

Prayer for the ability to Pray alone by Reb Natan of Nemirov

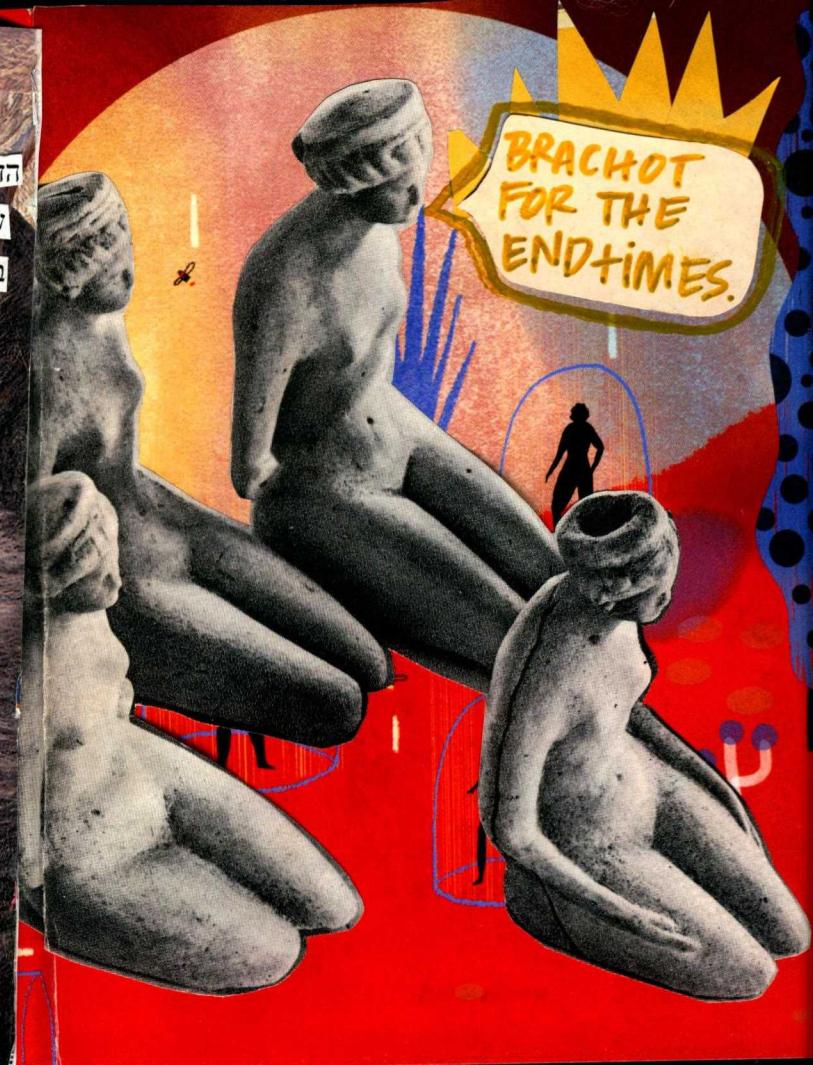
Master of the Universe grant me the ability to be alone; May it be my custom to go outdoors each day among the trees & grass — among all growing things & there may I be alone, & enter into hitbodedut, prayer, to talk with the One to whom I belong. May I express there everything in my heart & may all the foliage of the field — all grasses, trees, & plants — awake at my coming, to send the powers of their life & speech are made whole through the life & by their transcendent Source. May I then pour out the words of my heart before your presence like water & lift up my hands to You in worship on my behalf & that of my children.



We will return to you, holy, sacred texts before me, and
you will return to us; our mind is on you, holy
texts, and your mind is on us; we will not forget you, sacred
beings, and you will not forget us—not in this
world and not in the world to come

Hadran alayku kitvey hakodesh ve-hadartihu alan da'atan
alayku kitvey hakodesh ve-da'atkhon alon

lo nitnashei minekhon kitvey hakodesh ve-lo titnashu
minan lo be-alma ha-din ve-lo be-alma deati



Bracha for Ordering from Amazon

May I not use "there is no ethical consumption under capitalism as an excuse for careless, nihilistic indulgence, but rather as a reminder to treat myself with gentleness when I must proceed with no good options. May I direct my energy to changes bigger than I am capable of when I believe the trick that I must act only as a consumer and an individual. May I honor boycotts, leverage resources thoughtfully, and never forget that jeff bezos is a robber, baron, butthead.

Blessing for my Pimple

Bless this pimple
which sits beside my mouth
Hard, full, & stubborn
like my heart
Swollen with love
Bless this zit which hurts me
when I move my lips
reminding me
to use my words
with love

by annelise ritberg

Bracha for Gender Transition

By Rabbi Elliot Rose Kukla

Blessed are You, Eternal One, our God,

Ruler of Time and Space the Transforming One

to those who transition/transform/cross over.

ברוח אתה אדני אלהינו מלך העולם המעביר את העזרים

Barukh Ata Adonai Eloheinu Melekh Ha-Olam

Ha'Ma'avir et ha'Ovrim.



blessed are You,
source of all
life, for nothing
is lacking in
this Universe

& she created in it good creatures
& good trees that give us pleasure.

baruch atah Hashem,
Elohemnu Melech
Ha'Olam, she-lo
Chisar ba'olamo

Davar, u-Vara vo
bri-ot tovot v'elanot
torim, l'hanoth bahem
b'nai adam.

ברוך אתה ה' אלוהינו מלך העולם
שלא חסר בעולמו דבר וברא בז'
בריזות טובות ואלוניות טבעיות
להנות בהם בני אדם

Blessing for
Springtime

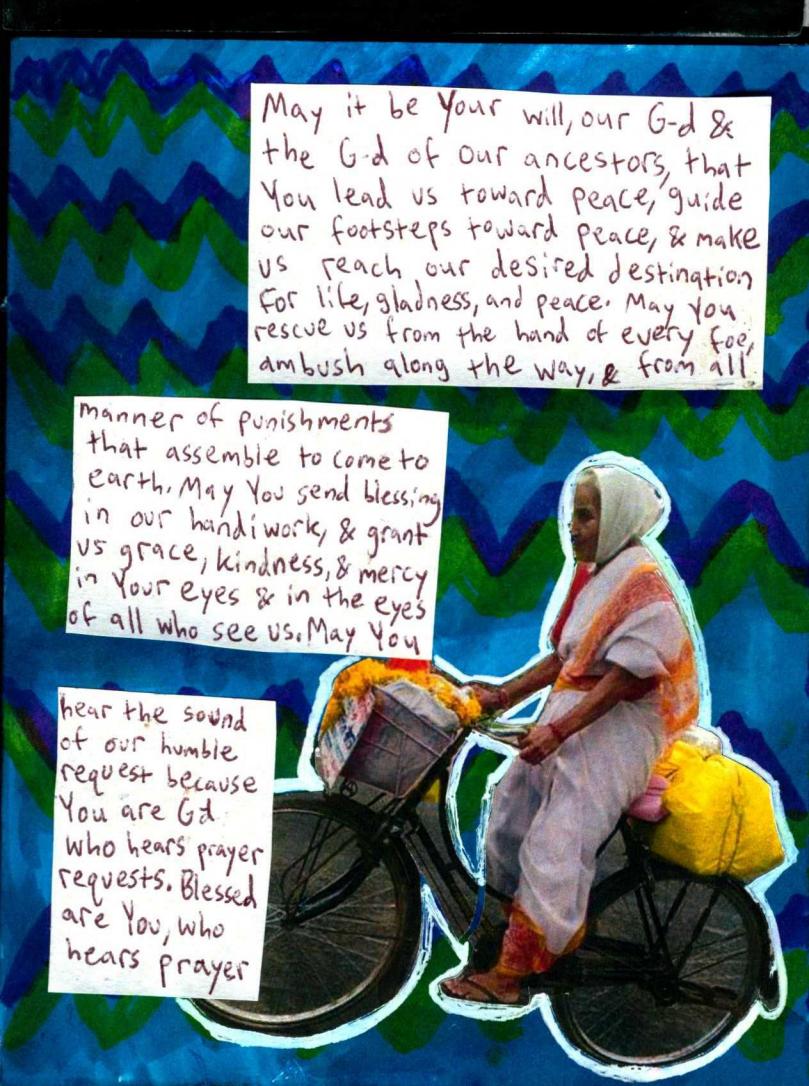


Baruch ata Adonai, Eloheinu Melech ha-olam

asher kidshanu b'mitzvotav

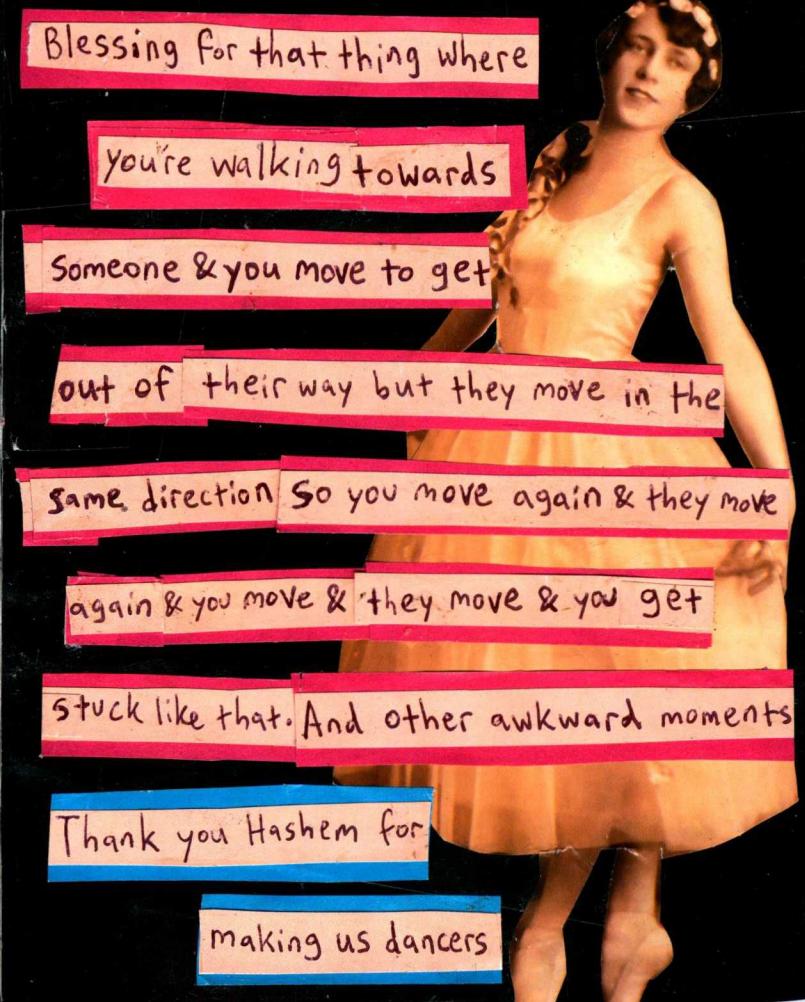
Vitzivanu al n'tilat

yadayim



manner of punishments
that assemble to come to
earth. May You send blessing
in our handiwork, & grant
us grace, kindness, & mercy
in Your eyes & in the eyes
of all who see us. May You

hear the sound
of our humble
request because
You are Gd
who hears prayer
requests. Blessed
are You, who
hears prayer



Blessing for that thing where

you're walking towards

Someone & you move to get

out of their way but they move in the

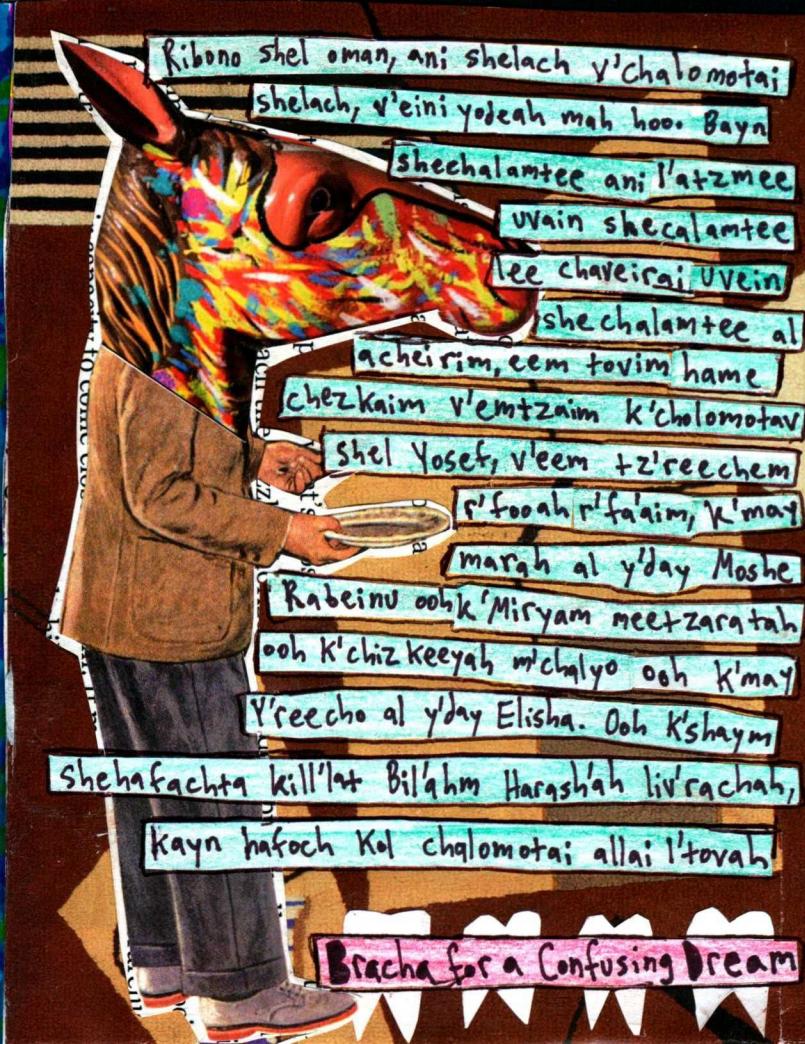
same direction So you move again & they move

again & you move & they move & you get

stuck like that. And other awkward moments

Thank you Hashem for

making us dancers



Ribono shel oman, ani shelach v'Chalomotai,
shelach, v'eini yodeah mah hoo. Bayn

shechalamtee ani l'atzmee

uvain shechalamtee

lee chaverai, u'vein

shechalamtee al

acheirim, eem tovim hame

chezkaim v'emtzaim k'chalomotav

shel Yosef, v'eem tz'reechem

r'fooh r'fa'im, k'may

marah al y'day Moshe

Rabeinu ooh k'Miryam meetzarotah,

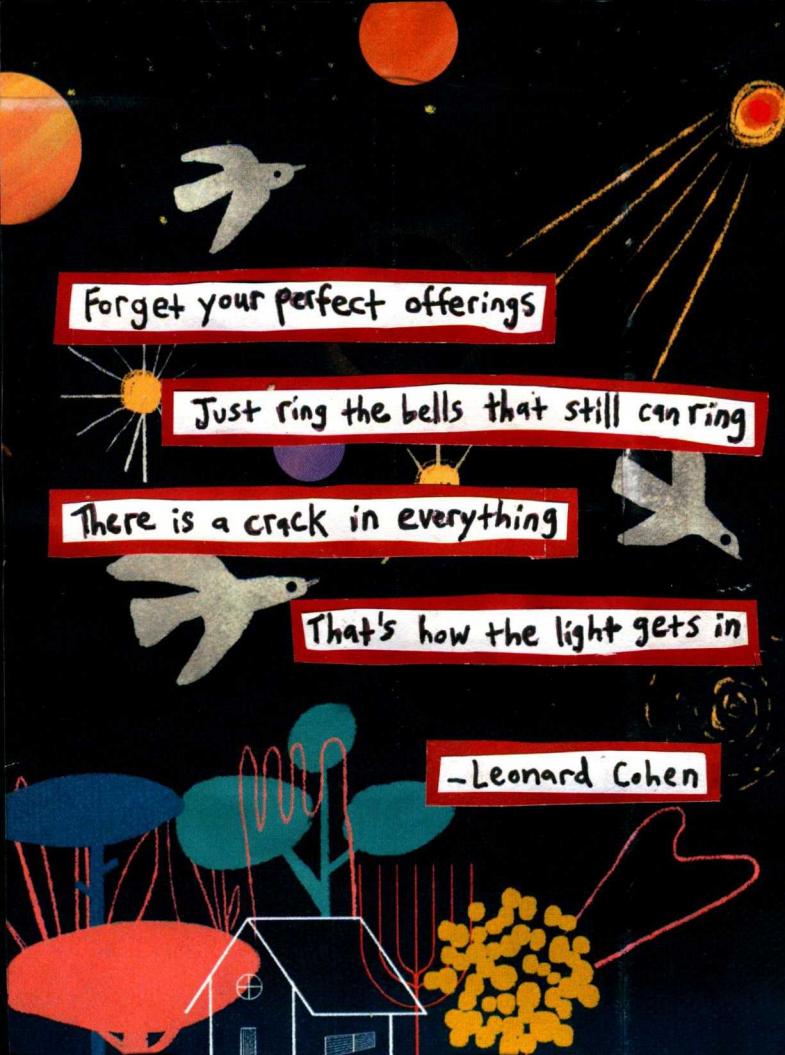
ooh k'chiz keeyah mi'chalyo ooh k'may

Y'reecho al y'day Elisha. Ooh k'shayim

Shehafachta kill'at Bil'ahm Harash'hah liv'rachah,

kayn hafach Kol chalomotai allai l'tovah!

Bracha for a Confusing Dream



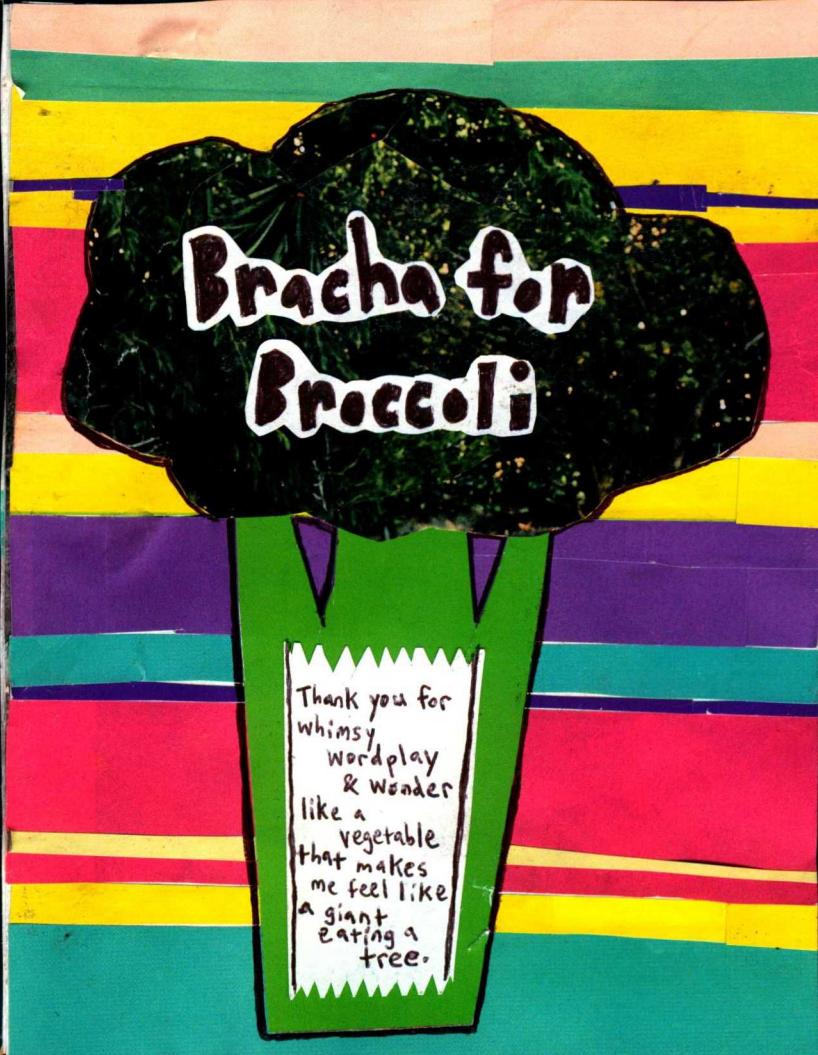
Forget your perfect offerings

Just ring the bells that still can ring

There is a crack in everything

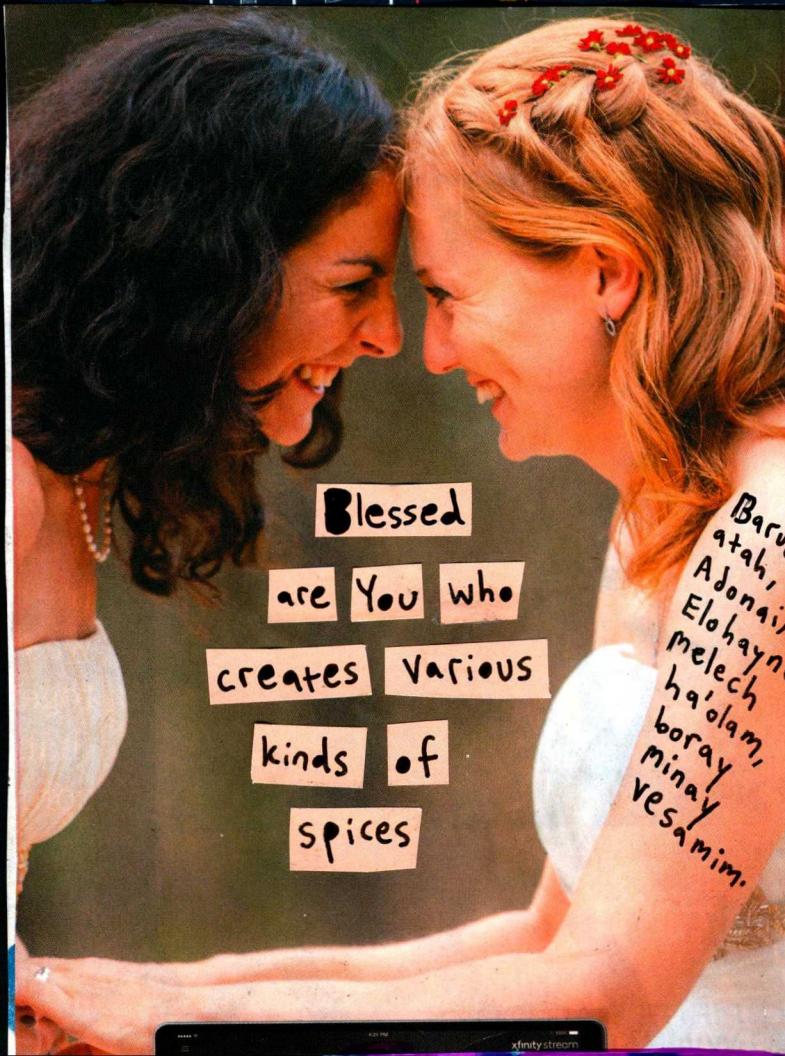
That's how the light gets in

-Leonard Cohen



Bracha for Broccoli

Thank you for whimsy, wordplay & wonder like a vegetable that makes me feel like a giant eating a tree.



Blessed are You who creates various kinds of spices

Baruch atah Adonai Elohaynu Melech ha'olam boray minay vesamim.

Bracha for monkeywrenching



BLESSED are You
CREATOR OF THE universe
FOR making this Marvelous
world worth fighting FOR.
as We fight
May we remember THAT
sometimes REPAIR
COMES through
destruction

actually it's a chimp

(of property)

Bracha for acting in Solidarity

May we remember that our struggles are bound up together—that none of us are free until all of us are free. May we center frontline voices & ground our actions in love. May we let go of ego so that we neither rush ahead seeking glory nor freeze seeking perfection. May we honor our interconnection.

Bracha for an Existential Crisis

The whole entire world
is a very

NARROW BRIDGE

And the main thing to recall is

IT IS VERY SCARY OUT HERE

That's ok.

It may not help to know

when darkness sets in

and the void stares back



But this too shall pass

Master of the Universe

I am yours & my dreams are yours

I dreamed a dream & I do not know what it is

Whether I have dreamed of me

Whether my friends have

Dreamed of me or

Whether I have dreamed of others,

If the dreams are good, strengthen them &

reinforce them like

the dreams of Joseph

And if the dreams

require healing

heal them like the bitter waters of Matzah by Moses

our teacher & like Miriam from her leprosy

& like Hezekiah from his illness & like

the bitter waters of Jericho by Elisha

And just as You transformed the

curse of Balaam the wicked, into a blessing

So transform all of my dreams

for me for the best

Y'hi Ratzon milfanecha Adonai Eloheinu
ve-lohei avoteinu she-tolichenu
l'shalom v'tatz'idenu l'shalom,
v't'sm'chenu l'shalom, v'tadrichenu
l'shalom, v'tag'ennu limchoz cheft-
zenu l'chayim ul'simha ul'shalom.
V'tatzilenu mi-kaf kol oyev
v'brev v'listim v'chayot ra-ot

ba-derech, u-mi-kol min-ei
pur'aniyot hamitrag'shot
la-vo la-olam. V'tishlach
bracha b'chol ma'a'se
yadeinu v'titneinu l'chen
ul'chesed ul'rachamim
beinecha uv'einei kol

ro-einu
v'tishma kol
tachanuneinu
ki el sho-me-ah
t'fila v'tach-
anun ata.
Baruch ata
Adonai sho-me-ah
t'fila

