

That Roar

by Rabbi Shefa Gold

Yiram hayam um'lo'o, tevel v'yoshvay vah. (Psalm 98:7)

יָרֵעַם הַיָּם וּמְלֵאוֹ תִבְּל וַיִּשְׁבְּי בָּהּ

The sea in its fullness will roar, (also) the world and all its inhabitants.

While walking on the beach in Los Angeles, I listened to the great roar of the ocean and felt it as wilderness. The message of that roar cut through the thin veneer of civilization. I realized that just as the seas cover 70% of our planet, the waters within me also constituted 70% of my seemingly solid body. I felt a kinship with the ocean, and I heard that roar within me. I saw that all of our constructed reality- the inhabited world – was dwarfed in comparison with that vast wilderness that edged across my toes. As I listened to the roar of the ocean, I opened to the roar of our human lives surrounded like islands by the great sea of Oneness.

This is a practice of opening to the wild, oceanic, wondrous expanse, so that we might tap into that immense energy as the source of our creativity.