

## אנא ב'כוּח - Ana B'-Choach

### R. Nechunya Ben Ha-Kana

#### About the Piyut

Ana B'-Choach is a short poem full of symbolism that represents the passage from one state to another. It is attributed to the first-century sage Rabbi Nechunyah Ben HaKana. Made up of seven verses corresponding to the seven days of the week, the initials of each of the seven verses form Divine names. These seven passages also correspond to the seven emotional *sefiros* through which, according to Kabbalistic beliefs, the Divine energy sustains and nourishes us. Ana B'Koach represents the seven *sefiros* and, for this reason, is recited in prayers wherever person praying is moving from one state to another, such as when going to sleep.

#### Hebrew Text

<i>Ana b'-choach g'dulat y'mincha tatir tz'rura</i>	אֲנָא בְּכַח גְּדֻלַּת יְמִינְךָ תִּתִּיר צְרוּרָה
<i>Kabel rinat amcha sagveinu t'hareinu nora</i>	קִבַּל רִנַּת עַמְּךָ שְׂגַבְנוּ טְהַרְנוּ נוֹרָא
<i>Na gibor dorshei yichud'cha k'b'vat shomrem</i>	נָא גִבּוֹר דּוֹרְשֵׁי יִחְדְּךָ כְּבַבַּת שְׁמֵרֵם
<i>Barchem taharem rachamei tzid'katcha tamid gomlem</i>	בְּרַכֶּם טְהַרֵם רַחֲמֵי צְדִקְתְּךָ תָּמִיד גִּמְלֵם
<i>Chasin kadosh b'rov tuv'cha nahel adatecha</i>	חֲסִין קְדוֹשׁ בְּרֹב טוֹבְךָ נַהֵל אֲדַתְּךָ
<i>Yachid ge'eh l'-amcha p'neh zoch'rey k'dushatech</i>	יַחֲדִיד גֵּאָה לְעַמְּךָ פְּנֵה זֹכְרֵי קְדוּשַׁתְּךָ
<i>Shav'ateynu kabel u-sh'ma tzakateinu yode'a ta'alumot</i>	שׁוּעַתְנוּ קִבַּל וּשְׁמַע צַעֲקַתְנוּ יוֹדַע תַּעֲלוּמוֹת
<i>Baruch shem k'vod malchuto l'olam va'ed</i>	בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֵד

#### English Translation

If You would, with the power of Your mighty hand, undo the knot that ties us up.  
 You who are revered, accept the prayers of Your people, raise us up, cleanse us.  
 Almighty, guard, if you would, as the apple of Your eye those who seek Your unity.  
 Bless them, cleanse them, have compassion on them, always act justly toward them.  
 Mighty, Holy One, in Your abundant goodness, guide Your people.  
 Alone exalted, turn to the people invoking Your holiness.  
 Listen to our please, hear our cries, knowing the hidden depths within us.