PRAISED BE YOUR NAME
ברוך שם ים רחום.
The mystic Isaac Luria (1534–1574, Safed) recommended that this prayer be recited before the open ark. It appears in printed editions of the Zohar (I:206a), where the passage that appears in the left-hand column of the facing page serves as an introduction, but it is not found in earlier manuscripts. One manuscript attributes it to the writings of Moses Nahmanides (1194–1270, Spain).
Although its provenance is disputed, it has been cherished by many rites.

ברוךسم יהודיקו יִרְדָּמָא, יִרְדָּמָא יִרְדָּמָא, יִרְדָּמָא יִרְדָּמָא.

בְּרֶהֶם יִשְׁמָא, יִשְׁמָא יִשְׁמָא, יִשְׁמָא יִשְׁמָא.

לָא על עַבֵּשׁ, לָא על עַבֵּשׁ, לָא על עַבֵּשׁ.

לָא על עַבֵּשׁ, לָא על עַבֵּשׁ, לָא על עַבֵּשׁ.