



Temple Rodeph Torah

Going out to meet nature? Take these prayers with you!

Blessing for Natural Wonders on Earth (mountains, seas, rivers and deserts):

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, עוֹשֶׂה מַעֲשֵׂה בְּרֵאשִׁית.

I praise You, Adonai our God, Sovereign of the universe, Source of creation and its wonders.

Reb Nachman's Prayer

Sovereign of the universe, grant me the ability to be alone:
may it be my custom to go outdoors each day,
among the trees and grasses, among all growing things,
there to be alone and enter into prayer.

There may I express all that is in my heart,
talking with You to whom I belong.

And may all grasses, trees, and plants
awake at my coming.

Send the power of their life into my prayer,
making whole my heart and my speech
through the life and spirit of growing things,
made whole by their transcendent Source.

O that they would enter into my prayer!
Then would I fully open my heart
in prayer, supplication, and holy speech;
then, O God, would I pour out the words
of my heart before Your presence.