

CONSCIOUSNESS FOR CANDLE LIGHTING

Every physical action in our world initiates a corresponding reaction in the Upper Worlds. By lighting the physical candles of the holiday with the consciousness and intention of connecting to that holiday's energy in the Upper Worlds, we awaken and draw spiritual Light into our physical world.

HAPPY HOLIDAYS FROM 

CANDLE LIGHTING INSTRUCTIONS

STEP 1: Recite the Blessings

בָּרוּךְ אַתָּה יְיָ וְהוּא אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר שֶׁל (בְּרֵאשֵׁי הַשָּׁנָה: יוֹם טוֹב; בַּיּוֹם כִּיפּוּר: יוֹם הַכִּפּוּרִים)

Baruch ata adonai eloheinu melech haolam asher kiddishanu

b'mitzvotav v'tzivanu l'hadlik ner shel (*on Rosh Hashanah: yom tov;*

on Yom Kippur: yom ha-kippurim).

בָּרוּךְ אַתָּה יְיָ וְהוּא אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהֶחְיָנוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה

Baruch ata adonai eloheinu melech haolam shehechyanu v'kiyimanu

v'higiyanu lazman hazeh.

STEP 2: Light 2 Candles on Each Night of the Holiday