HOW-TO HANUKKAH

1 → SPARK

A spark: in the Presence of the Infinite, we treasure our sacred tradition as we light the Hanukkah candles.

Baruch atah, Adonai Eloheinu, ruach ha’olam, asher kidshanu b’mitzvotav v’tsiyovu l’hadlik ner shel Chanukah.

INSIDER TIP #1 WINDOWSILL OR TABLETOP: DIM THE LIGHTS TO SPOTLIGHT THE HANUKKAH FLAMES, THEN RECITE/SING BLESSINGS AS YOU LIGHT FROM LEFT TO RIGHT. LET THERE BE LIGHT.

2 → WONDER

A breath: in the Presence of the Infinite, we celebrate the wonder of our ancestors’ survival, generation to generation, back then, right now.

Baruch atah, Adonai Eloheinu, ruach ha’olam, she’asah nisim la’avoteinu v’imoteinu bayamim hahem baz’m’an hazeh

INSIDER TIP #2 ONCE LIT, FOCUS YOUR GAZE ON A FLAME IN SILENCE FOR 10 SECONDS OR MORE. INCREASE TIME EACH NIGHT. MEET THE EYES OF YOUR ANCESTORS INSIDE THE FLAME, ACROSS GENERATIONS.

3 → NOW

A blessing: in the Presence of the Infinite, we pause with gratitude for the journeys that have brought us to here and now.

Baruch atah, Adonai Eloheinu, ruach ha’olam, she’he’che’yanu v’ki’m’anu v’hi’gianu laz’m’an hazeh

INSIDER TIP #3 RECITE THIS BLESSING ONLY ON THE FIRST TIME YOU LIGHT THIS YEAR. REFLECT ON AND SHARE ONE GRATITUDE FROM THIS PAST YEAR + ONE GOAL FOR THE NEXT. LET THERE BE LIFE.