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אָדָם קָם מִשְׁנָתוֹ

בְּלִי שִׁיר.

חָכָם נִשְׁכַּח אֶת כָּל מִשְׁנָתוֹ

תוֹהָה וּבוֹהָה

בְּרַחוּבוֹת הָעִיר.

אוֹלֵי מִינְשָׁהוּ יִמְצָא אֶת בֵּיתוֹ

אוֹלֵי מִינְשָׁהוּ יִזְכֵּר:

הֲלוֹא רַק לְפָנֵי שָׁנִים אֶחָדוֹת

הָיִיתָ צָעִיר.

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A person rises from his sleep
poemless.

A sage who forgot all his teachings
wanders dumbfounded
through the city streets.

Maybe someone will find his house
maybe someone will remind him:

It was but a few years ago, was it not,
that you were young.

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רַק מְדַרְגָּה אַחַת.
לֹא תִפְּלִי לְעֶמְקָא.
אֲדַמָּה קִשָּׁה
לְלֹא חֶסֶד נֶשֶׁל תְּהוּם

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Just one step.

You will not fall into the depths.

Hard earth

with no mercy of the abyss

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