

Seekers Rejoice

יְשִׂמַח לֵב מְבַקְשֵׁי יְהוָה

Yismach layv m'vak'shay Yah!

Let all who seek God, rejoice! (Psalm 105:3)

In seeking God, there is a tendency to become very solemn and serious. If we are weighted down by our efforts, the journey to God will feel like a chore, an obligation or a burden... and it will exhaust us. This is a practice of remembering that we can walk this path with playfulness and joy. Every expression of that joy, which is our true nature, brings us closer to God-at-our-core and opens up a door to the great expanse.