

# Morning Blessings

by Rabbi Shefa Gold

(from Psalm 146, verses 2, 7 and 8)

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!

אַהֲלָהּ יְהוָה בְּחַיִּי

Ahal'lah Yah b'chayai

I will praise God with my life!

יְהוָה מַתִּיר אֲסוּרִים

יְהוָה פֶּקַח עֵוְרִים

יְהוָה זָקַף כְּפוּפִים

יְהוָה אֱהֵב צַדִּיקִים

Adonai matir asurim, Adonai pokayah ivrim

Adonai zokayf k'fufim, Adonai ohayv tzadikim

As my morning blessings, I acknowledge the Force that sets me free  
from the bondage of habit and conditioning. I thank the One who opens  
my eyes to what were once invisible realms. I feel myself lifted up and  
healed by that Power, as the best in me is seen, known and loved.

Then I make a commitment to praise Yah with my life as I become a  
channel for that force of liberation, enlightenment, healing and love.