

# An Exploration of Gratefulness

Rabbi Shefa Gold

What is unconditional Gratefulness?

From Brother David Steindalrast:

Calm..... Energized, Fulfilled..... Receptive/Empty  
Uplifted.....Humbled, Connected/Acknowledged.....Self-forgetful

## Waking up in Gratefulness

מוֹדָה אֲנִי לְפָנֶיךָ, רוּחַ חַי וְקַיָּים,  
שֶׁהַחַיּוּת בִּי נִשְׁמָתִי בְּחַמְלָה, רַבָּה אֶמוּנָתְךָ.

*Modah ani l'fanecha, Ruach chái v'kayam*

*She'hechazarta bi nishmatí b'chemla, Raba Emunatecha*

(I gratefully acknowledge Your Face; Spirit lives and endures; You return my soul to me with compassion; How great is your faith in me!)

Rabbi Mitch Chefitz: Entitlement..... Blessing..... Miracle

## Meeting the Obstacles to Gratefulness:

Overwhelm, Worry, Anxiety about getting things done, Being distracted, The challenges of aging, Being on automatic, Being too busy, Feeling weighed down with responsibilities, Jadedness/Cynicism, Fatigue, Chronic pain, Fear of not having/being enough, Fear of engaging with Life, Entitlement, Being too full of myself, Being attached to my preferences, Beliefs about what is supposed to be, Comparing mind, Caught up in too many details, Not receiving, Not trusting, Focusing on what's wrong, or on what/who is missing or lacking, Feeling wounded, Resentment, Bitterness, Anger, Sadness, depression and/or numbness, Feeling sorry for myself, Disappointment, Lack of generosity, Need to always be in control, Negative small minded programmed thoughts, Lack of perspective about what really matters...

## Presence

מֵה־נֹרָא הַמָּקוֹם הַזֶּה  
*Mah norah HaMakom HaZeh*  
How awesome is This Place...

## Wonder, Rapture, Opening to the Mystery

אַשְׁרֵי יוֹשְׁבֵי בֵיתְךָ עוֹד יִהְלְלוּךָ  
*Ashrei yoshvei veytecha od y'hal'lucha*  
Happy are those that dwell in God's House; they keep on praising!

## Heart-Work

(Clearing old patterns, clearing residue from the past)

נַחֲמוּ נַחֲמוּ עַמִּי  
*Nachamu, Nachamu Ammi*  
Comfort, comfort my people! (Isaiah 40:1)

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