回归洁净话语

祢丽岸，MIRIAM，מרים 1/2020

https://www.youtube.com/watch?v=BM9EIbHRSh0 在平安中来吧！
boi beshalom - בשלום בואי
来吧在平安Boi b'shalom בשלום בואי；戴上王冠Ateret עטרת；
她的新郎baalah בעלה；来吧，新娘boi kala כלה בואי
这是一首优美的希伯来婚礼歌曲，仿佛天上的天使
在呼唤等待了6千年的新娘，勇敢地站出来，为将要
来临的君王，戴上荣耀的冠冕。

回归洁净话语
第二步，吟唱妥拉

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第一多听的部分：吟唱妥拉第一、二句
第二早晚一遍部分：抄写妥拉第一、二句
第三知道就行部分：吟唱的调和符号

千万不能把第一周的丢掉，而是减低重复频率。

第一多听的部分
吟唱妥拉第一、二句：

https://youtu.be/-Cs-wf4L6Kg

https://www.chabad.org/library/howto/trainer_cdo/aid/177120
8/jewish/Learn-to-Read-Torah-and-Haftarah-With-Trope-
Audio.htm#!32494/1351/32818/32883/v162

א בְּרֵאשִׁית בָּרָא אֱלֹהִים אֵת הַשָּׁמַיִם וְאֵת הָאָרֶץ:

ב וְהָאָרֶץ הָיְתָה תֹהוּ וָבֹהוּ וְחֹשֶׁךְ עַל־פְּנֵי תְהוֹם וְרוּחַ אֱלֹהִים מְרַחֶפֶת עַל־פְּנֵי הַמָּיִם:

	776 [e]	853 [e]	8064 [e]	853 [e]	430 [e]	1254 [e]	7225 [e]
	hā·’ā·reṣ.	wə·’êṯ	haš·šā·ma·yim	’êṯ	’ĕ·lō·hîm;	bā·rā	bə·rê·šîṯ
	הָאָרֶץ:	וְאֵת	הַשָּׁמַיִם	אֵת	אֱלֹהִים	בָּרָא	בְּרֵאשִׁית
	the earth	and	the heavens	-	God	created	In the beginning
8415 [e]	6440 [e]	5921 [e]	2822 [e]	922 [e]	8414 [e]	1961 [e]	776 [e]
tə·hō·wm;	pə·nê	‘al-	wə·hō·šek	wā·ḇō·hū,	tō·hū	hā·yə·ṯāh	wə·hā·’ā·reṣ,
תְהוֹם	פְּנֵי	עַל-	וְחֹשֶׁךְ	וָבֹהוּ	תֹהוּ	הָיְתָה	וְהָאָרֶץ
of the deep	the face	[was] over	and darkness	and void	formless	was	And the earth
4325 [e]	6440 [e]	5921 [e]	7363 [e]			430 [e]	7307 [e]
ham·mā·yim	pə·nê	‘al-	mə·ra·ḥe·p̄eṯ			’ĕ·lō·hîm,	wə·rū·ah
הַמָּיִם:	פְּנֵי	עַל-	מְרַחֶפֶת			אֱלֹהִים	וְרוּחַ
of the waters	the face	over	was hovering			of God	And the Spirit
	216 [e]	1961 [e]	216 [e]	1961 [e]	430 [e]	559 [e]	
	’ō·wr.	way·hî-	’ō·wr;	yə·hî	’ĕ·lō·hîm	way·yō·mer	
	אוֹר:	וַיְהִי-	אוֹר	יְהִי	אֱלֹהִים	וַיֹּאמֶר	
	light	and there was	light	let there be	God	And said	
	2896 [e]	3588 [e]	216 [e]	853 [e]	430 [e]	7200 [e]	
	ṭō·wb;	kî-	hā·’ō·wr	’eṯ-	’ĕ·lō·hîm	way·yar	
	טוֹב	כִּי-	הָאוֹר	אֶת-	אֱלֹהִים	וַיַּרְא	
	[it was] good	that	the light	-	God	And saw	
	2822 [e]	996 [e]	216 [e]	996 [e]	430 [e]	914 [e]	
	ha·ḥō·šek.	ū·ḇên	hā·’ō·wr	bên	’ĕ·lō·hîm,	way·yaḇ·dêl	
	הַחֹשֶׁךְ:	וּבֵין	הָאוֹר	בֵּין	אֱלֹהִים	וַיַּבְדֵּל	
	the darkness	and between	the light	between	God	and divided	

第二必须写一遍的部分，每天至少写两遍，
https://biblehub.com/interlinear/genesis/1.htm

776 [e]	853 [e]	8064 [e]	853 [e]	430 [e]	1254 [e]	7225 [e]
hā·'ā·reṣ.	wə·'êṯ	haš·šā·ma·yim	'êṯ	'ĕ·lō·hîm;	bā·rā	bə·rê·šîṯ
הָאָֽרֶץ׃	וְאֵת	הַשָּׁמַיִם	אֵת	אֱלֹהִים	בָּרָא	בְּרֵאשִׁית 1
the earth	and	the heavens	-	God	created	In the beginning
Art | N-fs	Conj-w | DirObjM	Art | N-mp	DirObjM	N-mp	V-Qal-Perf-3ms	Prep-b | N-fs

6440 [e]	5921 [e]	2822 [e]	922 [e]	8414 [e]	1961 [e]	776 [e]
pə·nê	'al-	wə·ḥō·šeḵ	wā·ḇō·hū,	tō·hū	hā·yə·tāh	wə·hā·'ā·reṣ,
פְּנֵי	עַל־	וְחֹשֶׁךְ	וָבֹהוּ	תֹהוּ	הָיְתָה	וְהָאָרֶץ 2
the face	[was] over	and darkness	and void	formless	was	And the earth
N-cpc	Prep	Conj-w | N-ms	Conj-w | N-ms	N-ms	V-Qal-Perf-3fs	Conj-w, Art | N-fs

4325 [e]	6440 [e]	5921 [e]	7363 [e]	430 [e]	7307 [e]	8415 [e]
ham·mā·yim.	pə·nê	'al-	mə·ra·ḥe·p̄eṯ	'ĕ·lō·hîm,	wə·rū·aḥ	tə·hō·wm;
הַמָּיִם׃	פְּנֵי	עַל־	מְרַחֶפֶת	אֱלֹהִים	וְרוּחַ	תְהוֹם
of the waters	the face	over	was hovering	of God	And the Spirit	of the deep

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第三知道就行，
唱调学习，32分钟
https://youtu.be/qhLVv8cCPyo