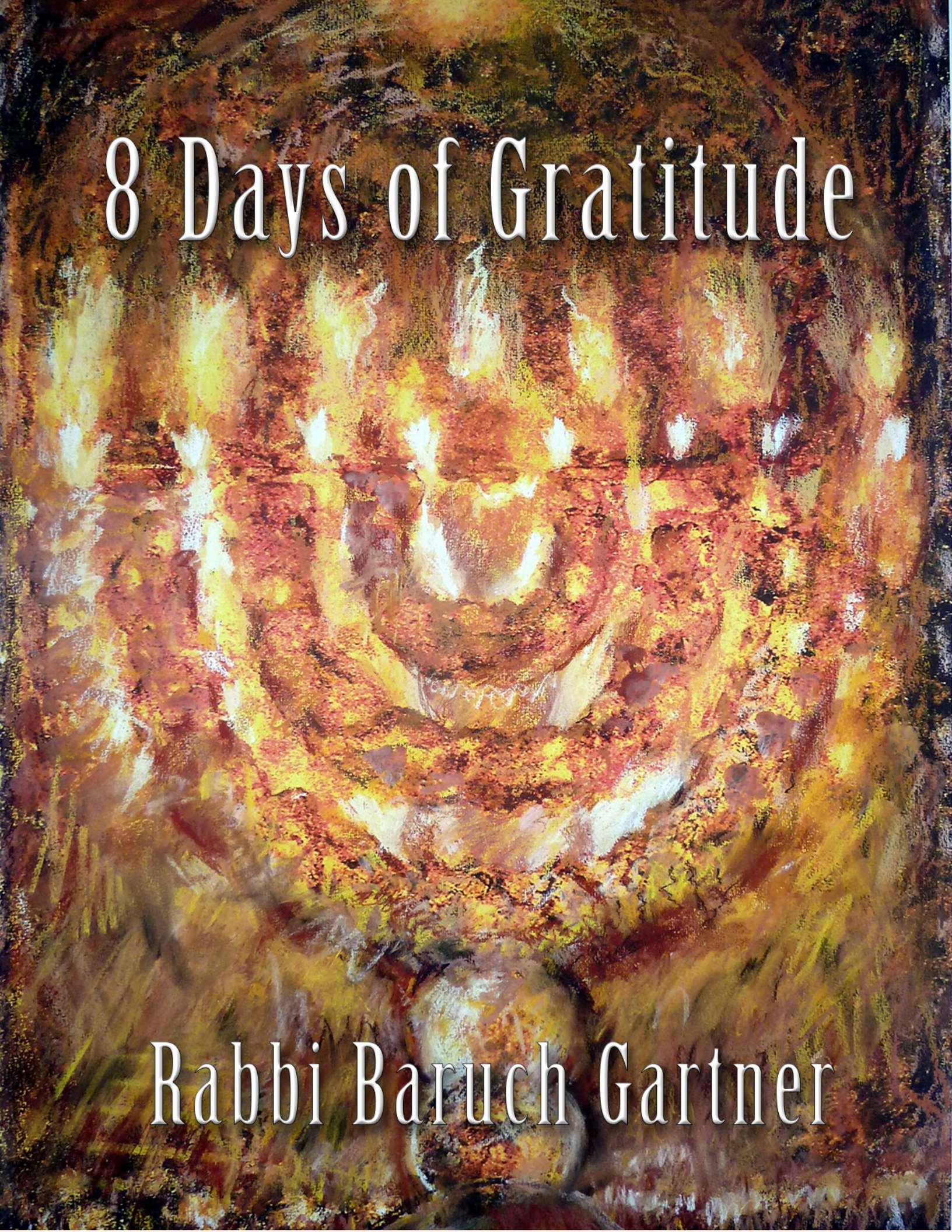


An abstract painting featuring a central, smiling face. The face is rendered with thick, textured brushstrokes in warm colors like yellow, orange, and red, set against a darker, more complex background of brown, black, and grey. The overall effect is one of warmth and joy, with the face appearing to emerge from the swirling colors.

8 Days of Gratitude

Rabbi Baruch Gartner



The Rabbis of blessed memory established the days of Hanukah as a time to thank and praise Hashem. Established, meaning that the time is opportune and easy to express one's thanks for all of the goodness our Creator does for us.

The name Hanukah implies “chinuch” which means to begin to initiate and educate oneself, and especially our children.

One of the most important aspects of “chinuch” is instilling in our children the character trait of gratitude and to be able to express the feeling of joy in words to Hashem. Hanukah is the auspicious time for this.

For several years now, in our home, after we light and sing the traditional Hanukah song, Maoz Tzor, we take 5 minutes to thank Hashem for the millions of miracles and all the goodness that He's done for us. Since the list is so vast it is difficult to know where and how to begin. So I decided to divide the list into 8 categories corresponding to the 8 nights of Chanukah. Each family can adapt this idea to its own style and of course age of children. For young kids it can be more like a game. For the older children it can be the beginning of learning how to open one's heart and express feeling of gratitude. After 5 minutes of thanksgiving we break into a joyous tune such as Al HaNissim and dance around the Shabbos table. We often put on of our favorite lively music (Tons can be found on YouTube) and continue to dance. Over the years I've shared this idea with many friends who all agree that this truly instills the joy of being Jewish in the hearts of our children.

ENJOY AND PLEASE SPREAD THE LIGHT!



THE 1st NIGHT OF HANUKAH

The Comforts of our Home

On Hanukah there is great significance to lighting in one's own home, “EISH U'BAISO” A MAN IN HIS HOME.

The first night of Chanukah, when it's cold and dark outside, is an excellent time to thank Hashem for all of the comforts of our HOME! From the onset, let us REMEMBER what it would be like without one of these many comforts. (water, electricity, phone)

LET US THANK HASHEM FOR:

The shelter from the outside elements

Comfort of one's own private place

Beds to sleep

Bathroom, shower and bathtub

Kitchen: frig, oven, stove, sinks

Running water, electricity, gas

Air conditioner Heater

Variety of rooms, closets and drawers

Stereo, couch, books, phone





THE 2nd NIGHT OF HANUKAH

EREV SHABBOS HANUKAH

Chazal teach us that Shabbos is a GIFT! A “Matana Tova”! Shabbos is a window in time that breaks through the veil of Nature that create the illusion that everything is just physical. On Shabbos Hashem blows into creation a soul!

LET US THANK HASHEM FOR ALL THE DIFFERENT ASPECTS OF SHABBOS KODESH:

Shabbos clothes
Shabbos candles
Kabbalos Shabbos

Shabbos songs
Kiddush
Challah

ALL THE DIFFERENT SHABBOS FOOD (don't forget even one)

GUESTS!

Torah at the Shabbos table

Kugel and Cholent

Shabbos Naps!

The Third Meal

Havdalah

Malava Malka

Erev Shabbos Hanukah is very short and often rushed. If there isn't enough time, don't skip this important opportunity to thank Hashem for this great gift! During the Friday night meal is also an excellent time, possible in the prayer of “Modeh Ani” before “Aishes Chayil”





THE 3rd NIGHT OF HANUKAH

AL HA-NISSIM

From the Exodus of Egypt until today Hashem has performed countless Miracles for Jewish people. Each and every miracle was necessary for us to be alive today.

It's important to keep in mind that many of the miracles have an annual reoccurring light that comes down on Yom Tov! Let us give thanks to Hashem for all of these miracles.

Pesach: The 10 plagues, Leaving Egypt, Splitting the Red Sea

Shavuot: The Giving of the Torah

Sukkot: Clouds of Glory, miracles of the Dessert, Manna

Chanukah: Victory over the Greeks, The Miracle of the Menorah

Purim: Story of the Megilla

The miracle of the return of millions of Jews to the land of Israel

Remember to thank Hashem for all of the personal miracles that each of us experience daily.
(For example; car accidents, illness)





THE 4th NIGHT of HANUKAH

OUR FAMILY

On the first night we thanked Hashem for all the comforts of our Home. How much more important are the holy souls that really are the spirit of our homes. Each one of the family members has a special aspect, quality of goodness, that adds to the family. How fortunate are we to have a mother and father, brothers and sisters, grandparents, uncles and aunts and cousins.

We often take for granted the luxuries of electricity and running water, and we only notice when they are absent. What would life be like without one of our family members? When we express to Hashem our gratitude for each one of our family He takes notice of our appreciation. What better way to guarantee His continued kindness!

LET US THANK HASHEM FOR EACH MEMBER OF OUR FAMILY, AS WELL AS POINTING OUT THEIR SPECIAL QUALITY OF GOODNESS.





THE 5th NIGHT OF HANUKAH

The Land of Israel, Jerusalem, The Holy Temple

Before the giving of the Torah to the Jewish people, Hashem Promised the Land of Israel to Abraham. The greatness of Land of Israel is expressed all throughout the Talmud and Midrashim. Not to mention the praises that are mentioned by the Students of The Baal Shem Tov. People traveled for months and risked their lives just to walk 4 steps in the Promised Land.

After thousands of years of wandering around the world, miraculously, millions of Jews are now living and learning in Israel!

At the same time, never has there been so much controversy surrounding our rights to the Land of Israel, Jerusalem and the Holy Temple. Enemies encircle us, it seems that the majority of the world believes we are illegal settlers.

LET US GIVE PRAISE AND THANKS TO THE CREATOR OF THE WORLD WHO
CHOSE THE JEWISH PEOPLE TO INHERIT THE HOLY LAND OF ISRAEL

MAY OUR GRATITUDE HELP TO STRENGTHEN OUR CONNECTION TO THE HOLY
LAND!





THE 6th NIGHT OF HANUKAH

Torah and Mitzvahs

In His infinite wisdom and mercy, Hashem revealed his will to 3 million Jews at Mt. Sinai. The Torah is the light of truth that shines the way for the footsteps of mankind. The Zohar calls the Mitzvahs the 613 pieces of advice. Through the commandments we use the physical world in a profound way to connect the finite world with the infinite Creator. At the same time we are perfecting our bodies and preparing our souls for eternal bliss.

LET US GIVE THANKS TO HASHEM FOR ALL DIFFERENT ASPECTS OF THE TORAH

Stories of Creation

Stories of Patriarchs

Story of Exodus

Mishna and Gemora

Shulchan Aruch

Shofar

Matzahs

Lulav and Esrog

Charity

Honoring Our Parents

Visiting the Sick

Love Your Neighbor





THE 7th NIGHT OF HANUKAH

According to the Arizal, when we light, one should keep in mind each night one of The Thirteen character traits of Mercy. This night corresponds to the trait of TRUTH, the trait associated with Yaakov. All of the Jewish people have in themselves the TRUTH of Yaakov. We are all unique and special in the eyes of Hashem. Just like all special things, we often take ourselves for granted. By focusing on the good points in ourselves we begin to shine and sing to Hashem.

LET US THANK OUR HASHEM FOR CREATING US AND INSTILLING IN US MANY GOOD POINTS

I'm a JEW!

Hashem loves me

I have intrinsic worth

I am compassionate

I am giving

I am responsible

I am creative

I have determination

Etc, etc, etc.....

Neighbors and neighborhood





THE 8th NIGHT OF HANUKAH

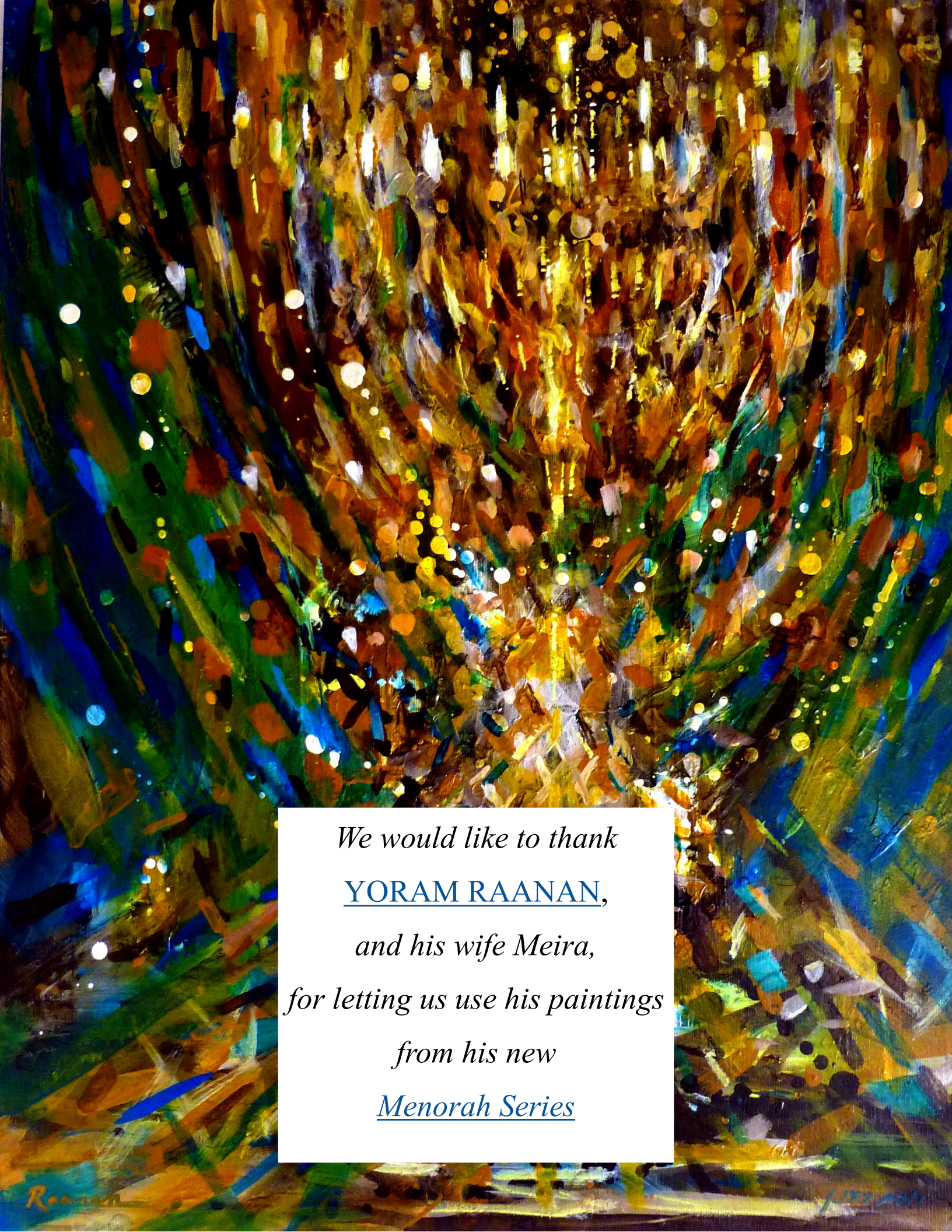
Zos Hanukah

On the final night of Hanukah the Holy Arizal teaches that all of the remaining 6 character traits of Mercy shine. This is the night of Yoseph HaTzaddik, “mosif v’holach”, the flame that emanates from the fire of Yaakov.

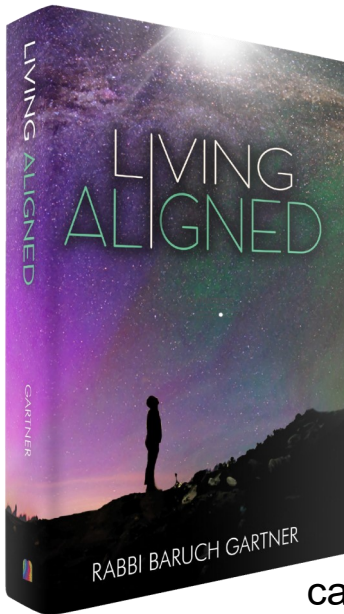
Therefore, tonight is an auspicious time to thank Hashem for the gift of the Tzaddikim of each generation. Those who are with us in body today, and those from past generations whom are with us in spirit.

LET US THANK HASHEM FOR OUR TEACHERS, LEADERS, AND ROLE MODELS.
THAT STRENGTHEN US, PROTECT US, CONNECT US AND CONSTANTLY BRING
DOWN SUSTENANCE TO THE WORLD.



An abstract painting featuring a dense, textured composition of vibrant colors including deep blues, greens, yellows, oranges, and reds. The brushstrokes are visible and energetic, creating a sense of movement. A bright, glowing light source emanates from the center, radiating outwards and illuminating the surrounding colors. The overall effect is one of dynamic energy and spiritual light.

We would like to thank
YORAM RAANAN,
and his wife Meira,
for letting us use his paintings
from his new
Menorah Series



amazon

<https://bit.ly/LivingAlignedBook>

Living Aligned will provide you with the tools you need to live with greater vitality, connection, and joy. The teachings in this volume are rooted in the Kabbalistic tradition and in the Chassidic works, but are described in language that you can understand and are organized into an accessible system that you can engage today. Whether you are already familiar with the riches of this tradition or are a complete newcomer, Living Aligned has a fresh approach that will help you move away from unproductive and unhealthy patterns and start out on the road to a life of compassion and connection.

A native of Baltimore, Rabbi Baruch Gartner laid down roots in Israel close to forty years ago and lives in Jerusalem surrounded by his children and many grandchildren.

Today Rabbi Gartner devotes himself to helping numerous clients strengthen their relationships, transcend self-defeating behaviors, succeed in the pursuit of their life-goals, and deepen their spiritual life.



Follow Rabbi Gartner on

