

Guidance Through the Wilderness

וַיְנַחֵם בְּעַנְנוּ יוֹמָם וְכָל-הַלַּיְלָה בְּאֹר אֵשׁ

Vayanchaym bee'anan yomam v'chol-halaila b'or aysh (Psalm 78:14)

He led them with a cloud by day, and throughout the night by the light of fire.

This Psalm tells the story of our long and fraught passage from slavery to freedom. This practice invokes the spirit of guidance that is available to us as we journey through the wilderness. Throughout our journeys we are accompanied by these divine signs — the cloud of unknowing by day, and the fire of our heart's passion by night to light the way.