

Yom Kippur at Yogaville

***Return again, Return again,
Return to the home of your soul (2x)***

***Return to who you are, Return to what you are
Return to where you are born and reborn again
Return again, Return again,
Return to the home of your soul***

Intro to *Yom Kippur*, the Day of At-One-Ment

Candle Lighting

***Baruch atah Yah Elohaynu melech ha-olam
Asher ki-d'shanu b'mitzvotav vitzeevanu l'hadlik nayr
Shel Yom ha Kippurim***

**Blessed are You, *Yah*, our God, Majestic source of all creation for
sanctifying us with your teachings and guiding us to kindle the
Yom Kippur lights**

On *Yom Kippur*, we focus on Forgiveness. What is Forgiveness?

Letting Go of Hurt, whether inflicted by others or self.

It doesn't absolve anyone of responsibility for inflicting the pain

That is between us, the perpetrator, and God.

We are clearing our emotional field.

A Prayer of Forgiveness (from Rebbe Levi Yitzchak)

**Oh God, I stand before You and others, pardoning, forgiving,
and struggling to be open to all who have hurt or angered me,
whether intentionally or accidentally, whether by word or
deed—I forgive them because we are human, may no one feel
guilty on my account.**

Soul Light: shining the flame of God to search for patterns of
thought, speech, and behavior to let go of, and in silence identify
what you want to focus on:

Ner Adonay nishmat adam Chofays kol-chadray-vaten (2x)

***My soul is the flame of God That searches the inner chambers
(2x)***

-- Proverbs 20:27

Read aloud together:

All vows which we make from this Day of Atonement until the next Day of Atonement, may they be acceptable before You, and may we be given strength to fulfill them. We come to seek at-one-ment with You, and to ask pardon and forgiveness for when we have gone astray. Turn us in full repentance toward You. Thus will Your sacred Name be sanctified among us.

Chanting of *Kol Nidre*

The 13 Attributes of God.

El Rachum v'chanoon

Erech apayim v'rav chesed v'emet

Notzer chesed l'alafeem

Nosey avon v'fasha v'chata'a v'nakay

Adonai, Adonai, Compassion and tenderness

Patience, forbearance, kindness, awareness

Bearing love from age to age

Cleaning guilt and mistakes and making us free (2X)

A Gentler *Ashamnu*:

(Call and response):

Ai ai ai ai ai ai ai ai ai, ai ai ai ai ai ai

We have: Appreciated, Been True To Ourselves, Connected, Discerned; Eventually "gotten it"

ai ai ai ai, ai ai ai ai ai ai, ai ai ai ai ai ai

Faced the truth, Given Back, Helped Strangers, Intended Blessing; Judged gently

ai ai ai ai, ai ai ai ai ai ai, ai ai ai ai ai ai

Known What to Do, Listened Well, Meant What We Said

Not Held Grudges, Overcome Anger

ai ai ai ai, ai ai ai ai ai ai, ai ai ai ai ai ai

Persevered, Quieted anxious thoughts,

Returned to Ourselves, **S**incerely Tried, **T**rusted, **U**nderstood;
ai ai ai ai, ai ai ai ai ai ai, ai ai ai ai ai ai
En**V**isioned New Possibilities, **W**alked the Talk, e**X**amined Our Habits,
Yearned to be Whole, **Z**estfully Turned to Spirit
ai ai ai ai, ai ai ai ai ai ai, ai ai ai ai ai ai (2X)

Avinu Malkenu Our Father, Our King:

Avinu malkenu chanenu va'aneynu
Avinu malkenu chanenu va'aneynu
Ki eyn banu ma'asim
Aseh imanu tzedakah va-chesed
Aseh imanu tzedakah va-chesed v'hoshianu

Our father and king in our hearts
With compassion please answer our call
Though our merit is modest we pray with all fervor
And you are a fountain of love
Forgive our foolishness and let us feel your kiss
With kindness forever and giving that's endless
Redeem us as only you can

Avinu malkenu chanenu va'aneynu
Avinu malkenu chanenu va'aneynu
Ki eyn banu ma'asim
Aseh imanu tzedakah va-chesed
Aseh imanu tzedakah va-chesed v'hoshianu

Rachamana (Compassionate One)
Rachamana d'anay la'aneeyay anayna (2X)
Rachamana d'anay leetbeeray liba anayna (2X)

May the Compassionate One who cares for the poor -- answer us
(2X)

May the Compassionate One who cares for the broken-hearted--
answer us (2X)

(Praying together) O' Compassionate One, answer us

Have mercy, redeem, deliver, transform and enlighten us now.

Now that we have asked for forgiveness and wholeness for ourselves
and others, we go into the holy of holies,
Into a state of At-One-Ment in sacred time and space.

A Song and Prayer:

**One thing I ask, I ask of you, I ask it with all of my heart (2X)
That I may dwell in your house all the days of my life
Beholding the beauty, the beauty of Yah and to be in that holy
place (2X)**

Our creed: the declaration of our Unity with God, with Being itself

Shema Yisrael Adonai Elohaynu Adonai Echad

Listen you who wrestles with God,

The Lord your God is the oneness of everything and everyone

Baruch shem k'vod Malchuto l'olam va-ed

Baruch shem k'vod Malchuto l'olam va-ed

**Blessed is the Name of the Glory
Of Your Majesty that goes on and on
Forever, and forever and forever
And don't you know
That's a long, long, long, long time**

For Remembrance and Comfort

Nachamu, Nachamu Ami

Nachamu, Nachamu Ami

Nachamu, Nachamu, Nachamu, Nachamu Ami

Eyn Od (There is nothing but God)

Eyn od milvado

Eyn od milvado

Ha Shem hu ha Elohim

Closing Benediction