

- Yarmulkes which keep us cognizant of Hashem⁶².
- Tefillin⁶³.
- Head coverings to communicate dignity⁶⁴.
- Spiritual glory of sheitels and tichels.
- Crown of victory over the nations of the world⁶⁵.

59. Otzar Hatefillas Iyun Tefillah. 60. See Baitea (2.5.b) regarding Klal Yisroel's unique potential. 61. Otzar Hatefillas Iyun Tefillah. 62. Baits Yosef (siman 46). 63. Rav Schwab On Prayer. 64. Bach (siman 46). Mor Uk'ziah (siman 46). 65. Otzar Hatefillas Iyun Tefillah.

עוֹרֵי יְשׁוּעָה
בְּרִפְאוּהָ
וְיִסְרוֹעַל מִיִּתְּחַל
סְפִינְדוֹר

- Rejuvenating quality of sleep⁶⁶.
- A 'second wind' when exhausted⁶⁷.
- Coffee and other energy boosters.
- Will to do the right thing even when difficult⁶⁸.
- Fortitude to await Mashiach in our long exile⁶⁹.

66. Tur (siman 46). 67. Otzar Tamid. 68. Sefer Seder HaYom (Seder Kiddush Shabbos). 69. Based on the verse in Yeshaya (40,29) and meforshim there, see also Rav Schwab On Prayer.

הַחֵזֶק לַיְהוּדָה
וְהַחֵזֶק לַיְהוּדָה
עֲדָרָה
מִיִּתְּחַל
מִיִּתְּחַל
מִיִּתְּחַל

- Smooth transition from sleep to wakefulness.
- Different sleep modes⁷⁰.
- Eye lids to block strong light.
- Eye lashes and eye brows to protect the eyes.
- Tears to cleanse the eyes.
- Divine revelations⁷¹ to awaken Klal Yisroel from its slumber⁷².

70. See Tehillim (132) and meforshim there. 71. Krias Yam Suf, Matan Torah, and other direct manifestations of divine control and providence throughout Jewish history. 72. Rav Schwab on Prayer.

הַמְעַבְרֵי שְׁנַי מַעֲרֵבִי
וְהַמְעַבְרֵי מַעֲרֵבִי
וְהַמְעַבְרֵי מַעֲרֵבִי
מִיִּתְּחַל
מִיִּתְּחַל
מִיִּתְּחַל

TRANSFORM YOUR BIRCHAS HASHACHAR EXPERIENCE

Focus on additional related gifts from Hashem during the recitation of the Brachos

Rav Yechezkel Abramsky z"l is quoted as saying, "During Tefillah, one is permitted and even encouraged, to add personal kavanos to the words, including those that don't conform to the exact meaning of the text". Concentrating on associated chasdei Hashem, including modern day chasadim, during each bracha, can infuse one's Birchas Hashachar experience with great passion and meaning.

Some of the ideas presented in this booklet can be found in the various commentaries on the Siddur, and are referred to in the footnotes.

A project of Ahavas Olam Torah Center of Greater Detroit



GIFTS FROM HASHEM to consider while reciting BIRCHAS HASHACHAR



ברוך אתה ה' אלקינו מלך העולם...
THANK YOU, HASHEM, FOR...

- Alarm clocks¹.
- Intuition², power of analysis³.
- Capability to distinguish between good and evil⁴.
- Means to communicate intellect to others⁵.
- Luminance of day, serenity of night⁶.

1. Otzar Tamid (Commentary on Prayer by R' Simsei Hummer, 2 of Yerusalmi). Alarm clocks are the modern day rooster. 2. According to the Rash (Brachos perek 9,23) the Hebrew word for rooster sechi, also denotes intellect and intuition. 3. Same as above. 4. Sefer Seder HaYom (Commentary on Prayer by R' Moshe ben Ma'achir of Tsas, circa 1690). Seder Kiddush Shabbos⁵. Without the ability to communicate to others, we would not be able to utilize our powers of intuition and analysis. 6. If we thank Hashem for the ability to distinguish between night and day, how much more so must we thank Hashem for night and day itself, see Tosafos (Brachos 60.b).

אִשֵּׁר בַּיּוֹם
לְשִׁבְתִּי בַּיּוֹם לְהַבְרִיחַ
בְּכִי יָזַם וּבִי לַיְלָה
וְהַיּוֹם לְהַבְרִיחַ
וְהַיּוֹם לְהַבְרִיחַ
וְהַיּוֹם לְהַבְרִיחַ

- Being part of the eternal nation⁷.
- Traits of compassion modesty and benevolence⁸.
- Thoughts and actions that can impact the universe⁹.
- Education to live a meaningful Torah life.
- Permission to learn every part of Torah¹⁰.
- Possibility of growth through many Mitzvos¹¹.

7. The Jewish people were guaranteed eternal survival by Hashem himself, see braishis (17,7) Yeshaya (60,22). 8. See Yevamos (79,a). 9. See Nefesh HaChaim (shaar 1) who states that this awesome dynamic is limited to Jews only. 10. Non Jews are forbidden to learn Torah not related to the 7 Mitzvos they are obligated to keep, see Sanhedrin (59,a). 11. Every Mitzvah is an individual opportunity for spiritual growth, see Rambam at the end of the laws of Shechitah.

שְׁלֵא עֲשִׂיתִי גֵוִי
לִי
וְלֹא עֲשִׂיתִי עֶבֶד
לִי
וְלֹא עֲשִׂיתִי עֶבֶד
לִי
וְלֹא עֲשִׂיתִי עֶבֶד
לִי

- Opportunities to make choices in life¹².
- Self control not to be enslaved to our desires¹³.
- A democratic society.
- Not being enslaved to an employer¹⁴.
- Merits of our forefathers¹⁵.
- Healthy structure of family life¹⁶.

12. According to Rav Avigdor Miller z"l (Iyar Avigdor Szaar HaBachita Perek 3) one of the primary debilities in being a slave or even a servant, is the loss of opportunity to exercise free choice. 13. As Chazal (Avos 6,2) teach us: the only truly free person, is someone deeply involved in Torah, unencumbered by his desires. 14. According to R' Avram Golan the text of bracha should actually read "shelo asani eved labrios" I am not enslaved to other people. 15. Baits Yosef (siman 46). 16. Slaves have no lineage, see Bava Kama (88,a) nor do they have marriage.

שְׁלֵא עֲשִׂיתִי עֶבֶד
לִי
וְלֹא עֲשִׂיתִי עֶבֶד
לִי
וְלֹא עֲשִׂיתִי עֶבֶד
לִי
וְלֹא עֲשִׂיתִי עֶבֶד
לִי

- Sanctifying us with extra Mitzvos¹⁷.
- Our proactive natures¹⁸.
- Know-how to clarify Halachic issues¹⁹.
- Strength for hard labor and self protection²⁰.
- Leadership role in marriage²¹.
- Sparing us the pain of childbirth²².

17.Woman are exempt from all time bound Mitzvos. 18.As Chazal (Yevamos 65,b) tell us, it is the unique nature of men to go out and conquer. 19.See Sotah (21,b). 20.See Kiddushin (2,b) the nature of man is to go out and wage war. 21.See braisha (3,9). 22.Same as above.

שלא עשיתי אשה
FOR NOT HAVING
MADE ME A WOMAN

- Acceptance of having less Mitzvos to fulfill²³.
- Heightened sense of intuition²⁴.
- Privilege of bearing children.
- Emotional sensitivity²⁵.
- Singular nurturing abilities.
- Tendency towards spirituality²⁶.

23.Avudraham and Tur (siman 46). 24.Otherwise referred to as a woman's unique Binah Yeseirah, see Nidda (45,b). 25.See Bava Metzi'ah (59,a). 26.Rav Schwab on Prayer. See also Medrash Rabba (Yisro 28,2).

שעשיתי כרצונו
FOR HAVING MADE
ME ACCORDING TO
HIS WILL

- Life altering gift of sight²⁷.
- Eye glasses, contact lenses²⁸.
- Enjoyment of the different colors.
- Eyes that expand in darkness and contract in light.
- Imagination and visualization²⁹.
- Telescopes and microscopes³⁰.

27.Chazal (Nedarim 64,a) teach us, a blind person is compared to the dead. 28.According to Rav Avigdor Miller z"l (Shaarei Orah 1, p. 163), our obligation to thank Hashem for all the good he bestows upon us, extends to mankind's innovations and inventions as well, since Hashem provided humanity with the intelligence and ingenuity necessary for their creations, see also Olos Tamid. 29.As in Tamid (32,a) "a'izeh chacham h'aroh es hanolad", Seder Seder HaYom (Seder Kiddush Shabbos). 30.See Shabbos (113,a) "R' Yochanan ki l'manyeha m'chadosi". 32.Imagine for a moment undergarments with out elastic. 33.Summer and winter clothes, Shabbos and weekday clothes, wedding clothing, royal clothing, judicial clothing, rabbinic clothing etc.

פקוד עורים
WHO GIVES SIGHT
TO THE BLIND

- Enhanced dignity due to dress³¹.
- Availability of manufactured apparel.
- Elastic in our garments³².
- Clothing for different situations³³.
- Sewing machines and washing machines.

31.See Shabbos (113,a) "R' Yochanan ki l'manyeha m'chadosi". 32.Imagine for a moment undergarments with out elastic. 33.Summer and winter clothes, Shabbos and weekday clothes, wedding clothing, royal clothing, judicial clothing, rabbinic clothing etc.

מלבושי ערומים
WHO CLOTHES THE
UNCLOTHED

- Ability to move right away upon awakening³⁴.
- Healthy knee caps³⁵.
- Cars trains and planes³⁶.
- Help in escaping the Yetzer HoRah's clutches³⁷

34.Bais Yosef (siman 46). 35.Knee caps are integral to smooth mobility. 36.Our present ability to traverse the globe and beyond, is the ultimate Mater Assurim. 37.Seder Seder HaYom (Seder Kiddush Shabbos). See Kiddushin (30,b) Without divine assistance, it is impossible to escape the tentacles of the Yetzer Harah.

מתי אסורים
WHO RELEASES THE
BOUND

- Good posture.
- Survival of emotional trauma³⁸.
- Our upright stance [unlike animals]³⁹.
- Uplifting the downtrodden⁴⁰.
- Ladders, elevators, and cranes.

38.One who is traumatized can be deemed emotionally "hunched". 39.According to the Maharal (Derech Chaim, Avos 3), included in the concept of Tselem Elokim is the fact that only humans have an upright posture. 40.Same as fr. 37. It is interesting to note that the [Avudraham and Bach (siman 46)] mention that there were those who actually recited the following Borch Avraham...magbia shilolim.

זיקוק כפופים
WHO STRAIGHTENS
THE HUNCHED

- Terra firma⁴¹.
- Sense of balance⁴².
- Ground water for wells and springs.
- Depressions on the earth's surface for oceans.
- Underground deposits of oil, coal and metals⁴³.
- Bridges⁴⁴.

41.Tsiva D'Avraham (Commentary on Prayer by R' Avraham of Chechenav). 42.People that have lost the ability to maintain their balance, live lives of unbearable suffering. 43.Since mention is made here of underground water, it is appropriate to include other substances found underground as well. 44.Bridges are the man made version of "laying out the earth upon the water".

רוקע הארץ על המים
WHO LAYS OUT THE
EARTH UPON THE WATER.

- Providing us with what is truly necessary⁴⁵.
- Shoes, Boots⁴⁶.
- Mankind's dominion over wildlife⁴⁷.
- Leather products⁴⁸.
- Opportunities tailor made to our specific needs⁴⁹.

45.Seder Seder HaYom (Seder Kiddush Shabbos). 46.Brachos (60,b). With out footwear, it would be very difficult for man to venture outside and conduct all his affairs. 47.See 'Iah HaKodosh (Seder Birchas Hachachar) in the name of his Rabbe. 48.Based on the above. 49.Hence the stress on "li" in contrast to the other brachos.

שעשיר לי כל צרכי
WHO HAS PROVIDED
ME WITH MY EVERY
NEED

- Ability to walk effortlessly⁵⁰.
- Maps and GPS.
- Divine help in choosing the correct path in life⁵¹.
- A unique life mission⁵².
- Mentors who guide us⁵³.

50.Oser Hatelilos Eitz Yosef. Anyone who walks again after having been immobile for a prolonged period of time, can attest to the numerous complexities inherent in the various forms of human gait. 51.Based on Tefillah (37,23) see mevaschim there. See also Seder Seder HaYom (Seder Kiddush Shabbos). 52.See G'ra Mishlei (16,4) where he elaborates on the concept of each person possessing a unique life mission. 53.A mentor to properly guide a person, is one of life's most precious commodities.

המנכן מעעדי נכרי
WHO PREPARES
MAN'S STEPS

- Belts⁵⁴ Pants⁵⁵.
- Sensitivity to distinguish between our animalistic and human components⁵⁶.
- Assurance⁵⁷ that Klal Yisroel will never be without Torah⁵⁸.
- Survival of the Jewish people against all odds⁵⁹.
- Productivity of Jews disproportionate to their numbers⁶⁰.
- Strength to resist the allures of the prevailing culture⁶¹.

54.Brachos (60,b). Bais Yosef (siman 46), see Birkei Yosef (46 ois 3). 55.Same as above. 56.Bais Yosef (siman 46), Levush (siman 46), see Siddur of Rav Hirsch and Rav Schwab On Prayer. 57.As it is written in Devorim (31,21) see Rashi there, Seder Seder HaYom (Seder Kiddush Shabbos). 58.Torah is also called Gevurah, see Seder Seder HaYom (Seder Kiddush Shabbos).

אזרח ישוראל כנבורה
WHO GIRDS YISROEL
WITH STRENGTH.