֹמָם יִצְוֶה יְהוָה חַסְדּוֹ וּבַלַּיְלָה שִׁירָה עִמִּי

*Yomam y'tzaveh Adonai chasdo, u'va'la'ila shirah imi (Psalm 42:9)*

*By day: Your Love ... By Night: Your Song*

By day God commands his love and by night her song is with me.

אֵשׁ תָּמִיד תּוֹקֵד עַל־הַמִּזְבֵּחַ לֹא תִכָּבֵּה

*Aish tamid tukad al hamizbayach; lo tichbeh (Leviticus 6:6)*

Fire always shall be kept burning on the altar; it shall not go out.

עַמִּי וְאֱלֹהֵיךָ אֱלֹהֵי

*Amaych ammi vaylohayich elohai (1:16)*

Your people are my people and your God is my God.

Just as the deer longs for water by the riverbank,  
So does my soul long for You, oh God. (Psalm 42:2)

כִּן נַפְשִׁי תַעְרֹג אֵלֶיךָ אֱלֹהִים

*Kayn nafshi ta'arog aylecha Elohim*

זֶה דּוֹדִי וְזֶה רַעִי זֶה דּוֹדִי וְזֶה רַעִי

This is my Beloved; this is my Friend.

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