

On Awakening

Don't wake me up when it is over; awaken my soul in this moment.

Don't focus on what lies ahead, a day yet to be, look inward toward who you've become.

God of our Ancestors let us be present. Right here, right now; take a deep breath.... Surrender...

Adonai, thank You for the opportunity to wake up to another day, full of opportunity and blessing.

Merely waking up, is not enough, Oh God; Grant us the ability to wake up and find out that we are the eyes of the world.

For Daily Miracles

Morning.

Before the sun begins to rise, the surge of an alarm clock and the commencement of another demanding day.

From the second we get out of bed, to the moment we head out the door, we are aware of just one thing: Time is of The Essence.

A schedule filled with responsibility, allows few moments of luxury, little opportunity to slow down.

Nisim b'chol Yom: not merely a checklist, but blessings – a call to acknowledge.

When our morning focus strays from counting our blessings, we can choose just one to recite as we begin each new day:

Blessed are You, Lord our God, King of the Universe, who has provided me with all I need.