

MODEH ANI

Thank G-d I'm Alive

מוֹדֵה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם,
שֶׁהַחַיּוּת בִּי נִשְׁמָתִי בְּחֶמְלָה. רַבָּה אֱמוּנָתְךָ.

Modeh anee lefanecha melech chai vekayam,
she-he-chezarta bee nishmatee b'chemla, raba
emunatecha.

I offer thanks to You, living and eternal King,
for You have mercifully restored my soul within
me; Your faithfulness is great.

CHABAD
INTOWN

12 SYMPTOMS

of spiritual awakening

1. An increased tendency to let things happen rather than make them happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy each moment.
7. A loss of the ability to worry
8. A loss of interest in conflict.
9. A loss of interest in interpreting the actions of others.
10. A loss of interest in judging others.
11. A loss of interest in judging self
12. Gaining the ability to love without expecting anything.