

Kri'at Sh'ma Al Ha-Mitah
A Bed-time Sh'ma

רְבוּנוּ שֶׁל עוֹלָם,	Ribbono shel olahm
הַרְיֵנִי מוֹחֵל לְכֹל מִי	Hahraynee mochayl l-chol mee
שֶׁהִכְעִים וְהִקְנִיט אוֹתִי,	she-hich'ees v-hik'neet otee,
אוֹ שֶׁחָטָא כְּנֶגְדִי	o she-chahtah k-negdee
בֵּין בְּגוּפִי בֵּין בְּמַמּוֹנִי	bayn b-goofee bayn b-mahmonee
בֵּין בְּכַבּוּדִי בֵּין בְּכֹל אֲשֶׁר לִי,	bayn b-ch'vodee bayn b-chol ahsher lee,
בֵּין בְּאַנְסִי, בֵּין בְּרָצוֹן,	bayn b-ones, bayn b-rahtson,
בֵּין בְּשׁוּגָג, בֵּין בְּמִזִּיד,	bayn b-shogayg, bayn b-mayzeed,
בֵּין בְּדַבּוּר בֵּין בְּמַעֲשֵׂה,	bayn b-dibbur, bayn b-mah'ahseh,
בֵּין בְּמַחְשָׁבָה בֵּין בְּהִרְהוּר,	bayn b-mahchahshahvah, bayn b-hirhoor,
בֵּין בְּגִלְגוּל זֶה בֵּין בְּגִלְגוּל אַחֵר,	bayn b-gilgool zeh bayn b-gilgool ahchayr,
לְכֹל אֶחָד מִבְּנֵי יִשְׂרָאֵל.	l-chol echahd mi-b'nai yisrah'ayl
וְלֹא יַעֲנֹשׁ שׁוֹם אָדָם בְּסִבָּתִי.	v-lo yay'ahnaysh shoom ahdahm b-seebahtee.
יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵי	Y'hee rahtson milfahnechah Yah elohai
וְאֱלֹהֵי אֲבוֹתַי וְאִמּוֹתַי,	vay-lohay ahvotai v-eemotai
שֶׁלֹּא אֶחְטָא עוֹד,	she-lo echetah od,

Ribono shel olam, I hereby forgive
whoever has hurt or angered me,
And whoever has done me any wrong;
Whether to my body or to my property,
whether to my honor or to anything of mine,
Whether deliberately or by accident,
Whether in speech or in action, thought or intention,
In this incarnation or in a previous one,
Everyone who is a part of the people Israel
May no one suffer on my account.
May it be your will, YAH, God of my ancestors,
that I do not separate my self from You.

וַיְמַח שְׁחַטְאֹתַי לְפָנֶיךָ	oo-mah she-chahtahtee l-fahnechah
מִחֹק בְּרַחֲמֶיךָ הַרְבִּים	m'chok b-rahchahmechah hah-rahbeem.
אָבֵל לֹא עַל יְדֵי יְסוּרִים	Ahvahl lo ahl y'day yisooreem
וְחֻלָּיִים רָעִים.	v-choloyeem rah'eem.
יְהִי לְרַצּוֹן אֲמֵרֵי פִי	Yi'h'yoo l-rahtson imray fee
וְהִגְיוֹן לְבִי לְפָנֶיךָ,	v-heg'yon libee l-fahnechah,
יְהוֹה צוּרֵי וְגֹאֲלֵי.	Yah tsooree v-go'ahlee.

With Your great compassion,
 wipe away the sins that I have committed,
 But not through sickness or suffering.
 May the words of my mouth and the meditations of my heart
 be acceptable to you, YAH, my rock and my redeemer.

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Sh'mah Yisrah'ayl יהוה Elohaynoo יהוה Echahd

Hear, Israel, [and understand] יהוה is our God, יהוה is One!

בְּרוּךְ שֵׁם כְּבוֹד מְלֻכוֹתוֹ לְעוֹלָם וָעֶד

Bahrooch shaym k'vod mahlchooto l'olahm vah'ed

Through time and space Your glory shines Majestic One.

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ	V-ahahvtah ayt Ahdonai Elohechah
בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ	b-chol l'vahv'chah oo-v-chol nahfsh'chah
וּבְכָל-מְאֹדֶךָ.	oo-v-chol m'odechah.

You shall love יהוה, YAH, your creator with all your passions,
 with every fiber of your being, and with all that you possess.

וְהָיוּ הַדְּבָרִים הָאֵלֶּה	V-hahyoo hah-d'vahreem hah-ayleh
אֲשֶׁר אֲנֹכִי מְצַוֶּה הַיּוֹם עַל-לְבָבְךָ.	ahsher ahnochee m'tsahv'chah hah-yom ahl l'vahvechah.
וְשִׁנַּנְתָּם לְבִגְיָה וְדַבַּרְתָּ בָּם	V-sheenahntahm l-vahnechah v-deebahrtah bahm
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בַּדֶּרֶךְ	b-shivt'chah b'vaytechah oo-v'lecht'chah vahderech
וּבְשֹׁכְבְךָ וּבְקוּמְךָ.	oo-v-shochb'chah oo-v-koomechah.
וְקִשְׂרָתָם לְאוֹת עַל יָדְךָ	Oo-k'shahrtahm l'ot ahl yahdechah
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.	v-hahyoo l'totahfot bayn aynechah
וּכְתַבְתָּם עַל מְזוּזוֹת	Oo-ch'tahvtahm ahl m'zoozot
בֵּיתְךָ וּבְשַׁעְרֶיךָ.	baytechah u-vee-sh'ahrechah.

Let these words by which I join Myself to you today, enter your heart.
 Pattern your days on them,
 that your children witness in you God's presence.
 Make your life a channel for God's holiness,
 both in your stillness, and in your movement.
 Renew these words each morning and each evening.
 Bind them in *tefillin* on your arm and head
 as symbols of acts and thoughts consecrated to Me.
 Write them in *mezzuzot* at the entrance to your home,
 as a sign that all people may discover Me,
 as they enter your home and your life.

בְּשֵׁם יְהוָה אֱלֹהֵי יִשְׂרָאֵל,	B'shaym Yah elohay yisrah'ayl
מִיְמִינִי מִיְכָאֵל, וּמִשְׁמָאֵלִי גַבְרִיאֵל,	mee-meenee michah'ayl oo-mis'molee gahvree'ayl
וּמִלְפָּנַי אֲוִרִיאֵל, וּמֵאַחֲרַי רַפָּאֵל,	oo-milfahnai ooree'ayl oo-may-ahchorai r'fah'ayl
וְעַל רֹאשִׁי שְׁכִינַת אֵל.	v-ahl roshee sh'cheenaht ayl.

In the name of YAH, the God of Israel
 on my right is Michael, on my left is Gabriel,
 before me is Uriel, behind me Raphael,
 and above my head Sh'chinah's presence.