

River of Bliss

by Rabbi Shefa Gold

וְנַחַל אֲדוֹנֶיךָ תִּשְׁקֶם

V'nachal Adonecha tashkaym

(And from the River of Your bliss you will give them drink)

כִּי - עִמָּךְ מְקוֹר חַיִּים בְּאוֹרְךָ נִרְאָה - אֹר

Ki Imcha m'kor Chayyim. B'orech niray or

For with you is the Source of Life, In Your Light we see light.

(Psalm 36:9-10)

The spiritual practice that I return to again and again is cultivating an awareness of that river which is constantly and continually flowing into me from the Source. The best way that I've found to drink from that River of Bliss, is to bring my attention to the breath. I use my imagination to attune to the Reality of the Divine flow which is pouring in to this world. I imagine that river as Light pouring in through the breath. When I am fully bathed in that Supernal Light, then I am able to perceive that light everywhere. On the inhale I drink from the River of Bliss. On the exhale, I spread this awareness into the world, sharing the Light.