

# Sowing Our Tears

הַזְרְעִים בְּדִמְעָה בְּרִנָּה יִקְצְרוּ

*HaZorim b'dimah b'rinah yik'tzoru*

Those who sow in tears will reap in joyous song. (Psalm 126:5)

Some tears lie fallow. They dissolve into dust or splatter on pavement, and are not planted. These tears leave us bitter and exhausted. Yet, when we know our tears as precious, they can be carefully and tenderly planted. We can do this planting for one another by giving each other the kind of attention that creates the fertile ground for tears. By acknowledging the value of grief as tears flow through us, we can plant each tear as a seed of joy. Our grieving can wash us clean, open the ground of our hearts, and clear the way for new life, new song, and surprising joy.

With this practice I reach into the stored memories of grief. I re-encounter my own tears, shed and unshed, and know my tears as precious seeds that can grow into greater love and compassion for myself and others. As I chant these sacred words, I let the power of my grief pour through my voice and presence. Memories fuel my intention – the intention to surrender to the power of transformation.