

Ariel's Shehechianu

Contributed by [Ariel Kates](#)

Source: Ariel Kates

The Shehechianu is said on holidays and at life cycles. We can also choose to say it at times that feel meaningful - it's a tool for marking time and achievement, annual cycles and moments of gratitude, and in this way creates an early echo of Dayeinu, which comes later as a sort of litany of moments when we might have said the Shehechianu.

This blessing has been used this way for at least 2,000 years, and I'm honored to offer this translation:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ
וְהִגִּיעָנוּ לְזִמַּן הַזֶּה.

Baruch atah Adonai, Eloheinu Melech haolam, shehecheyanu, v'kiy'manu, v'higianu laz'man hazeh.

It is such a blessing, that we live and are uplifted, that we are sustained by this world, and that we have arrived here, at this moment!

Amen!