

*With a Few Seconds of Effort,
You Can Tear Up Evil Decrees,
Greatly Increase Hashem's Mercy,
and Accomplish an Exceedingly Great Mitzvah*

אָמֵן

The primary kavanah for the word "Amen" in "Amen Yehei Shmei Rabba" is: May it come true that His Name be recognized as great and holy and that His Kingdom be publicized soon and in our days. (Pathway to Prayer)

יְהֵא שְׁמֵיהּ רַבָּא מְבָרַךְ

May His Great Name be blessed

לְעוֹלָם וָעוֹלָמֵי עוֹלָמֵינוּ

forever and for all eternity

The primary intent should be that His Name should be whole and His throne should be whole, that The Holy One, Blessed is He, should eradicate the memory of Amalek, and that His Name should be sanctified in all worlds forever and ever.

(based on Tur, Orach Chaim Ch. 56)

Focusing your eyes on the words "Amen Yehei Shmei Rabba" as you say them is a powerful way to inspire the proper kavannah

לרפואה שלמה: ישראל רפאל בן שרה נשא, חיים ישראל בן חנה צירל

Three Powerful Reasons to Invest Kavannah in Saying:

אָמֵן יְהִי שְׁמֵיהּ רַבָּא

1 עֲנִית "אָמֵן יְהִי שְׁמֵיהּ רַבָּא" הִיא מִצְוָה גְדוּלָה מְאֹד. (משנה ברורה סימן נ"ו ס"א)

Answering "Amen, Yehei Shmei Rabba..." is an exceedingly great mitzvah. (Mishnah Berurah 56:1)

2 בְּזִמְנָא דִּישְׂרָאֵל אֲתִיבוּ בְּקוֹל רַם "אָמֵן יְהִי שְׁמֵיהּ רַבָּא מְבָרַךְ", הַקַּב"ה אֲתַמְלִי רַחֲמִין, וְחַיֵּס עַל כָּלֵא. (זוה"ק פרשת נח)

At the time when Israel calls out in a loud voice, "Amen, Yehei Shmei Rabba..." the Holy One, Blessed is He, becomes filled with compassion, and He has mercy upon all. (Zohar, Parashas Noach)

אמר רבי יהושע בן לוי:
3 כָּל הָעוֹנָה "אָמֵן יְהִי שְׁמֵיהּ רַבָּא מְבָרַךְ" בְּכָל כּוֹחַ, קוֹרְעִין לוֹ גְזֵרֵי דִּינוֹ. (שבת קי"ט ע"ב)
Rabbi Yehoshua ben Levi said: Whoever responds "Amen, Yehei Shmei Rabba..." with all his might, the evil decrees against him will be torn up. (Shabbos 119B)

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A public letter from the Chofetz Chaim



(5674/1914)

... The war that has broken out is truly fearsome, affecting every member of Klal Yisrael both physically and spiritually. There is no doubt Hashem has caused it to happen in order to arouse us to return to him in complete repentance. Therefore we are all obligated to beseech Hashem and pray that He save us.

... It is the duty of each one of us to attend the Beis HaKnesses daily with our children, and to respond, "Amen, Yehei Shmei Rabba..." for, as the Midrash states, in this way countless harsh decrees are annulled each day. It is impossible to fathom the number of salvations that could be brought about for Klal Yisrael if we were to indeed, respond "Amen, Yehei Shmei Rabba..." in unison every day. In this way, thousands of people could be saved from death...

(Michtavei Chofetz Chaim, pp. 167, 169)