

## **JOURNEY OF TRANSFORMATION THROUGH**

### **HEBREW CHANTS – Bernie Heideman**

Chant 2-15 are used by Permission of Rabbi Shefa Gold [www.rabbishefagold.com](http://www.rabbishefagold.com). The attunements are hers.

See her website for many more chants and for more detailed info on these chants. Chant 6,7,13 are Rabbi Gold's melodies. Chant 2-5,8-12,14-17 are my melodies. Chant 1 used by permission of Narayan (Eric Waldman)-the melody is his. Songs 18-20 are of unknown origin.

#### **1. OPENING INVOCATION**

Ba rooch ah tah ah dough nai ....yah way  
Blessed art thou King of the Universe

#### **2. Listening to the Voice of Wisdom- INVOKING THE DIVINE FEMINE ARCHTYPE CHOCHMA**

Ha-lo hoochma teek ra, oot'voo nah tea tain ko-la  
Isn't it Wisdom calling and Understanding raising her voice! (8:1)

#### **3. OPENING TO THE VOICE OF CHOCHMA**

Ahs ray ah dahm show may ah lee  
Happy in the one who listens to me. (8:34)

#### **4. SURRENDER--with each repetition release control and trust God's hands**

B'yad eh chaw af kid roo chee  
Into our Hands I entrust my spirit. (Psalm 31:6)

#### **5. PREPARATION FOR HEALING—leaving the small mind place of fear and separation, and entering the big Mind place of infinite possibility, and gratefulness for the blessing that is already flowing.**

Ah tah oh zee, Ah tah ch eye eye, Ah tah Oh zee,  
Ah tah l' fah nahy

You ar my Strength, You are my Live, You are my Light, Ever before me. (inspired by psalm 27)

#### **6. AWAKENING THE HEART**

Hitor'ri, hitor'ri, koo mee Y'roo shall lah yeeem  
Awake, Awake, arise Jerusalem (Isaiah 51:17)

#### **7. BUILDING THE INTENTION FOR LOVE—strengthening and refining our deepest and finest intentions to love**

God through each moment and detail of our lives.  
Shum eh tain et dough die loch

There I will give you my love. (Song of Songs 7:13)

#### **8. PLANTING SEED OF JOY AND LIGHT --Recall the peak moments in your life that revealed to you a great joy or profound wisdom, moments of ecstasy or prophesy, delight or enchantment. Imagine those moments as Seeds. Create an intention to plant those seeds and tend them with your loving attention as you grow a life of joy and light.**

Plant the seed of joy and light. Tend them carefully day and night. In this soil so dark and deep, I plant the dreams that Love will reap.

Or zah roo ah la Tza deek, oo' leh yish ray lev sim cha

#### **9. OPENING TO THE SOURCE OF FLOW**

V' Nah har yo tzay meh'eden, l'hahs coat et ha gun

A river comes forth from Eden to water the garden. (Genesis 2:10)

#### **10. INVITING OUR FUTURE SELVES— We pray for a vision of our future selves.**

Hoe dee ainee Yah keytzi oo'me dat yah my ma he

Oh God, show me my end, and what is the measure of my days? (Psalm 39:5)

#### **11. CALLING FORTH THE HIDDEN POWER**

Koo mah ah dough ni hoe she ain nee el oh hi

Rise up YHVH, Save me, my God. (Psalm 3:8)

#### **12. ASCENDING--**

V'al bah mow tseye yad ri chay nee

He prepares a path for me upon the High places (Habakuk 3:19)

#### **13. GIVING MY "SELF" IN SERVICE--**

Ana Yah key anee avdecha: anee av de cha

Please God, for I am your servant: I am you servant. (Psalm 116:16)

#### **14. TO BE HOLY--**

K'Dough sheem Ti'h' you Key Kadosh ahnee

#### **15. YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF**

V'ah havta L'ray ah cha Kah moh chah

#### **16. BIG MIND- ASHREI**

Ah sh ray yosh vay v the chaw ode ya hal le loo cha

#### **17. AMEN**

#### **18. HAVA NAGILA**

Ha va nah geeela, ...veh nismachah. Ha va niran ni na...veh nismachah. Oo rue oo rue acheem, oo rue acheem beh liv sa may ach...

Let's rejoice and be happy, Let's sing and be happy, Awake brethern with a happy heart

#### **19. PRAY FOR THE PEACE OF JERUSALEM**

Sha loo shalom ya rue sha la ah eem...

Shalom....Pray for the Peace of Jerusalem, ....Jerusalem shall live in peace. Shalom...

#### **20. SHEMMA YISRAEL**

Shemma yis rah ale ah dough nai elo hay nu ah dough nai ehchad.....Lai Lai ....

"Hear O Israel, the Lord our God, the Lord is One"