

Gratefulness

by Rabbi Shefa Gold

אודך בעוד תהיה נשמת אלוה בי

Odach b'od t'h'yeh Nishmat Eloha bi

I will thank You as long as the Divine Breath is in me.

(Solomon ibn Gabirol, 11th Century Spanish poet and philosopher)

Gratefulness is the foundation for my practice and it is the fuel for my spiritual search. When I can fully receive the miracle of this moment, I am energized and inspired to face whatever challenge Life gives me. This line from a poem by Solomon ibn Gabirol, expresses my intention so well- to feel God's breath in me, and to use that breath in gratitude.