

The Rewards of our Attention

by Rabbi Shefa Gold

נֹצַר תְּאֵינָה יֹאכַל פְּרִיָּהּ

Notzar t'ayna yochal piryah. (Proverbs 27:18)

Those who guard the Truth will be nourished by her fruit.

The literal meaning of this verse is, “those who guard a fig-tree will eat its fruit...” But since this is from the Book of Proverbs, I receive its meaning figuratively rather than literally. When I can bring my attention to the fullness of this moment, in all its complexity, beauty, poignancy and meaning... then I will be nourished by its fruit. When I become fully present, attentive, reverent and receptive to the holiness and truth of each moment, then I will receive the bounty of my experience.