

Everyday blessings

From wikipedia, interpretive translations by Eliana Light

Blessings over Food

Blessing	Said for	Hebrew	Transliteration	Direct Translation	Interpretive Translation
Hamotzi	Bread made from one or all of: wheat , barley , rye , oats , spelt .	בְּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ	<i>Barukh ata Adonai Eloheinu, melek ha'olam, hamotzi lehem min ha'aretz.</i>	Blessed are You, LORD our God, King of the universe, Who brings forth bread from the earth.	We experience the blessing of all-that-is, the entire Universe, through the eating of this bread, with awareness of all the steps it took from seed to bread.
M'zonot	Non-bread products of wheat , barley , rye , oats , spelt (and rice , according to many opinions).	בְּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְי מְזוֹנוֹת	<i>Barukh ata Adonai Eloheinu, Melekh ha'olam, bo're minei m'zonot.</i>	Blessed are You, LORD our God, King of the universe, Who creates varieties of nourishment.	We experience the blessing of all-that-is, the entire Universe, through eating and enjoying this food in all its variety.
HaGafen	Wine made from grapes, or grape juice .	בְּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגֶּפֶן	<i>Barukh ata Adonai Eloheinu, Melekh ha'olam, bo're p'ri hagefen.</i>	Blessed are You, LORD our God, King of the universe, Who creates the fruit of the vine.	We experience the blessing of all-that-is, the entire Universe, through savoring this fruit of the vine.
HaEtz	Any fruit from trees.	בְּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הָעֵץ	<i>Barukh ata Adonai Eloheinu, Melekh ha'olam, bo're p'ri ha'etz.</i>	Blessed are You, LORD our God, King of the universe, Who creates the fruit of the tree.	We experience the blessing of all-that-is, the entire Universe, through eating the fruit of the tree.
HaAdama	Produce that grew directly from the earth.	בְּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרִי הָאֲדָמָה	<i>Barukh ata Adonai Eloheinu, Melekh ha'olam, bo're p'ri ha'adama.</i>	Blessed are You, LORD our God, King of the universe, Who creates the fruit of the ground.	We experience the blessing of all-that-is, the entire Universe, through eating this fruit of the earth.

SheHaKol	Any foods or drinks not in the first five categories.	בְּרוּךְ אַתָּה ה' אֱ-לֹהֵינוּ מְלֶכֶד הָעוֹלָם שֶׁהַכֹּל נִהְיָה בְּדַבְּרוֹ	<i>Barukh ata Adonai Eloheinu, Melekh ha'olam, shehakol nih'ye bidvaro.</i>	Blessed are You, LORD our God, King of the universe, through Whose word everything comes into being.	We experience the blessing of all-that-is, the entire Universe, through the eating of this food, and an acknowledgement of the power of speech.
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Blessings for smells^[edit]

Said for	Hebrew	Transliteration	English
Pleasant smelling trees and shrubs	בְּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מְלֶכֶד הָעוֹלָם, בּוֹרֵא עֲצֵי בְשָׁמִים	<i>Barukh ata Adonai Eloheinu, melekh ha'olam, bo're atzei b'samim</i>	Blessed are You, LORD our God, King of the universe, Who creates fragrant trees.
Pleasant smelling grasses herbs or flowers	בְּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מְלֶכֶד הָעוֹלָם, בּוֹרֵא עֲשָׂבֵי בְשָׁמִים	<i>Barukh ata Adonai Eloheinu, melekh ha'olam, bo're issvei b'samim</i>	Blessed are You, LORD our God, King of the universe, Who creates fragrant grasses.
Pleasant smelling fruits	בְּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מְלֶכֶד הָעוֹלָם, הַנּוֹתֵן רֵיחַ טוֹב בְּפִרְוֹת	<i>Barukh ata Adonai Eloheinu, melekh ha'olam, ha'noten re'ah tov ba'peirot</i>	Blessed are You, LORD our God, King of the universe, Who gives pleasant smells to fruit.
Pleasant smelling oils	בְּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מְלֶכֶד הָעוֹלָם, בּוֹרֵא שָׁמֵן עָרֵב	<i>Barukh ata Adonai Eloheinu, melekh ha'olam, bo're shemen arev</i>	Blessed are You, LORD our God, King of the universe, Who creates pleasing perfumes.
All other smells	בְּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מְלֶכֶד הָעוֹלָם, בּוֹרֵא מִיְּנֵי בְשָׁמִים	<i>Barukh ata Adonai Eloheinu, melekh ha'olam, bo're min'ei be'samim</i>	Blessed are You, LORD our God, King of the universe, Who creates various spices.

Blessings on sights and sounds^[edit]

Said for	Hebrew	Transliteration	English
Seeing wonders of nature, lightning	בָּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, עוֹשֶׂה מַעֲשֵׂה בְּרֵאשִׁית.	<i>Barukh ata Adonai Eloheinu, melekh ha'olam, o'seh ma'ase be'reshit</i>	Blessed are You, LORD our God, King of the universe, Who makes all creation.
Hearing thunder	בָּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֹׁפְחוֹ וּגְבוּרָתוֹ מְלֵא עוֹלָם.	<i>Barukh ata Adonai Eloheinu, melekh ha'olam, she'koho u'gevurato maleh olam</i>	Blessed are You, LORD our God, King of the universe, Whose power and strength fill the world.
Seeing a rainbow	בָּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, זוֹכֵר הַבְּרִית וְנֹאמָן בְּבְרִיתוֹ וְקַיָּם בְּמֵאֲמָרוֹ.	<i>Barukh ata Adonai Eloheinu, melekh ha'olam, zocher ha'brit ve'ne'eman bi'vrivo ve'kayam b'ma'amaro</i>	Blessed are You, LORD our God, King of the universe, Who remembers the covenant and who is trustworthy in his covenants and fulfills His word.
Seeing the ocean or large body of water for the first time in 30 days	בָּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֹׁעֲשֵׂה אֶת הַיָּם הַגָּדוֹל.	<i>Barukh ata Adonai Eloheinu, melekh ha'olam, she'asa et ha'yam ha'gadol</i>	Blessed are You, LORD our God, King of the universe, Who made the large bodies of water.
Seeing trees blossom for the first time in the spring	בָּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁלֹּא חָסַר בְּעוֹלָמוֹ כָּלִים וּבְרָא בּוֹ בְּרִיּוֹת טוֹבוֹת וְאֵילָנוֹת טוֹבִים לְהַנּוֹת בָּהֶם בְּנֵי אָדָם.	<i>Barukh ata Adonai Eloheinu, melekh ha'olam, she'lo chisar b'olamo klum u'vara vo beri'ot tovot ve'ilanot tovim le'hanot bahem benei adam</i>	Blessed are You, LORD our God, King of the universe, Who left out nothing in His world and created pleasant creations and good trees so that people can derive benefit from them.

Blessings on special occasions^[edit]

Name	Hebrew	Transliteration	English	Occasion
Sheheheyanu	<p>בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁהַחַיְנוּ וְקִיְמַנּוּ וְהַגִּיעַנוּ לְזֶמַן הַזֶּה</p>	<p><i>Baruch atah Adonai Elohenu, melekh ha'olam, shehecheyanu vekiymanu vehigi'anu lazman hazeh.</i></p>	<p>Blessed are You, Lord, our God, King of the Universe, who has granted us life, sustained us, and enabled us to reach this occasion.</p>	<p>For positive new experiences, including the first time a mitzvah is being done, new clothes or a new annual fruit.</p>
Ha'tov ve'hametiv	<p>בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַטוֹב וְהַמְטִיב:</p>	<p><i>Baruch atah Adonai Elohenu, melekh ha'olam, ha'tov ve'ha'metiv.</i></p>	<p>Blessed are You, Lord, our God, King of the Universe, who is good and does good.</p>	<p>For good news and positive experiences.</p>
Dayan ha'emet	<p>בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, דֵּין הָאֱמֶת:</p>	<p><i>Baruch atah Adonai Elohenu, melekh ha'olam, dayan ha'emet.</i></p>	<p>Blessed are You, Lord, our God, King of the Universe, the just judge.</p>	<p>For bad news and negative experiences. Also said at a funeral by the mourners prior to tearing the clothes.</p>
Hagomel	<p>בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַגּוֹמֵל לְחַיִּים טוֹבוֹת שְׁגַמְלָנִי כָּל טוֹב.</p>	<p><i>Barukh ata Adonai Eloheinu, melekh ha'olam, hagomel lahayavim tovot, sheg'molani kol tov.</i></p>	<p>Blessed are You, LORD our God, King of the Universe, Who bestows good things upon the unworthy, and has bestowed upon me every goodness.</p>	<p>For surviving life-threatening situations, such as illness or childbirth.</p>

Can you write your own interpretive translations for blessings?
What other moments in camp can you write and say a blessing for?
How can you use blessings as invitations into awareness?