

Goodness  
by Rabbi Shefa Gold

הוֹדוּ לַיהוָה כִּי-טוֹב כִּי לְעוֹלָם חַסְדּוֹ

Hodu l'adonay ki tov, ki l'olam chasdo (Psalm 136:1)

Give thanks to God for essential goodness;  
His kindness endures forever.

By giving thanks, we open our hearts to, receive, and acknowledge the essential goodness of Reality itself. As we open to the flow of Divine kindness, everyone and everything becomes our ally. By giving thanks we enter the perspective that sees the whole world as conspiring to shower us with blessings.