

Lyrics, Levav Chochmah:

Adam la'hevel damah, damah

Ya'mav k'tzel oveir, oveir

V'yashov he'afar al ha'aretz

V'ha'ruach tashuv el-ha'elohim

Limnot, limnot ya'meinu

Ken, ken hoda

Limnot, limnot yameinu

Ken hoda, v'navi levav chochmah

We are a breath

We are a shadow

Our lives are a moment

It's fast then its slow

In sun on skin

In moon on night

I know you're a part of me

A part of this earth

Hello to you everywhere

each death and each birth

In sun on skin

In moon on night

Hebrew text and translation:

Psalm 144: 4

אָדָם לְהִבָּרַךְ דְּמָה לְמִיּוֹ כְּצֶל עוֹבֵר:

Kohelet 12:7

אֲשֶׁר נִתְּנָה: וְהָרוּחַ תָּשׁוּב אֶל־הָאֱלֹהִים כְּשֶׁהִגָּה וְיִשָּׁב הָעָפָר עַל־הָאָרֶץ

Psalm 90:12

לְמִנּוֹת גְּמִינוּ כִּן הוֹדַע אֲנִיבֵא לִבִּי חֲכָמָה:

A human is like a breath; her days are like a passing shadow.

The dust returns to the earth and the spirit returns to God.

Teach us to number our days, that we may get a heart of wisdom.