

# Day and Night

יוֹם לְיוֹם יִבְיַע אִמְרֵי וַלַּיְלָה לְלַיְלָה  
יִתְחַוֶּה-דָּעַת

Yom l'yom yabiya omer, v'laila l'laila y'chaveh da'at (Psalm 19:3)

Day after day pours forth speech, night after night declares knowledge

God speaks through the movement of Time. Through the cycles of Day and Night, meaning is expressed, wisdom is revealed. We chant these words in order to open our eyes to this mystery. We dance to the rhythms of Night and Day and allow the sacred Word to move us, and to pour out through us. True Knowledge is made real as we dive again and again into Night. Each Day returns with new opportunities for the Holy Word to manifest in our lives.