

Rejoicing in You

יְשׁוּעוֹ וְיִשְׂמְחוּ בְּךָ כָּל-מְבַקְשֶׁיךָ

Yasisu v'yis'm'chu b'cha kol-m'vkshecha

Let all who seek You delight and rejoice in Your Presence. (Psalm 70:5)

The pursuit of spiritual experience can sometimes become overly serious and can even feel like a struggle. This is a practice of remembering that it is through our JOY- that deepest brightest spark within us- that we can connect with the Divine Presence. When we receive a glimpse of that spark, it expands within us and becomes our radiance. So, we are reminded to bring our attention to moments of delight, and then to rejoice in the glimpses of Unity consciousness we receive in our JOY.