

Recognizing the Good / Hakarat HaTov הכרת הטוב

May we live with the awareness that each day is a miracle and each hour contains wonders.

May we wake up in gratitude and go to sleep in appreciation for all we have been given.

May we seek joy in both the small and great events of our lives, sharing this happiness with others.

And may we always remember to recognize the good in ourselves, in others, and in the world around us.

ברוך אתה יי אלהינו, מֶלֶךְ הָעוֹלָם שֶׁבְּכֹל יוֹם וַיּוֹם מֵיטִיב לָנוּ

Baruch atah Adonai, Eloheinu melech ha-olam, she-bechol yom vayom meitiv lanu.

We acknowledge and praise the Source of Being, present throughout our days, bringing us goodness.

*Aleinu l'shabei-ach laadon hakol,
lateit g'dulah l'yotzeir b'reishit,
shehu asanu k'shomrei haadamah,
v'hu samanu kishlichei haTorah.
Shehu sam chayeinu itam,
v'goraleinu in kol haolam
Vaanachnu kor'im
* umishtachavim umodim,
lifnei Melech malchei ham'lachim
HaKadosh Baruch Hu.*

עֲלֵינוּ לְשַׁבֵּחַ לְאֲדוֹן הַכֹּל,
לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁהוּא עָשָׂנוּ כְּשׁוֹמְרֵי הָאָדָמָה
וְהוּא שָׁמָנוּ כְּשִׁלְחֵי הַתּוֹרָה
שֶׁהוּא שָׂם חַיֵּינוּ אִתָּם
וְגָרְלָנוּ עִם כָּל הָעוֹלָם.
וְאֲנַחְנוּ כּוֹרְעִים
וּמְשִׁתַּחֲוִים וּמוֹדִים,
לִפְנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים,
הַקָּדוֹשׁ בְּרוּךְ הוּא.

LET US NOW PRAISE the Sovereign of the universe, and proclaim the greatness of the Creator who made us guardians of the Earth, and who placed us as messengers of Torah; who placed our lives with theirs, and our fate with all the world. Therefore we bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One.