

100 Blessings a Day...

Bruchah At Shekhinah Eloteinu Ruach haOlam - Blessed are you, Source of Life, You who unfolds creation across time and space, thank you for:

Faces
Smiles
Spouses
Parents
And the sacrifices they made
In-laws
Children
Pets
Grandchildren
Our great grandparents
Those who came before us
The ones who came to America
Family
Community
People who showed up
Our opposable thumbs
The talents we've been given
The ability to help others
Wonderful meals
Connection with friends,
Old and new
Our homes
Fiber broadband
Health
Wellness
Good medical care
The people who keep us healthy
Healing even when a cure isn't possible
Access to water and
Nourishing food in abundance
The miracle of each breath
Sleep
A warm bed
A good novel
Art
Poetry and prose
And the ability to hear music
Hugs
Air travel

Safety
Adventure
New beginnings
Curiosity
Open mindedness
Conscious thought
The opportunity to learn something new, anytime and anywhere
Knowledge
Generosity
Gentleness
Kindness and
A helping hand
The ability to give
And be of service
Love
(and seeing it everywhere)
Peace and
Presence
Sanity
The ability hope
And listen
And cry
And feel happy,
And amazing
To feel anything at all
Making our hearts to be open
Tender
Vulnerable
Forgiveness
Creation
Our collective wisdom
Being silly and blowing bubbles
A child's innocence
Doodles
Our being born into this time and space
The strength to go on
The unexpected event that changes us for the good
Nature
The ability to see colors
Walks in the woods
Dogs in open fields
Kitties
Flowers
Trees

Mountains
The wondrous sky
Sunrises
Sunsets
Ability to walk
Gravity and
Natural laws that order our world
This nourishing tradition of blessings
Judaism
Zoom
IJS
Our Teachers
Kivvun
Each other
And our beautiful light
Today
You