

Peace like a River

by Rabbi Shefa Gold

הִנְנִי נֹתֵה אֵלֶיָּהּ כְּנַהַר שְׁלוֹמִים

Hin'ni, noteh ayleha k'nahar shalom. (Isaiah 66:12)

Here I am extending Peace to her like a river.

This is a practice of receiving through our receptive presence (Here I am) the Divine Flow, and then immediately giving that gift to the world that is before us. The gift that pours through us is given with “no strings attached.” We become an extension of the Divine River, flowing unselfconsciously into our world. In becoming fully present, we find our true generosity. Peace, a sense of wholeness, is received and given at once.