

Rabbi Jill Zimmerman

Grateful

Your Gratitude Workbook



PATH
WITH HEART
community

Find A Bit Of Good

I'm delighted you have downloaded this workbook! I hope that you use it both as a resource and as a workbook so that gratitude becomes part of your everyday life.

This workbook got its name from the profound teaching of Hasidic master Rebbe (Rabbi) Nachman of Bratslav. He taught the transformative power of finding just "a little bit of good" in others as well as in our own selves. **Once you begin, gratitude grows.**

When we search for the good, even the tiniest amounts, we lift ourselves up, and as we do, we increase our ability to see others and ourselves through a positive lens.

Nachman taught:

“Know that you need to judge each person on the side of merit. Even one who is completely bad, you need to seek out and to find within that person some small bit of good....And you must also do in regards to yourself... That should be enough...to bring you back to joy... By seeking out and finding within yourself a bit of good, you bring yourself to the side of merit and effect real change in yourself...”

~ REBBE NACHMAN OF BRATZLAV¹

Rebbe Nachman was way ahead of his time. Today, there are hundreds of scientific studies on gratitude that show how grateful people are healthier, happier and more resilient.

“If the only prayer you say in your whole life is “thank you,” that would suffice.

grateful

- MEISTER ECKHART

Gratitude researchers² write about “negativity bias.” We human beings pay more attention to what is not working in order to ferret out danger. While this surely kept us safe in prehistoric times, or perhaps even in our own families as children, we now know that keeping the good prominent in our consciousness contributes to our wellbeing.

Researchers have shown that when you engage in a regular gratitude practice, you can actually alter the wiring of your brain.³

**Please see [References](#) section for end notes with links to all resources mentioned.*

For some of you, gratitude comes easily. Yet for others, noticing the good is elusive.

If you are one of those people who draws a blank when asked “what are you grateful for” there is hope.

Gratitude is a practice and can be learned.

You get good at gratitude by noticing what is working – whether it is the simple beauty around you or infusing your day with moments of appreciation.

Spiritual practices are intentional and regular. The goal is to practice and cultivate positive states of mind. When we do so regularly, we get better at it.

How to use this book

I suggest you read the whole book through, and then pick a few practices that you would like to incorporate into your day. Print out the [back pages](#) of the workbook to use in your daily gratitude practice. Explore your creativity by coloring the illustrations. Then come on over to the [Path With Heart Facebook group](#) to share your experiences with others who are on the same path.

— RABBI JILL

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Waking Up in the Morning

Beginnings are important. How you wake up in the morning can set the tone for the entire day to come. The first thing we are supposed to do upon opening our eyes in the morning, in traditional Jewish spiritual practice, is to say: Thank You.

The first words on our lips should be:

Grateful am I: *Modah/Modeh Ani*

(*Modah* is the feminine form and *Modeh* is the masculine.)

Before you pick up your phone to check social media or the news or get out of bed, take a moment to notice a few things for which you are grateful. Upon waking, one's attention may be called to all the aches and pain; notice what's *not* hurting or a positive thought about your body.

In the traditional *Modah/Modeh Ani* prayer, we acknowledge that we are physical beings with souls, and appreciate that our souls have been “returned” to us after the night.

Modah/Modeh Ani - Grateful Am I

*Modeh/Modah ani l'fanecha melech/ruach chai
v'kayam sh'hechezarta bi nishmati b'chemla
rabah emunatecha*

מוֹדָה/מוֹדֵה אֲנִי לְפָנֶיךָ
מֶלֶךְ/רוּחַ חַי וְקַיָּם
שֶׁהַחֲזַרְתָּ בִּי הַנְּשָׁמָתִי
בְּחֶמְלָה רַבָּה אֶמְוִנְתְּךָ

*Thankful am I before you,
Living and enduring Great Mystery/Spirit,
for you have returned to me
the embodiment of my soul
with compassion. So great is your faith.*⁴

“Our goal should be to live life in radical amazement.get up in the morning and look at the world in a way that takes nothing for granted. Everything is phenomenal; everything is incredible; never treat life casually. To be spiritual is to be amazed.

~ RABBI ABRAHAM JOSHUA HESCHEL⁵



Extending Your Morning Gratitude

You might ask these questions each morning:

- What is working in your body?
- What is in your immediate experience or line of sight for which you are grateful? (the rain, the sun, your cat, your partner...)
- For whom are you grateful?

For more Morning Blessings and a place to write to these questions, see the [Blessings Section](#) in the back of this workbook.

Going To Bed At Night

Before going to sleep at night, think of three things for which you are grateful. Try to think of new ones each evening. They can be small: your ability to breathe, the roof over your head, your pet, a funny video that caused you to laugh...

A dedicated Gratitude Journal is fantastic because when you challenge yourself to think of three new good things each night, over time, you can experience the breadth and depth of your gratitude.

Use the [space in the back of this book](#) to write your gratitudes each night for the next week.

“Sometimes I need only to stand wherever I am to be blessed.

~ MARY OLIVER



Throughout Your Day

Noticing blessings is an antidote to despair. To be alive today is to know that there is enormous suffering all around. However, in the darkest night, a pinprick of light has the power to illuminate.

100 Blessings

What would your life be like if 100 times a day, you said “thank you.”

Rabbi Meir teaches in the Talmud that we should say 100 blessings each day which would mean we should notice something to be grateful for, pause, and say a thank you.

“Rabbi Meir said in the Talmud: ‘A person is obliged to recite 100 blessings every day as it is said, ‘What does the Lord your God ask of you?’ (Deut. 10:12). Instead of “ma” (what?), read it as “mea” (the number 100).’⁶

If you prayed three times a day in a traditional Jewish framework, you would automatically be saying 100 blessings a day. In fact, the Jewish prayer service is a waterfall of blessings. For those whose practice doesn't include praying three times a day, you can still challenge yourself to say Thank You 100 times a day.

At the end of this workbook, you will find [Your 100 Blessings Workbook](#) so you can write down 100 things or people you are grateful for. Even if it takes you days or weeks to complete, it will serve as a reminder forever.

Blessings/Brachot

In Judaism, we acknowledge gratitude by saying a blessing which begin with these six Hebrew words: *Baruch Ata Adonai Eloheinu Melech HaOlam* (Holy One of Blessing, Your Presence fills Creation...) followed by the object of your gratitude (for bringing us to this moment in time).

There is a blessing for everything and reciting blessings encourages us to pay attention, and live life a bit more slowly. We have to notice, pause, and acknowledge. Blessing practice helps keep us in the present moment.

The source of all Jewish blessings is this verse in Deuteronomy:

וְאָכַלְתָּ וְשָׂבַעְתָּ וּבֵרַכְתָּ אֶת־יְהוָה
אֱלֹהֶיךָ עַל־הָאָרֶץ הַטֹּבָה אֲשֶׁר נָתַן־לְךָ:

*And you will eat and be satisfied, and bless God for the good land you have been given.*⁷

It calls us to bless, after we realize that we are satisfied. The rabbis then extended this idea by reasoning – if we are supposed to bless after we are satisfied, should we not also bless before or in the moment? Thus began the multitude of blessings.

In fact, each Jewish prayer service is like a waterfall of blessings. Each blessing calls us to breathe into each unique aspect of creation.

“Jewish tradition teaches that the simple action of a brakha/blessing has a cosmic effect, for a brakha causes shefa, the ‘abundant flow’ of God’s love and goodness, to pour into the world. Like a hand on the faucet, each brakha turns on the tap.

~ RABBI MARCIA PRAGER⁸

There are endless ways to bring blessings into your life:

Go for a walk and notice all the miracles and beauty. Say thank you for fragrant blossoms, butterflies and how day moves into night.

Before you sit down to eat, pause for a moment and think about all the people that were involved in getting that food to your plate - from the people who planted the seeds, to those that drove the trucks, to the people who cooked it.

At the end of this workbook, you will find [Gratitude Blessings](#) for waking up in the morning, special moments, noticing awesome sights and for eating. You can print it out and keep by your nightstand or put in your wallet.

Collecting Good Memories

The Hebrew term for gratitude is *hakarat hatov*, which means “noticing the good.” Practicing gratitude means recognizing the good that you already possess so that you are primed to notice what good comes your way.

Find a few key memories that bring you joy, and for which you are grateful. These stories can be touchstones for you to help bring you back to gratitude when you are not feeling it.

My teacher Rabbi Lawrence Kushner shared that some days he wakes up sad. He doesn't exactly know why but it happens.

So while laying in his bed, he calls to mind each grandchild, and a specific memory about them that fills him with joy.

One example is the time his granddaughter squealed in delight at a theme park ride they took her to. Another was his grandson who he let win at checkers and was absolutely gleeful that he won.

Brain science shows that it's important to “hold” the positive in your mind for 15-20 seconds to allow it to sink in and build a base of the good. It is called “savoring.”

What are two memories that are guaranteed to fill you with joy or gratitude? There is space in the back of this workbook to write them.

Gratitude Jar

An alternative to making a list of 100 blessings or writing in a journal is to create a Gratitude Jar.

Directions: Cut up index cards or make slips of paper. Write on each one of the things or people for which you are thankful and fold them up and place in a jar you have chosen. Make sure to add people who have done kindnesses for you.

You can write them in groups or one at a time each day. When you are feeling discouraged or as part of your morning practice, take one of the gratitudes out. Read it, breathe it in and savor it. Let it fill you up with the good.

“One who crosses the sea and survives a storm thanks God. Why not thank God when there is no storm? One who survives an illness thanks God. Why not one who escapes illness altogether?

~ THE RADZIMINER REBBE

Reach Out To Someone Who Has Made A Difference In Your Life

Sometimes people make an impact on us and they never even know. Gratitude researchers tell us that connecting with those who have made a specific difference in our life is one of the most enduring gratitude practices you can do.

Think about someone in your life for whom you are grateful either past or present. It could be a teacher who believed in you or a neighbor who always has a smile for you in the morning or a friend who helped you through a hard time.

Write a letter to them or call them. Not only will this make you feel good but the effect this has on the person you call or write is phenomenal.

Who would you write to or call, and why?

Use the space provided in the [Workbook Section](#) to write about your person.

Gratitude Poetry

Read poetry for inspiration. Here are a few poems to start with.

Untitled

Now that I am
Not Young
Not Even
Middle Aged
Now that I am
Sort of old
I can't even say
Old without
An adjective or two
Not yet now that I am
somehow supposed to be
contemplating
considering
being honest about what matters
kindness is right up there
what does it mean
to be kind, open-hearted
to be right there
when your friend, when a stranger
when someone else
in big circumstances or small
when someone needs
another person
right there
just right there.

~ ESTHER COHEN¹⁰

“Gratitude is rooted in remembrance. Therefore we must make a conscious effort to recall how others have helped us; if we don’t do this, we will forget...As a corrective against forgetting, try each day to remember at least one favor or kindness extended to you.

~ RABBI JOSEPH TELUSHKIN⁹

Untitled

Some people make lists
what they did what they’ll do
listing intentions
some people know exactly what they
want when they shop.
I have been collecting
strangers lists for years.
Sometimes they leave them
in their shopping carts.
A person once wrote
milk eggs orange juice
divorce. Maybe this year I’ll
write a list. Not of intentions
Just a few good words.

~ ESTHER COHEN

Untitled

a day
will come
when i cry once again

in the meantime
i will leak
ink

at the eyes
fingers
soul
heart

on this night
that and i am
incomplete
in complete
and just
Enough

~ DEVON SPIER¹¹



Morning Prayer

*Some days I say good morning
while the hose splashes into the kiddie
pool*

and the cat sniffs curiously at its curls

*my lightest tallit
a sweep of blue silk
across bare shoulders*

*Blessed are You
Who straightens the bent, I sing
as I reach for the heavens*

*and blessed is the One
Who speaks creation into being,
walking across a patch of wild thyme*

*the mosquitoes want to rejoice in me
so I swish my tzitzit
inscribing letters on the air*

*then swirl my tallit off
like a bullfighter's cloak
blue rippling around my fingers*

*it's time to go inside
I turn off the faucet
but Your abundance keeps flowing*

~ RABBI RACHEL BARENBLAT¹²



Gratitude Inspiration

For a wonderful and hysterically funny example of how gratitude makes a difference at any age, Selma Baraz shares how her son, James Baraz, “ruined” her life when she took his course on how to be more grateful.

[Confessions of a Jewish Mother:
How My Son Ruined My Life!](https://youtu.be/FRbL46mWx9w)
[Selma Baraz](#)

<https://youtu.be/FRbL46mWx9w>



Music

Music can be not only a source of solace and joy, but a reminder of gratitude.

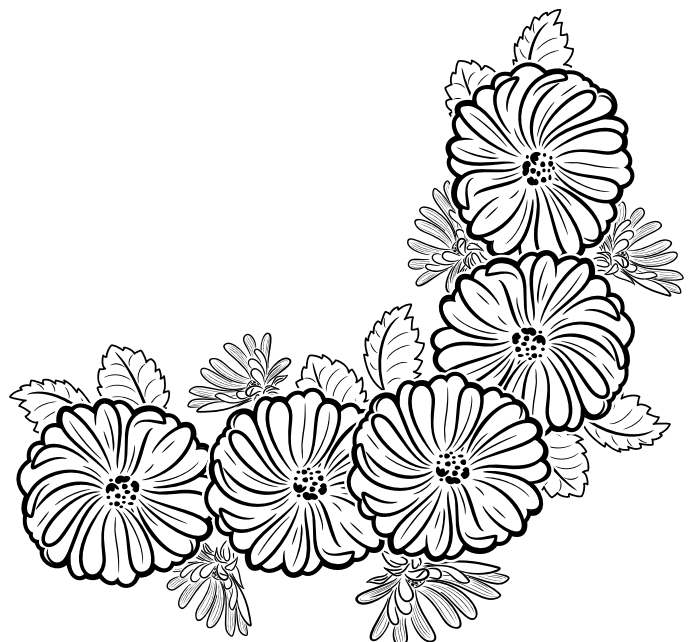
Rebbe Nachman links the idea of “finding good” to music. Nachman believed that the world and human beings express themselves best through song. *Niggunim* are songs without words.

“...Then you’ll be able to seek out and gather more points of goodness, and from these are made *niggunim*, a process of collecting your own good spirit from the realm of darkness and depression.

*The principle here is that a holy melody is very powerful, and the *niggun* is created by clarifying the good from the evil, the positive from the negative, and by clarifying and gathering the points of good from within the negative—from this comes *niggunim* and holy songs.*

And by not allowing yourself to fall, and enlivening yourself by finding the good within yourself, gathering it and clarifying it out of all that is negative, thus you can come to a place of prayer, thus you are able to sing and to praise.

~ LIKKUTEI MOHARA'N 282¹³



I am excited to share several pieces on gratitude by some of my favorite musicians. Please consider purchasing their work. Talented artists have been impacted by the pandemic, as their touring schedule has been severely curtailed.

Daniel Cainer¹⁴ and Chava Mirel¹⁵

These two pieces by award-winning composer Daniel Cainer and internationally loved singer-songwriter Chava Mirel express the beauty and fullness of being thankful. In another example of finding the good amongst all that is difficult, Daniel, who lives in London and Chava, who lives in Seattle, have been virtually collaborating during the pandemic.

Grateful

<https://vimeo.com/showcase/7282223/video/417675577>

How We Are Blessed

<https://vimeo.com/showcase/7282223/video/426369046>

Four Duets from Daniel Cainer and Chava Mirel

<http://www.four-duets.com/>



Thank You by Naomi Less¹⁶

Songwriter, activist and spiritual leader Naomi Less wrote a song expressing her love and gratitude to her grandmother. You can find the [music video here](#):

<https://youtu.be/-cL28pzWL0c>

Or listen on Spotify.

<https://spoti.fi/3fA0Q37>



I Am Grateful For You

Thank you for downloading this book. I hope you have found it helpful in establishing your gratitude practice or as a gentle encouragement of what you already know.

As Rebbe Nachman taught, “finding a little bit of good” is the place to begin.

Please connect with me on your favorite social media platform. Check out [Hineni](#), the spiritual community I founded and lead, that is focused on how to remain present, balanced and grateful during challenging times.

I would love to hear how you are using this workbook and how the gratitude practices are making a difference in your life. You can join the discussion at our [Path With Heart Facebook group](#)*.

The Blessings pages to follow are optimized for printing, so you can print them out to keep by your bedside, or put in your wallet. Be sure to select “Fit To Page” when printing.

Wishing you peace – shalom – and overflowing blessings.

— RABBI JILL

jewishmindful.org



* www.facebook.com/groups/PathwHeart

Gratitude Worksheets

Morning Gratitude Thoughts

[See Page 4](#)

Ask these questions each morning:

What is working in your body? (notice what is *not* painful or creaky...)

What is in your immediate experience or line of sight for which you are grateful? (the rain, the sun, your cat, your partner...)

For whom are you grateful?

Going To Bed At Night

[See Page 3](#)

Before going to sleep at night, think of three things for which you are grateful.

Collecting Good Memories

[See Page 6](#)

Write about at least two memories that fill you with happiness or joy and for which you are grateful:

Reach Out To Someone

[See Page 7](#)

Write your note here or tell the story of how this person has made a difference in your life.

Your 100 Blessings

[See Page 4](#)

Write down 100 things or people you are grateful for. Even if it takes you days or weeks to complete, it will serve as a reminder forever.

1	11
2	12
3	13
4	14
5	15
6	16
7	17
8	18
9	19
10	20
	21
“A hundred times every day I remind myself that my inner and outer life depends on the labors of other men, living and dead, and that I must exert myself in order to give in the measure as I have received and am still receiving. ~ ALBERT EINSTEIN	22
	23
	24
	25
	26
	27

100 Blessings (continued)

28 _____

29 _____

30 _____

31 _____

32 _____

33 _____

“Instructions for living a life. Pay attention. Be astonished. Tell about it.

~ MARY OLIVER

34 _____

35 _____

36 _____

37 _____

38 _____

39 _____

40 _____

41 _____

42 _____

43 _____

44 _____

45 _____

46 _____

47 _____

48 _____

49 _____

50 _____

51 _____

52 _____

53 _____

54 _____

55 _____

56 _____

57 _____

58 _____

59 _____

60 _____

61 _____

62 _____

63 _____

64 _____

100 Blessings (continued)

65 _____	82 _____
66 _____	83 _____
67 _____	84 _____
68 _____	85 _____
69 _____	86 _____
70 _____	87 _____
71 _____	88 _____
72 _____	89 _____
73 _____	90 _____
74 _____	91 _____
“There are hundreds of ways to kneel and kiss the ground. ~ RUMI	92 _____
	93 _____
	94 _____
	95 _____
75 _____	96 _____
76 _____	97 _____
77 _____	98 _____
78 _____	99 _____
79 _____	100 _____
80 _____	
81 _____	

Gratitude Blessings

Saying these blessings counts toward your 100 blessings a day. Keep these by your nightstand or put in your wallet.

Waking Up In The Morning

Each blessing begins with these words:

Holy One of Blessing, Your Presence Fills Creation, who ...

ברוך אתה יי אלהינו מלך העולם

*Baruch ata adonai, eloheinu melech/ruach
ha'olam...*

Each blessing concludes with the object you are blessing:

— On hearing the rooster crow (alarm clock):

*Ha noten lasekhvi vi'na l'hav'chin bein yom
u'vein lailah / gives the heart the wisdom to
distinguish between day and night.*

הנותן לשכני בינה להבחין בין יום ולילה

— On rubbing the eyes:

Poke'ach Ivrim / opens the eyes

פוקח עינים

— On sitting up in bed, aware and alive:

Mattir Assurim / frees the captives

מתיר אסורים

— Getting out of bed:

*Ha-Mekhin Mitzadei Gaver /strengthens my
steps*

המכין מצעדי גבר

— On getting dressed:

Malbish Arumim / clothes the naked

מלביש ערומים

— On regaining our strength:

*Ha'noten la'yaef koach / strengthens the
weary*

הנותן לייעף כח

— On straightening up our body:

Zokef k'fu'fim / strengthens my body

זוקף כפופים

— On putting on one's shoes:

*She-asah li kol zorkhi /provides me with all
my needs*

שעשה לי כל צרכי

“...We walk sightless among miracles. Adonai, fill our eyes with seeing and our minds with knowing; let there be moments when Your Presence, like lightning, illumines the darkness in which we walk.

~ RABBI CHAIM STERN

AWE

On seeing the awesome wonders of nature: butterflies, stars at night, lightning, mountains, hills, deserts, seas, rivers...

Blessed are You, Adonai our God, Sovereign of the Universe, who makes the marvels of creation.

*Baruch atah Adonai Eloheinu melech ha'olam
oseh ma'aseh vereishit*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
עוֹשֶׂה מַעֲשֵׂה בְּרֵאשִׁית

Upon Experiencing an Exceptional Joy, or Deliverance

Holy One of blessing, Your presence fills creation, You make wonders for me in this place.

*Baruch Ata Adonai, Eloheynu Melech Ha-
olam, she'asah li nes ba'makom hazeh.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
נִשְׁעָשָׂה לִי נֶס בַּמָּקוֹם הַזֶּה

The ocean

Holy One of blessing, Your presence fills creation, You create the life-giving waters of the sea..

*Baruch atah Adonai Eloheinu melech ha'olam
she asah et hayam hagadol.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁעָשָׂה אֶת הַיָּם הַגָּדוֹל

For smelling fragrant flowers and herbs

Blessed are You, Adonai our God, Sovereign of the Universe, creator of all kinds of smells.

*Baruch atah Adonai Eloheinu melech ha'olam
isvei vesamim*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא עֵשֶׂב בְּשָׂמִים

Trees

Blessed are You, Adonai our God, Sovereign of the Universe, whose world lacks nothing, and created in it good creatures and good trees for human beings to enjoy.

Baruch atah Adonai Elohaynu Melech haOlam shelo hisar b'olamo k'lum, u'vara vo briot tovot v'ilanot tovot leihanot bahem b'nei Adam

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׁלֹא
חָסַר בְּעוֹלָמוֹ כְּלוּם, וּבָרָא בּוֹ בְּרִיּוֹת
טוֹבוֹת וְאֵילָנוֹת טוֹבוֹת לְהֵנוֹת בְּהֵן בְּנֵי
אָדָם

A rainbow

Blessed are You, Adonai our God, Sovereign of the Universe, who remembers the covenant and is faithful to it, and keeps promises.

Baruch atah Adonai Eloheinu melech ha'olam zocher habrit v'ne'eman bivrito v'kayam b'ma'amaro.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
זֹכֵר הַבְּרִית, וְנֶאֱמַן בְּבְרִיתוֹ וְקַיָּם
בְּמַאֲמָרוֹ

Thunder or earthquakes

Blessed are You, Adonai our God, Sovereign of the Universe, whose strength and might fill the universe.

Baruch atah Adonai Eloheinu melech ha'olam shekocho u'gevurato malei olam

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שִׁכּוֹחוֹ וְגִבּוֹרָתוֹ מְלֵא עוֹלָם

Moments

First moments, New Beginnings:
Shehechyanu

Holy One of blessing, Your presence fills creation, You have kept us alive, You have sustained us and have enabled us to reach this season.

Baruch atah Adonai Eloheinu melech ha'olam, shehecheyanu, v'kiyamanu, v'higiyany lazman hazeh.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהַחַיָּנוּ וְקִיָּמָנוּ וְהִגִּיעָנוּ לַזְמַן הַזֶּה

Seeing a friend for the 1st time after a year:

Holy One of Blessing, thank you for “reviving the dead.”

Baruch Ata Adonai, Eloheinu Melech HaOlam, mehayeh ha'metim.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מְחַיֶּה
הַמֵּתִים

Hearing Good News that benefits others and yourself:

Holy One of blessing, Your presence fills creation, You are the source of all that is good.

*Baruch Ata Adonai, Eloheynu Melech
Ha-olam, ha-tov ve-hamaytiv.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַטוֹב וְהַמַּיְטִיב

Acknowledging Sublime or Mysterious Events

Holy One of blessing, Your presence fills creation, You are the wise one of secrets.

*Baruch Ata Adonai, Eloheinu Melech
Ha-olam, chacham harazim.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַחֹכֵם
הַרְזִים

For Healing:

Blessed are You, God, who heals all flesh and performs wonders.

*Baruch ata adonai, rofeh kol basar u'mafli
la'asot.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת

For Surviving a Life Threatening Situation or Illness:

*Barukh ata Adonai Eloheinu, melek ha'olam,
hagomel lahayavim tovot, sheg'molani kol tov.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַגּוֹמֵל לַחַיִּים טוֹבוֹת שְׂגָמְלָנִי כָּל טוֹב

Gratitude for Food

Before a meal:

We praise You, Eternal One, Sovereign God of the universe, You cause bread to come forth from the earth.

*Baruch ata Adonai, Eloheinu mehlech
ha-olam, hamotzi lechem min ha'aretz.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

After a meal:

Holy One of Blessing, Sustainer of all there is.

Baruch Ata Adonai, Hazan et Ha-kol.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַזֶּן
אֶת-הַכֹּל

Fruits and vegetables from the ground

Blessed are You, Adonai our God,
Sovereign of the Universe, who creates the
fruit of the tree.

*Baruch atah Adonai Eloheinu melech ha'olam
borei pri ha'adamah*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא
פְּרֵי הָאֲדָמָה

Fruit from a tree

Blessed are You, Adonai our God,
Sovereign of the Universe, who creates the
fruit of the tree.

*Baruch atah Adonai Eloheinu melech ha'olam
borei pri ha'etz*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא
פְּרֵי הָעֵץ

Water and all other food and drink

Blessed are You, Adonai our God,
Sovereign of the Universe, whose word
causes everything to be.

*Baruch atah Adonai Eloheinu melech ha'olam
she hakol niheyeh bidvaro*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁהַכֹּל נִהְיָה בְּדַבָּרוֹ

Baked goods other than bread

Blessed are You, Adonai our God,
Sovereign of the Universe, who creates all
types of baked goods.

*Baruch atah Adonai Eloheinu melech ha'olam
borei minei mezonot*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא
מִיֵּי מִזְנוֹת



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- 14 Daniel Cainer is a multi-award winning musical storyteller based in London. His music can be found at his website: <http://www.danielcainer.com/>
- 15 Chava Mirel is one of the leading lights of North American Jewish Music from Seattle. You can find her albums at her website: www.chavamirel.com
- 16 For more Naomi Less music, see her Youtube channel: www.youtube.com/naomiless and to book her for events, email: naomiless@gmail.com

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