

Through the Generations

לְדוֹר וָדוֹר נִסְפָּר תְּהִלָּתְךָ

l'dor vador n'sapayr t'hilatecha

From generation to generation, we will recount your praises. (Psalm 79:13)

One key to our wholeness and wellbeing is establishing a connection with our ancestors and descendants. When we become a link in the chain of blessing, we are being inspired by both the merit of our lineage and the hope of our children. We pass on the stories of the past and are called by a vision for the future. Often that chain has been broken and needs our compassion and repair, which we can manifest with this practice.