

Seeking Your Good

לְמַעַן אֶתִּי וְרַעִי אֲדַבְרָה-נָא שְׁלוֹם בְּךָ
לְמַעַן בַּיִת-יְהוָה אֱלֹהֵינוּ אֲבַקֶּשֶׁה טוֹב לְךָ

L'ma'an achai v'ray'ai, adabra-na shalom bach,

l'ma'an bayt-Yah Elohaynu, avakshah tov lach

For the sake of my family and friends, I will say, "Peace be within you."

For the sake of God-consciousness, I seek Your good. (Psalm 122:8-9)

This is a practice of profound blessing. We live in a complex web of relationship wherein my own blessing for peace benefits everyone in that network of love. When I speak that blessing, its power will ripple out to nurture "all my relations." And when I seek your good, my loving intention for you reverberates into the cosmos, healing the Whole.