

Feast, Friends

אֲכַלּוּ רֵעִים שְׂתוּ וְשָׁכְרוּ דוֹדִים

Ichlu ray'im sh'tu v'shichru dodim

Feast, friends, and drink till you are drunk with love! (Song of Songs 5:1)

We open to the abundance and the pleasure that is laid out before us as the banquet of our lives. This is a practice of diving in to the riches before us with gusto. Those riches are not just sense pleasures; there are also soul pleasures to be enjoyed. Can we really take in the simple pleasures of breath, sound, light, connection, imagination, humor... and delight in this moment as a gift to be unwrapped with our enjoyment, passion and enthusiasm? Then we can pause and savor and be nurtured and intoxicated with the possibilities that open up before us in each moment.