

Nish·mat kol chai

t'va·reich et shim·cha,
A·do·nai E·lo·hái·nu,
v'ró·ach kol ba·sar
t'fa·eir u·t'ro·meim zich·r'cha, mal·kéi·nu, ta·mid.

Min ha·o·lam

v'ad ha·o·lam

At·tah Eil.

U·mi·bal·a·dé·cha ein lá·nu mé·lech
go·eil u·mo·shí·a,
po·deh u·ma·tzil,
u·m'far·neis u·m'ra·cheim,
b'chol eit tza·rah v'tzu·kah.

Ein lá·nu mé·lech él·la Át·tah.

נְשַׁמַּת כָּל חַי
תְּבַרְךָ אֶת שִׁמְךָ,
יְיָ אֱלֹהֵינוּ,
וְרוּחַ כָּל בָּשָׂר
תְּפַאֵר וְתִרְוַמֵם זְכָרְךָ, מְלַכְנוּ, תָּמִיד.

מִן הָעוֹלָם
וְעַד הָעוֹלָם
אַתָּה אֵל.

וּמִבְלַעְדֵיךָ אֵין לָנוּ מֶלֶךְ
גּוֹאֵל וּמוֹשִׁיעַ,
פוֹדֶה וּמַצִּיל,
וּמַפְרִיֵם וּמְרַחֵם,
בְּכָל עֵת צָרָה וְצוּקָה.

אֵין לָנוּ מֶלֶךְ אֱלֹהֵי אֲתָהּ.

^{1,2} Let the soul-breath of every living creature,
every n'shamah, be a breath of
praise to You, Adonai our God.
Let every living spirit, every rúach,
make Your spirit felt, Adonai our ruler.

³ From eternity to eternity, transcending space,
transcending time, You are God.
Min ha·o·lam v'ad ha·o·lam At·tah Eil.

⁴ And yet You are present in *our* lives.
Through You and You alone
we are rescued and redeemed.
You save us, You support us,
You are compassionate with us
at times of trouble and distress.

³ We have no Ruler but You.
Ein lá·nu mé·lech él·la Át·tah.

Your existence spans all time – past, present, future
– and You are responsible for all that exists.
And yet You guide Your world with loving kindness
and Your creations with compassion.