

Rolling by Rabbi Shefa Gold

גוֹלֵל אֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אֹר

Golel or mipnay choshech, Choshech mipnay or (Evening liturgy)
Rolling away light before darkness, darkness before light

As evening falls we say a prayer to bless the coming darkness. This practice opens us to the miracle of light and dark as they mix and then roll away from each other in cycles of day and night. These same cycles roll inside us through the rhythms of mood, through the ebb and flow of our daily drama. Through this practice, we raise ourselves up as holy witness to these cycles, so that we may gratefully receive the gifts of darkness in absolute trust. We surrender to the evening, knowing this darkness will lead us back to the light again.