

Planting Seeds of Joy and Light

by Rabbi Shefa Gold

אֹר זָרַע לַצְדִּיק וּלְיִשְׁרָי-לֵב שִׂמְחָה

Or zarua laTzadik, u'l'yishray lev simcha (Psalm 97)

Plant the seeds of Joy and Light; Tend them carefully day and night,
In this soil so dark and deep, I plant the dreams that Love will reap.

I wrote this practice in honor of the winter solstice leading up to the passage of Chanukah. In preparation for this chant, recall the shining peak moments in your life that revealed to you a great joy or profound wisdom, moments of ecstasy or prophesy, delight or enchantment. Imagine those moments as seeds. Create an intention to plant those seeds and tend them with your loving attention as you grow a life of joy and light.