



Hidden Miracles Walk

We are grateful to our partner, Grow Torah,
for contributing the resource below.



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Hanukkah is all about appreciating hidden miracles. One tiny jug of oil miraculously lasted for eight days. Our senses are something that are so easy to take for granted unless we pause and *pokeach ivrim*, open our eyes, to discover the hidden miracles that they are.

Try this exploration to discover the hidden miracles of your senses and of your neighborhood!

The blessing of "*pokeach ivrim*" invites us to appreciate our sense of sight, which we do not use while sleeping. It is a re-awakening of the eyes. We invite you on this journey of re-awakening and strengthening your sense perception. Specifically, this activity encourages you to toggle your senses by elevating some and muting others.

Instructions:

Find a nature patch near your home, and take a walk with these prompts. You can do this in suburbia, a local park, a nearby nature preserve, or even on the streets of the city. (You may have to "hop" between natural elements and concrete, but it still works!)

Alternatively, if you are unable to go outside, the activity can be adapted and done in your home. You can use a potted plant, a piece of fruit, or other natural elements found in your home. You can also open a window to allow sounds and smells to enter.

Give yourself a few minutes while you explore these prompts, engaging one or several of your senses.



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Sight



Where do I perceive dormancy or a deficiency? Look closer — examine the details, try to find the life hidden there.

Touch

Feel the bark of a tree. What do these textures remind you of? If you close your eyes, can you feel other textures?

Hearing

Listen to the sounds of your walk: What do you hear? Is there life in winter? What does life in winter sound like? Do the trees still rustle? Does the creek still run? Is there wildlife?

Smell

Where do I perceive dried up branches? Pick one up and smell it. Compare its scent with that of dried leaves or the air. Are there pleasant smells? Smell them again; are they different once they become familiar?

**A note on sensory exploration:*

For each sense you choose to explore: Start with all of your senses engaged. Then try limiting/blocking one of your other senses, to strengthen your experience of that sense. (Examples: when smelling, close your eyes. When looking, try not to touch anything else or hold anything in your hands. When touching, block out other noises.)

