

Morning Mindfulness & Gratitude: *Hod*

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Man's Quest for God, R' Abraham Joshua Heschel (1907–1972, Poland, USA)

How strange we are in the world, and how presumptuous our doings! Only one response can maintain us: gratefulness for witnessing the wonder, for the gift of our unearned right to serve, to adore, and to fulfill. It is gratefulness which makes the soul great.

Prayer, R' Abraham Joshua Heschel

We do not step out of the world when we pray; we merely see the world in a different setting.... In prayer we shift the centre of living from self-consciousness to self-surrender. God is the centre towards which all forces tend. He is the source, and we are the flowing of His force, the ebb and flow of His tides.

Tales of the Hasidim, Martin Buber

Rabbi Simcha Bunim of Przysucha: Everyone must have two pockets, with a note in each pocket, so that they can reach into the one or the other, depending on the need.

When feeling lowly and depressed, discouraged or disconsolate, one should reach into the right pocket, and, there, find the words: "For my sake was the world created."

When feeling high and mighty one should reach into the left pocket, and find the words: "I am but dust and ashes."

Mishnah Sanhedrin 4:5

לפיִּכָּהּ כָּל אֶחָד וְאֶחָד חַיֵּב לֵאמֹר,
בְּשִׁבְלֵי גִבְרָא הָעוֹלָם

Therefore, each and every person must say:
"For my sake the world was created."

Bereshit / Genesis 18:27

וַיַּעַן אַבְרָהָם וַיֹּאמֶר הִנְהִינָא הוֹאֵלְתִּי לְדַבֵּר אֶל־אֱלֹהֵי
וְאֲנִי עָפָר וָאֵפֶר:

Abraham spoke up, saying, "Here I venture to
speak to my Lord, I who am but dust and ashes

You know we live in light and shadow.
That's what we live in – a world of light and shadow;
and it's confusing.

Orpheus Descending, Tennessee Williams

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מוֹדָה \ מוֹדָה אֲנִי לְפָנֶיךָ	Grateful I am before You,
מֶלֶךְ \ רוּחַ סֵי וְקָיִם,	Living One, One who Is,
נְשָׂחָה חֲזוֹרָתְךָ בִּי נִשְׁמָתִי בְּחַמְלָה,	for returning my life to me —
רַבָּה אֲמוּנָתְךָ:	such a mercy.
	How vast your constancy.

(Trans: Romemu, New York City)

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God,
let me comprehend
all that I see
with the light of awareness.
Let me understand
Whatever touches my life
In a deep and intimate way –
In a way
that embraces both
the adult
and the child
within me.

Rebbe Nachman of Bratslav, *Likutei Moharan* 1:20