



*a blessing for mindfulness and gratitude before eating:*

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַכֹּל נִהְיָה בְּדַבְּרוֹ.

**baruch atah Adonai, Eloheinu melech ha-olam,**  
**she-ha-kol nih-yeh bi-dvaro**

(blessed are you, YHWH, guiding power of the universe:  
everything comes into being by your speaking)

*a blessing for mindfulness and gratitude after eating:*

בְּרִיךְ רַחֲמָנָא מַלְכָּא דְעֵלְמָא מְרִיָּה דְהַאי פִּיטָא

**berich rachamana, malka de-alma, mareih de-hai pita**

(blessed is the Compassionate One, guiding power of the universe, true  
owner of this food)