The Shema-Hear oh Israel [Deut.6:4-8]

v'dibarta bam וִדבַּרתַ בַּם and you shall speak of them

b'shivt'kha b'veitekha בִּשָׁבִתִּךְ בִּבֵיתַךְ when you sit at home

uv'lekht'kha vaderekh וּבְלֶכִתִּךְ בַדָּרֵךְ

and when you walk along the way

uv'shakhb'kha uv'kumekha וּבְשָׁכְבָּךְ וּבְקוּמָךְ and when you lie down and when you rise up.

Uk'shartam l'ot al yadekha. וּקשַׁרְתַּם לְאוֹת עַל יַדַךְּ

And you shall bind them as a sign on your hand

v'hayu l'totafot bein einekha. וָהַיוּ לְטֹטֻפֹת בֵּין עֵינַידְ and they shall be for totafot between your eyes

Ukhtavtam

וּכְתַבְתָּם And you shall write them

עַל מִזָזוֹת בֵּיתָך וּבִשְׁעַרִיך

al m'zuzot beitekha uvish'arekha on the doorposts of your house and on your gates

v'dibarta bam וְדַבַּרְתַּ בַּם and you shall speak of them

b'shivt'kha b'veitekha בִּשָׁבִתִּךְ בִּבֵיתַךְ

when you sit at home

uv'lekht'kha vaderekh וּבָלֵכָתִּךְ בַדְּרֵךְ and when you walk along the way

uv'shakhb'kha uv'kumekha וּבְשַׁכִבָּךְ וּבִקוּמַךְ

and when you lie down and when you rise up.

Uk'shartam l'ot al yadekha. וּקשַׁרְתַּם לְאוֹת עַל יַדְדְּ

And you shall bind them as a sign on your hand

v'hayu l'totafot bein einekha. וָהַיוּ לְטֹטַפֹת בֵּין עֵינַיך and they shall be for totafot between your eyes

Ukhtavtam וּכְתַבְתַּם

And you shall write them

עַל מִזַזוֹת בֵּיתַך וּבְשָׁעַרַיך

al m'zuzot beitekha uvish'arekha on the doorposts of your house and on your gates