

# Shehechíyanu: A Meditation on this Moment

by Rabbi Shefa Gold

שְׁהַחֲיָנוּ וְקִיְמָנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

Shehechíyanu, v'kiymanu, v'higíyanu lazman haZeh

Oh Mystery, Grace unfolding, Oh Miracle, it's You alone,  
Oh Mystery, Grace unfolding, Oh Miracle, Who brings us Home.

There is a blessing that is said whenever we realize the miracle of this present moment. We bless God who gave us Life, sustained us and brought us to this very moment. We say this blessing when we do something for the first time, to honor and express the wonder of having arrived. In meditation, I experience each moment as a momentous arrival. My whole existence has led me to this very moment—the culmination of my Life thus far, where I am privileged to experience the fullness of this NOW. God who is that miraculous force of Grace unfolding has brought me Home. In encountering and honoring that force of Homecoming, I turn and receive the gift of my life.

