

“A Hundred Blessings a Day”
Blessings for Daily Life



Food, Smell, Sight and Experiences

Rabbi Michael L. Feshbach

ברכות הנהנין

Birkhot HaNehenin

Blessings over food

On (ritually) washing hands before a meal:

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

Barukh Atta Adonai, Eloheinu Melech HaOlam

Asher Kiddishanu B' mitzvotov, v'tzivanu Al Netilat Yadayim.

Praised are You, Adonai our God, Sovereign of the Universe,
who makes us holy through these *mitzvot*, and commands us
concerning the washing of hands.

Over bread:

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ.

Barukh Atta Adonai, Eloheinu Melech HaOlam, HaMotzi Lechem Min HaAretz

Praised are You, Adonai our God, Sovereign of the Universe,
who brings forth bread from the earth.

For foods other than bread, such as cake or other dessert,
made from wheat, barley, rye, oats or spelt
(The Chocolate Chip Cookie Blessing):

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְנֵי מִזּוֹנוֹת.

Barukh Atta Adonai, Eloheinu Melech HaOlam, Borei Minei Mezonot

Praised are You, Adonai our God, Sovereign of the Universe,
who creates various kinds of baked goods/nourishment.

Over wine:

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

Barukh Atta Adonai, Eloheinu Melech HaOlam, Borei P'ri HaGafen

Praised are You, Adonai our God, Sovereign of the Universe,
who creates the fruit of the vine.

Over fruit which grows on a tree:

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הָעֵץ.

Barukh Atta Adonai, Eloheinu Melech HaOlam, Borei P'ri HaEitz.

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

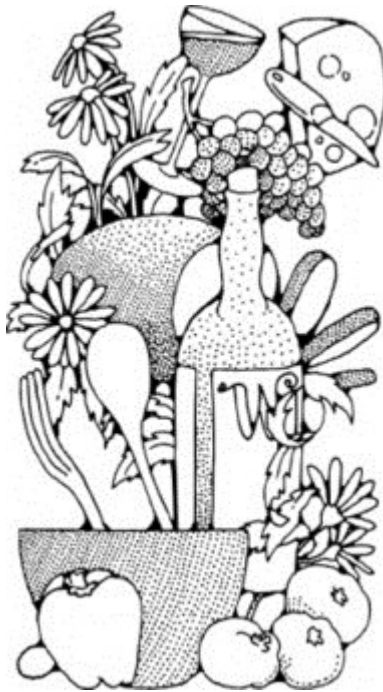
Over vegetables, or fruit which grows in the ground:
בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הָאֲדָמָה.
Barukh Atta Adonai, Eloheinu Melech HaOlam, Borei P'ri HaAdamah.

Praised are You, Adonai our God, Sovereign of the Universe,
who creates the fruit of the ground.

Generic blessing

For meat, eggs, fish or water (if eaten without bread),
or for items which have been altered (such as Orange Juice):
בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַכֹּל נִהְיָה בְּדַבְּרוֹ.
Barukh Atta Adonai, Eloheinu Melech HaOlam, Shehakol Nihyeh Bid'varo.

Praised are You, Adonai our God, Sovereign of the Universe,
by whose word all things come into existence.



Blessings over smell

For a sweet-smelling fruit:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַנוֹתֵן רֵיחַ טוֹב בְּפִרוֹת.

Barukh Atta Adonai, Eloheinu Melech HaOlam, HaNotein Raiyach Tov BaPeirot.

Praised are You, Adonai our God, Sovereign of the Universe,
who made fruit smell sweet.

For a fragrance from other sources

(used for spices at Havdalah):

בְּרוּךְ אַתָּה

יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְנֵי בְשָׂמִים.

Barukh Atta Adonai, Eloheinu Melech HaOlam, Borei Minei V'samim.

Praised are You, Adonai our God, Sovereign of the Universe,
who creates various kinds of spices.

On smelling the fragrance of shrubs and trees:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא עֲצֵי בְשָׂמִים.

Barukh Atta Adonai, Eloheinu Melech HaOlam, Borei Atzai V'samim.

Praised are You, Adonai our God, Sovereign of the Universe,
who creates fragrant trees.

On smelling the fragrance of plants and herbs:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא עֲשָׂבֵי בְשָׂמִים.

Barukh Atta Adonai, Eloheinu Melech HaOlam, Borei Is'vai V'samim.

Praised are You, Adonai our God, Sovereign of the Universe,
who creates fragrant plants.



ברכות הראיה

Birkhot HaR'iyah

Blessings over sights and sounds

On seeing wonders of nature

(including lightning, shooting stars, tall mountains, wide rivers, sunrises):

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, עוֹשֶׂה מַעֲשֵׂה בְּרָאשִׁית.

Barukh Atta Adonai, Eloheinu Melech HaOlam, Oseh Ma'aseh V'reishit.

Praised are You, Adonai our God, Sovereign of the Universe, Source of Creation.

On hearing thunder:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁכַחוּ וּגְבוּרָתוֹ מִלֵּא עוֹלָם.

Barukh Atta Adonai, Eloheinu Melech HaOlam, Shekocho u'gvurato Malei Olam.

Praised are You, Adonai our God, Sovereign of the Universe,
whose might and power fill the world.

On seeing a rainbow:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, זוֹכֵר הַבְּרִית,
וְנֶאֱמַן בְּבְרִיתוֹ, וְקַיָּם בְּמַאֲמָרוֹ.

Barukh Atta Adonai, Eloheinu Melech HaOlam, Zocher HaBrit,
V'ne'eman Be'vrityo v'kayam b'ma'amaro.

Praised are You, Adonai our God, Sovereign of the Universe,
who remembers the covenant, and is faithful in keeping promises.

On seeing the ocean (if you have not seen it in over a month):

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשָׂה אֶת הַיָּם הַגָּדוֹל.

Barukh Atta Adonai, Eloheinu Melech HaOlam, She'asah et HaYam HaGadol.

Praised are You, Adonai our God, Sovereign of the Universe, who made the sea.

On seeing trees blossoming for the first time in a season:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁלֹּא חָסַר בְּעוֹלָמוֹ כְּלוּם, וּבְרָא בּוֹ
בְּרִיּוֹת טוֹבוֹת וְאֵילָנוֹת טוֹבִים לְהֵנוֹת בָּהֶם בְּנֵי אָדָם.

Barukh Atta Adonai, Eloheinu Melech HaOlam, Shelo Chisar B'olamo Klum,
u'Vara Vo Briyot Tovot, v'Ilanot Tovim, L'ha'anut Bahem B'nai Adam.

Praised are You, Adonai our God, Sovereign of the Universe,
who has withheld nothing from the world, and created lovely creatures
and beautiful trees to be enjoyed by human beings.

On seeing a Torah scholar or person of great Jewish learning:
בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁחַלַּק מִחֲכָמָתוֹ לִירָאִיו.
Barukh Atta Adonai, Eloheinu Melech HaOlam,
Shechalak M'chochmato Li'rayov.

Praised are You, Adonai our God, Sovereign of the Universe,
who has given wisdom to those who revere God.

On seeing a person of great secular knowledge:
בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁנָּתַן מִחֲכָמָתוֹ לְבִשָּׂר וָדָם.
Barukh Atta Adonai, Eloheinu Melech HaOlam, Shenatan
M'chochmato L'vasar Vadam.

Praised are You, Adonai our God, Sovereign of the Universe,
who has given wisdom to human beings.

On seeing a head of state (such as a president):
בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁנָּתַן מִכְבוֹדוֹ לְבִשָּׂר וָדָם.
Barukh Atta Adonai, Eloheinu Melech HaOlam,
Shenatan M'k'vodo L'vasar Vadam.

Praised are You, Adonai our God, Sovereign of the Universe,
who has given honor/status to human beings.

On seeing a large crowd:
בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, חַכֵּם הָרָזִים.
Barukh Atta Adonai, Eloheinu Melech HaOlam, Chacham HaRazim.

Praised are You, Adonai our God, Sovereign of the Universe,
knower of secrets/who is wise to our ways.

On seeing a restored synagogue:
בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מְצִיב גְבוּל אֶלְמָנָה.
Barukh Atta Adonai, Eloheinu Melech HaOlam, Matziv G'vul Al'manah.

Praised are You, Adonai our God, Sovereign of the Universe,
who restores the borders of Zion (literally: "the widow").



On being in a place where miracles happened for our people:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שְׁעָשָׂה נִסִּים לְאַבוֹתֵינוּ בְּמָקוֹם הַזֶּה.

Barukh Atta Adonai, Eloheinu Melech HaOlam, She'Asah Nisim L'avoteinu Ba'makom HaZeh.

Praised are You, Adonai our God, Sovereign of the Universe,
who performed miracles for our ancestors in this place.

On seeing someone or something of great beauty:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׂפָכָה לוֹ בְּעוֹלָמוֹ.

Barukh Atta Adonai, Eloheinu Melech HaOlam, SheKacha Lo B'Olam.

Praised are You, Adonai our God, Sovereign of the Universe,
who has such beauty in the world.

A blessing for diversity (used in problematic ways in the past but potentially positive today):

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מְשַׁנֶּה הַבְּרִיּוֹת.

Barukh Atta Adonai, Eloheinu Melech HaOlam, M'shaneh HaBriyot.

Praised are You, Adonai our God, Sovereign of the Universe,
who makes people different from one another.

On hearing good news (or on arriving somewhere safely):

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַטוֹב וְהַמְּטִיב.

Barukh Atta Adonai, Eloheinu Melech HaOlam, HaTov V'HaMaitiv.

Praised are You, Adonai our God, Sovereign of the Universe,
who is good and who is the source of goodness.

On hearing bad news (such as news about a death):

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, דַּיִן הָאֱמֶת.

Barukh Atta Adonai, Eloheinu Melech HaOlam, Dayan HaEmet.

Praised are You, Adonai our God,
Sovereign of the Universe, Judge of truth.



It is only here, they assert, that we can know “*achein, yesh Adonai baMakom haZeh!* Behold, God is in this place!”

In the search for transcendence, the present presence, the persona, the ego only gets in the way. “We” are left behind when we truly look “beyond.”

Light blinds, but in the darkness something different shines. Eyes adjust when the “I” of the ego fades away. The slaying, the murder not of others but of our own awareness... that is what reveals... what else surrounds us... all the time.

Lose the self, to discover the soul. Be silent, the working week. Be still, the beating heart. In the quiet, in the silence, in stepping into nothingness you will find everything.

Shanah Tovah from Rabbi Michael L. Feshbach

