

# Receiving Chanukah Light

THE MYSTICS TEACH that the Chanukah flames reflect the Infinite light of creation and shine with *Chen* — Grace — pure love, freely given.

As we kindle the flames, may the light of Infinite love reach us, nourishing and renewing our hearts and souls. As the light increases each night, may we open and receive gifts that flow from the Source of All.



ברוך אתה יי אלהינו מלך העולם אשר קדשנו במצותיו וצונו להדליק נר של חנוכה.

*Baruch atah Havayah, Elobeynu, melech ha'olam  
asher kidishanu b'mitz'votav v'tzivanu l'had'lik ner shel Chanukah.*

Blessed is the Mystery that flows through time and space  
and calls us into sacred relationship through the kindling of the Chanukah lights.

ברוך אתה יי אלהינו מלך העולם שעשה נסים לאבותינו ואמותינו בימים ההם בזמן הזה.

*Baruch atah Havayah, Elobeynu, melech ha'olam  
she'asah nisim la'avoteynu v'imoteynu bayamim habem baziman hazeh.*

Blessed is the Mystery that brings forth miracles in all times.

## 1<sup>ST</sup> Night

ONE SPARK is all it takes to light up the darkness. On this first night of Chanukah, let us give thanks for each other and the beauty and blessing we each bring into the world. As we say the *shebecheyanu*, may we be lifted and held by life itself.

ברוך אתה יי אלהינו מלך העולם, ששהחיינו וקיימנו  
והגייענו לימן הזה.

*Baruch atah Havayah, Elobeynu, melech ha'olam,  
shebecheyanu, v'kiy'manu, v'higianu laz'man hazeh.*

BLESSED IS THE ONE who flows through all worlds, who gives us life, lifts us up and brings us to this moment.

## 2<sup>ND</sup> Night

AS WE WELCOME SHABBAT, may we answer the call to pause, to rest, to stop.

May our eyes be lifted to the wonders of creation and may we be nourished.

*How great, how wondrous is the Unfolding of All  
Life, how deep the mystery.* Psalm 92:6

## 3<sup>RD</sup> Night

MAY JOY FIND US.

Lighting the candles we remember and name moments of delight and gladness. May this recounting give strength and sustenance to our hearts and souls.

*Draw water in joy from the living well.* Isaiah 12:3

## 4<sup>TH</sup> Night

**WE ARE NOT ALONE.**

Guides are always present.

In the light of the flames, let us honor the messengers who appear in so many different ways, illuminating the path and leading us on the journey.

*Take notice, I send a messenger before you to guide you on your way.*

Exodus 23:20

## 5<sup>TH</sup> Night

**ONE BREATH FLOWS** through all life, a single Infinite breath fills the seas, skies, earth and all creatures. Held in the light of the candles, let's breathe with each other, with earth, with all beings.

*With each breath, we praise the Source of All.*

Psalm 150:6

## 6<sup>TH</sup> Night

### *Rosh Hodesh Tevet*

**WE WELCOME** the new month of Tevet and light up sacred connection and expansive possibility.

*May this new month of Tevet renew us and all beings for goodness and blessing, in joy and delight, generosity and kindness, friendship and love.*

*May all be nourished and sustained in dignity. May healing rise and go forth.*

*May justice and peace take root and blossom.*

Based on traditional liturgy

## 7<sup>TH</sup> Night

**WE STAND WITH THE ANCESTORS**, with all who came before us and we stand with the children's, children's, children, the generations to come. In the interconnection of all life there is love, courage and support. In the light of these candles we welcome the encouragement of the ancestors and the faith of the children.

*Your hearts live forever.*

Psalm 22:27

## 8<sup>TH</sup> Night

**Chen, THE LIGHT OF PURE LOVE**, freely given. We are loved for being exactly who we are in each moment. In our beauty, in our fragility, in our glory, in our pain, we are loved.

This love lights up the world.

May we shine for blessing, for goodness, for hope.

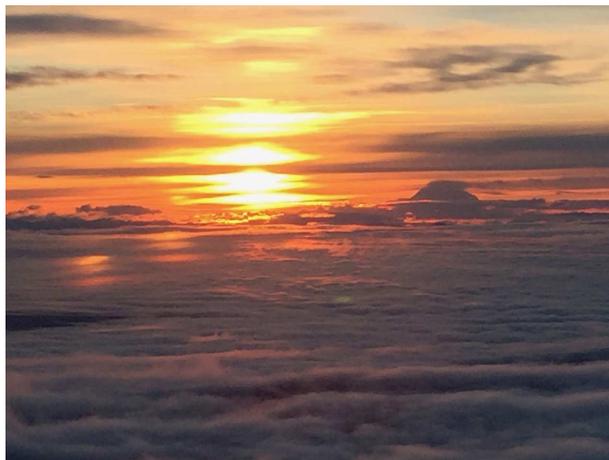
Together,

*We will rebuild this world with love.*

Psalm 89:3

## *Chanukah Samayach*

*With Love and Gratitude,  
Rabbi Yael Levy  
and the A Way In Board*



**A Way In**

*Jewish Mindfulness Organization*

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**A Way In — Directing the Heart through Jewish Mindfulness**