

Sweet as Honey

by Rabbi Shefa Gold

וְאָכַלְהָ וַתְּהִי בִּפִּי כִדְּבַשׁ לְמִתּוֹק

Va'ochlah va't'hi v'fi kidvash l'matok

So I ate, and it was as sweet as honey in my mouth.

(Ezekiel 3:3)

God gives the prophet Ezekiel a scroll that is inscribed with lamentations, moaning and woe and then commands him to eat the scroll. We are each given a life that is inscribed with the full range of what it means to be human- from the highest joy to the deepest depths of grief. God says that the scroll of our lamentations must be eaten, digested and transformed within us. Otherwise we will be carrying a heavy burden.

This 3 part chant is designed to be chanted in a supportive spiritual group. Each participant lays on the altar a story of their own time of lamentation. Instead of carrying around that story, can we offer it up, into the vibrations of this chant, to be digested and transformed?