

The Experience of Exile

עַל-נְהָרוֹת בְּכָל
שָׁם יָשָׁבְנוּ גַם-בְּכִינֵנוּ
בְּזָכְרֵנוּ אֶת-צִיּוֹן

Al-n'harot Bavel,

Sham yashavnu gam-bachinu,

b'zachraynu et-Tziyon

By the rivers of Babylon,

there we sat, and we wept,

when we remembered Zion. (Psalm 137:1)

The experience of exile can illuminate and magnify the power of our longing. Zion represents the mind-state of belonging, safety, connection and the realization that we are at home in God. In exile we feel disconnected from the wholeness of life, and we mourn the loss of meaning that comes from that alienation. In remembering Zion, we receive the Divine promise of returning to the inner truth of our interconnection with all of Creation, remembering that we are home.